ONLINE / DIGITAL EDUCATION & ITS STRESS TO TEACHERS IN HIGHER EDUCATION

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Abstract :

Online learning is education that takes place over the Internet. It is often referred to as "E-learning" among other terms. However, online learning is just one type of "digital learning" - the umbrella term for any learning that takes place across digital and not in a traditional classroom. Constant working hours, extra workload, fear of job security, job dissatisfaction, lack of rights and responsibilities, lack of morale and motivation all affect the health of teachers both mentally and physically. This negatively affects the productivity of the workplace and affects the development and progress of the workplace. Stress is a worrying factor for a teacher. The purpose of this study is to educate the community about the stresses that come upon the teacher while teaching the class online.

Key Words: E-Learning, Digital Learning, Stress, Perception etc.

Introduction:

Coronavirus epidemic has affected the economy of the whole country. This includes economic, social and educational sectors. Both teachers and students have had to endure many hardships in the field of education. This includes millions of enrolled students and teachers. Regular classes were closed during the Corona period. Students and teachers were stranded in their homes due to the epidemic. To continue the learning process, online classes were introduced in most countries, including India. In this mode, both teaching and learning are done by electronic devices. The education sector is a business sector which seeks to enhance mental capacity. Increasing competition among students to achieve their goals raises awareness about education, putting more pressure and stress on teachers. This study focuses on the factors that create stress in teachers

Objective:

1. To know about online teaching & learning & stress.

2. To study online educational stress creator factors of teachers.

Review of Literature:

1. Lewis (1999) in his study on 'Teachers Coping with the Stress of Classroom Discipline' examined that they would prepare overall maintaining discipline emerged as a stressor with those worst affected teachers who placed particular emphasis on pupil empowerment.

2. Singhal (2004) in their study on job satisfaction among female teachers reveals that anxiety, high pressure of job creates maximum stress among it compare to male teachers.

3. Sargent (2005) in their study on 'keeping Teachers Happy job Satisfaction among Primary School Teachers in Rural North-west China'. The finding s of the study shows that, high workload creates negative satisfaction among teachers. It's also impacts on their productivity.

4. Ch. Lakshmi Narahari & Kalpana Koneru (2015) in their study a Study on Stress Management among College Teachers found that Workplace stress occurs when there is an imbalance the demands and perceived pressures of the work environment and a specific ability to cope.

Concept of Stress:

Stress is a situation one is not able to cope up with. It is a critical part of our life. It affects our mental as well as physical health. Stress is a part of everyone's life which is difficult to avoid in certain situations. It creates an effect on one's physical, mental as well as emotional state of mind. Stress has been on a rise in this era of hightechnology speed, global competition, and consumerism. Taking its toll on the physical and psychological health of the employees, it is affecting the productivity and functioning of an organization. The relationship between stress and employee performance has been to show that increased levels of stress can negatively affect work performance.

Stress in the workplace is increasingly a critical problem for teachers. Stress is associated with impaired individual functioning in the workplace. Stress is the way human beings react both physically and mentally to changes, events, and situations in their lives. Occupational stress is a growing concern of today in comparison to three decades ago. It has become a key problem not only

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for individuals working within an organization but also for the organization itself.

Online Teaching & Learn

Online learning is the newest and most popular form of digital education today. Within the past decade it has had a major impact on postsecondary education and the trend is only increasing. Online learning is education that takes place over the Internet. It is often referred to as "elearning" among other terms. However, online learning is just one type of "digital learning" - the umbrella term for any learning that takes place across distance and not in a traditional classroom. Online learning is catalysing a pedagogical shift in how we teach and learn. There is a shift away from top-down lecturing and passive students to a more interactive, collaborative approach in which students and instructor co-create the learning process.

Online learning meets the needs of an ever-growing population of students who cannot or prefer not to participate in traditional classroom settings. These learners include those unable to attend traditional classes, who cannot find a particular class at their chosen institution, who live in remote locations, who work full-time and can only study at or after work, and those who simply prefer to learn independently. The minimum requirement for students to participate in an online course is access to a computer, the Internet, and the motivation to succeed in a non-traditional classroom.

Online courses provide an excellent method of course delivery unbound by time or location allowing for accessibility to instruction at anytime from anywhere. Learners find the online environment a convenient way to fit education into their busy lives. The ability to access a course from any computer with Internet access, 24 hours a day, seven days a week is a tremendous incentive for many of today's students.

Benefits of Online teaching & Learning:

Some of the main advantages of online learning explained as follows.

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Diagram: 1
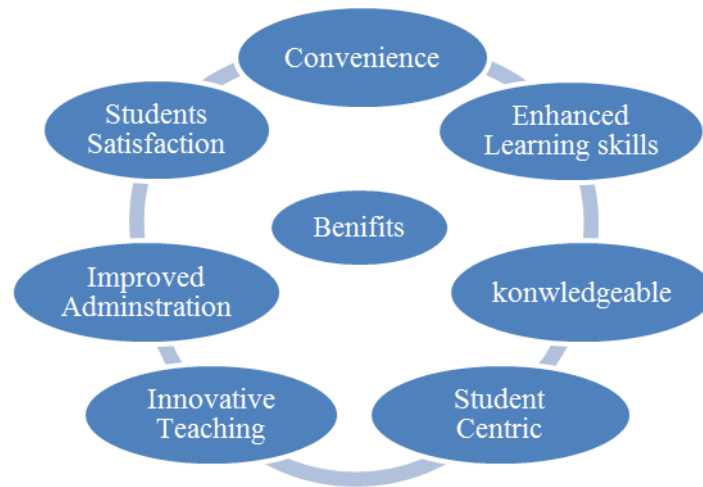
Convenience: Online education is convenient twenty-four hours. It is flexible to all the time. It is access from any online computer.

Enhanced Learning skills: Online learning plays the major contribution to increase enhance learning capacity. It is emphasis on writing skills, technology skills, and life skills like time management, independence, and self-discipline.

Shy students become knowledgeable: it increases the learning capacity of shy students. Students can take more time to think and reflect before communicating.

Student's centric learning environment: online teaching creates a student's centric environment. It less passive listening and more active learning. It increases student to teacher and student to student interaction and discussion.

Innovative teaching: online learning is innovative method of learning for the students to obtain knowledge. It increased variety and creativity of learning activities; address different learning styles.

Improved Administration: it increases the storing capacity of document and maintains records immediately.

Increase the student's satisfaction: as more data available for students to concept building, they get more satisfied

Online Education Stress Factors:

 In online education teaching mode, there are various types of stress factors which is explained as follows.

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Diagram: 2
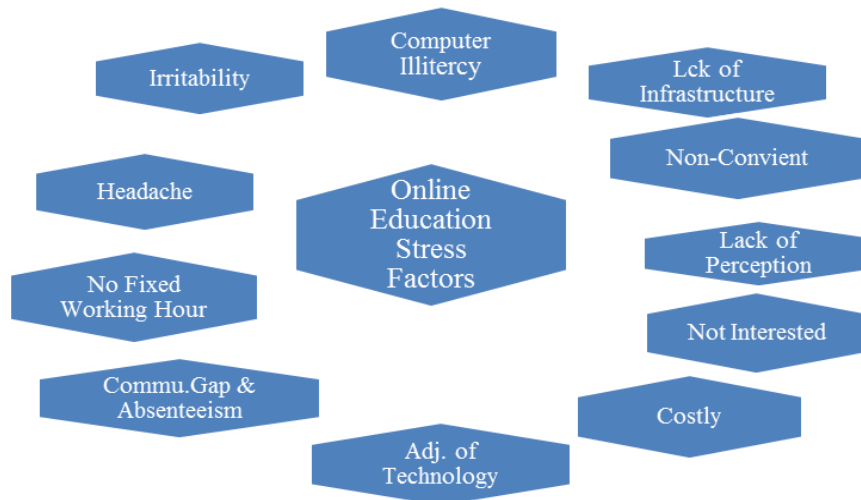
Computer Illiteracy: Due to computer illiteracy teachers have face mental stress.

Lack of Infrastructure: Sometimes due to lack of infrastructure teachers have considered economical stress.

Non – Conveniently: Some teachers have realised that, they are not teach conveniently in online education system.

Lack of Perception: a lot of teachers have assumed, lack of perception regarding to online teaching leads to increasing stress among teachers.

Not interested in online education mode: Some teachers have not interested to teach in online education mode, so he face psychological stress.

Expensively / Costly: Some teachers have assumed that online education mode has expensively, so he faces economical stress.

Problems of adjustment in on line education technology: Some teachers have face problems in adjustment of online education technology. So he faces a lot of mental stress.

Communication gap between teachers & students: In online education teaching mode, there is big communication gap ad eye coordination between students and teaches, so he faces mental stress.

No fixed working hours: In online education teaching mode, working hours are not fixed, teachers realised physical stress.

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Headache and eye-sight problems: In online education teaching mode, they are teaching consistently so they faces some health issues such as headache and eye sight problem.

Irritability, loss of temper: Due to online education teaching, the behaviour of teachers is slightly changed. Some symptoms found in their nature such as insomnia, irritability and loss of temper.

Higher student absenteeism: In online education teaching, the level of student absenteeism is high. Due to high percentage of absenteeism, teachers realised mental stress.

Analysis of Online Education Stress Creator Factor:

The questions inquired about various aspects of online classes such in various aspects. The questionnaires were circulated electronically as google forms. The responses were received from the 50 teachers / professors of Arts, Commerce & Science college considering all courses.

Table :1 Analysis of Online Education Stress Creator Factor

Sr.No.	Factors	No of Respondents			
		Agree	Disagree	No Response	Total
1	Computer Illiteracy	30 (60%)	18 (36%)	02 (4%)	50
2	Lack of Infrastructure	26 (52%)	20 (40%)	04 (8%)	50
3	Non - Conveniently	22 (44%)	22 (44%)	06 (12%)	50
4	Lack of Perception	25 (50%)	23 (46%)	02 (4%)	50
5	Not interested in online Education	25 (50%)	17 (34%)	08 (16%)	50
6	Expensively / Costly	26 (52%)	20 (40%)	04 (8%)	50
7	Problems of adjusting in technology	25 (50%)	15 (30%)	10 (20%)	50
8	Communication gap between teachers & students	35 (70%)	10 (20%)	05 (10%)	50
9	No fixed working hours	30 (60%)	17 (34%)	03 (6%)	50
10	Headache and eye-sight problems	24 (48%)	19 (38%)	07 (14%)	50

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11	Irritability, loss of temper	25 (50%)	19 (38%)	06 (12%)	50
12	Higher student absenteeism	27 (54%)	19 (38%)	04 (8%)	50

(**Source**: **Primary Data)**

The above table shows that online educational stress factors of teachers in higher education. 60% of the teachers of higher education assume computer illiteracy, 52% teachers assume online education infrastructure has not available on higher education level. 44% teachers has considered as inconvenient for online teaching mode. 50% teachers have assumed, lack of perception about online education mode of teaching. 50% teachers have not interested in online education in mode. 52% teachers think that online education is costly. 70% teachers assume that communication gap create between teachers and students due to online education teaching mode. 60% teachers have considered there are no fixed working hours in online education teaching mode. 48% teachers have faced headache and eyesight problems , 50% teachers also face Irritability and loss of temper problems and 54% teachers has considered higher level students are absent in online education teaching mode.

Graphical Presentation:

Graph: 1 Graphical presentation of online education stress factors
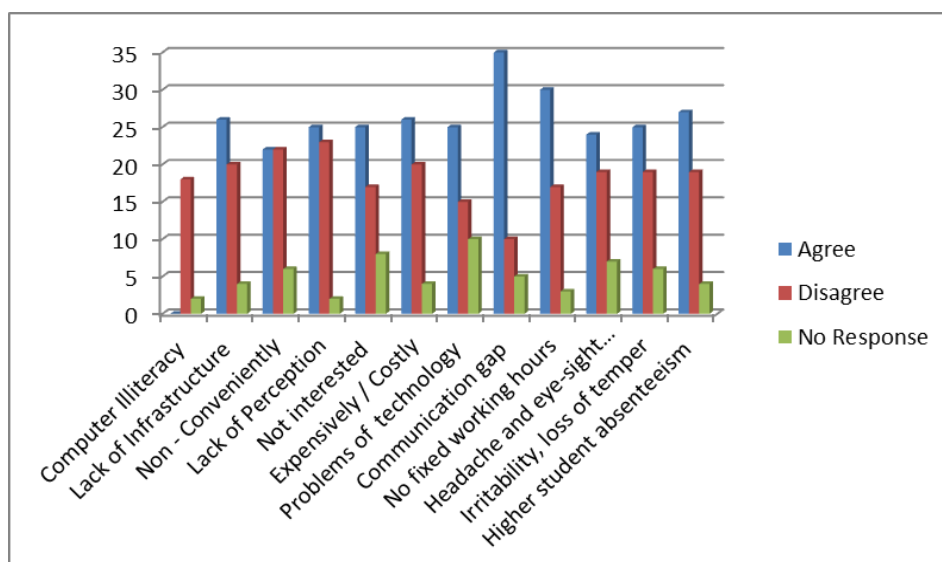
The above diagram shows that communication gap between students and teachers, computer illiteracy and working hours of teacher create maximum mental, physical & psychological stress to teacher. Due to this stress teachers

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are not efficiently working, its effects on their productivity. Average teachers have face problems regarding to lack of infrastructure, lack of perception, adjustment of technology, Headache and eye-sight problems, Irritability, loss of temper and higher student absenteeism.

Findings:

1. Online /digital education creates mental, physical and psychological stress to teacher.

2. Online /digital education stress factors affects on the working efficiency of teacher in higher education

Conclusion:

The epidemic of Covid 19 caused many radical changes in the field of education. As the situation changed, the teacher started teaching the students using various online tools. Although there is some relief in learning / teaching at home, various technical problems are constantly created in it, and its mental stress has to be borne by the teacher many times. It includes such as Computer Illiteracy, Lack of Infrastructure, Non – Conveniently, Lack of Perception, Not interested in online Education, Expensively / Costly, Problems of adjusting in technology, Communication gap between teachers & students, No fixed working hours Headache and eye-sight problems, Irritability, loss of temper and Higher student absenteeism etc. All those stress factors impacts on the productivity of teacher's performance.

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