

CHAPTER-1

1 INTRODUCTION

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The school provides an environment to give formal teaching. This environment helps to grow the attitudes and tendency to learn within students, which are necessary for a progressive life in a society. That's why school acts as an active instrument for social change and progress. Learning can occur everywhere. Learning is the modification of behavior. School plays a vital role in bringing the change in the behavior of students by giving them a platform to gain different experiences. The school gives a space to students to teach collaboratively along with their peers, teacher etc. School helps to raise the social skills and awareness among students besides their fun and curricular activities. Hence the quote "School is the miniature of society." by John Dewey (1899) fits here. Thus school plays an important role in every child's life.

High school is an important period of time in an adolescent's life. Adolescence is the gap between childhoods to adulthood. During this stage students love to spend time and grow with peers. That's why Erikson categorized adolescence as the event of 'peer relationships'. (WOOLFOLK, 2016) School is the place where students are able to make different cliques each with unique norms and beliefs. With peers, students share their values and ideas. They actively participate and do the work collaboratively. According to Jean Piaget's stages of cognitive development, adolescence to adulthood comes under 'Formal operational stage'. At this stage their thinking becomes more scientific. They solve abstract

problems in a logical fashion. They can consider multiple perspectives and develop concerns about social issues, personal identity, and justice. They can think hypothetically and deductively. (MUKUNDA) To better understand the concepts and abstract things there is a need for procedural and skill based learning. (WOOLFOLK, 2016). This is better practiced at schools with appropriate infrastructure, equipment and teaching methods. Classroom allows students and teachers to discuss, share ideas and debate about various topics.

The outburst of deadly disease COVID-19, which is caused by a corona virus (SARS-COV-2), all of a sudden threatened to world. The world locked inside four walls of home. Due to its super spreading nature within a blinking of time the disease attacked all around globe. The World Health Organization declared it as a pandemic. Instead of going to office, people started to do works from home. Most of the official and non-official sectors got suspended their offices. Workers shifted their offices temporarily to their home. This panic scenario forced to shut down the schools and higher educational institutions. During mid-March Government of India ordered to close all of the schools and educational institutions. Due to the uncertainty of pandemic it has been decided to continue the formal education practices through online mode. This situation challenged the education system across the world and forced educators to shift to an online mode of teaching overnight. Consequently, catering to the needs of all stages of education from pre-primary to university level, online education has emerged as an alternative to ordinary/regular face-to-face classes. So that digital technology will relieve us from in-person interactions and thus reduce rates of novel coronavirus transmission. It is observable that now formal teaching learning is majorly dependent on online modes and this new paradigm shift of teaching

learning is new for teachers and learners. Therefore the researcher wants to investigate on how online teaching learning processes psychologically impact secondary class students.

1.2 STATEMENT OF THE PROBLEM

The problem is stated as:

“A Study Of The Psychological Impact Of Online Learning On Secondary Class Students During The Pandemic Covid-19.”

1.3 RATIONALE OF THE STUDY

Learning is a process of gaining knowledge. Classroom provides a suitable space to gain formal knowledge which shapes learning of students' every day. Classroom in a school is an accepted structural space that supports students to think and enhance learning from many years. In addition to this, school as a space gives opportunities to students to explore different games and sports, meeting and discussing views with peers who belongs to diverse socio cultural and economical background. The sudden outbreak of pandemic COVID-19 in India in Feb -March 2020 completely changed the lives and perspectives of people. The world got locked inside the home. This led to a major paradigm shift in process and method of teaching learning in schools and universities. The new paradigm that is 'fully' online is new for teachers as well as students. By sitting at a confined place and attending online classes for a long hour led to exhaust children. High school students are increasingly vulnerable to social and psychological disturbances, due to developmental and academic requirements. Online education among adolescents has increased the level of stress and pressure among students and increased their vulnerability to psychological

problems the results indicated that both anxiety and depression are prevalent among adolescents and are associated with higher risks of suicide and disease prevalence. (AlAzzam M. , Abuhammad, Abdalrahim, & Hamdan-Mansour, 2021)As most of the students are now attending, enrolling for online classes the researcher believes that it's significant to study the psychological impact of online learning on secondary grade students during COVID 19 pandemic.

1.4 OBJECTIVES OF THE STUDY

To carry out these studies following objectives were formulated-

- To find out the perspectives towards online classes among secondary school students.
- To find out the interest level of secondary school students towards online classes.
- To study the change of moods of students occur due to daily online classes

1.5 RESEARCH QUESTIONS

The research questions which are prepared to study the research work are-

- How online classes impacted on change of moods of secondary school students?
- How use of technology impacted the secondary school students?
- What are the possible reasons behind the increase or decrease of interests towards learning through technology?

1.6 OPERATIONAL DEFINITIONS OF THE TERMS

The operational definitions of terms and concepts are adopted for the study are-

- Anxiety- It is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. (American Psychological Association)
- Irritation- a state of excessive easily provoked anger, annoyance, or impatience. (American Psychological Association)
- Mood swings- The "mood swing" phenomenon is a common concept used to describe rapidly and intensely fluctuating emotions. People often describe mood swings as a “roller coaster” of feelings from happiness and contentment to anger, irritability, and depression. (American Psychological Association)
- Pandemic- an epidemic occurring worldwide, or over a very wide area, crossing international boundaries and usually affecting a large number of populations.
- Psychological distress- a set of painful mental and physical symptoms those are associated with normal fluctuations of mood in most people. In some cases, however, psychological distress may indicate the beginning of major depressive disorder, anxiety disorder, schizophrenia, somatization disorder, or a variety of other clinical conditions. It is thought to be what is assessed by many putative self-report measures of depression and anxiety.

1.7 DELIMITATIONS OF THE STUDY

In the present study the conceptual delimitation is the psychological impact with respect to the irritation, anxiety, mood swings of secondary school students. The sample delimitation will be the secondary school students of Kendriya Vidyalaya and Jawahar Navodaya vidyalaya, of Paralakhemundi municipality of Gajapati District, Odisha by using technology for their online classes.

1.8 CHAPTERIZATION

The dissertation work is divided into total five chapters. The Chapter 1 deals with the introduction, statement of the problem, rationale of the study, objectives, research questions, delimitations and chapterization of the study. Chapter 2 covers the review of related literature. In chapter 3, it is describing about the methodology of the study. This chapter contains the design, sample, data sources, tools used for data collection, variables etc. Next in chapter 4 the researcher will write down the procedure of data analysis and findings of research. In the final chapter number 5, there will be conclusion.