

Effect of E-Learning on Hampering Mental Health of Students

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Abstract

The core of the e-learning process in the education sector is recognised as the reason behind the success of technology in the present situation. Identifying the negative impacts of e-learning on the student's mental health is the foremost principle of this study. Qualitative research has been selected for getting a favourable outcome from the study which is selected with the help of explanatory research design. Despite the positive impact of e-learning on the development of the learning process, hampering the mental health among the students is considered as the factor which decreases the quality of the technology for educational purposes.

Most of the information gathered and represented in this research are from very recent sources which are published in or after 2018 which helps in maintaining the authenticity of the research. Anxiety, stress and lack of interest in the learning process are identified as the negative impacts of e-learning on the mental health of the students. Covid-19 is considered the reason which enhances the negative impacts of technology especially mental health issues among students. The negativity of these technologies in the learning process reduces the implementation of e-learning in underdeveloped countries.

Keywords

Anxiety, Communication, E-learning, Lack of interest, Mental health, Mental issues, Stress.

INTRODUCTION

Background of research

Rapid growth in technological advancement and growing users of internet-based applications resulted in the abrupt implementation of e-learning procedures in the educational sectors. The covid-19 outbreak is also considered an issue which has developed the growing rate of implementation of internet-based learning procedures in the educational sectors in the present day. Integration of multiple informations and communication technology and their positive impacts on the learning process is a reason behind the rapid increase in the adoption of ICT or e-learning processes in the organisational culture in the education sectors [1]. A wide range of applications of e-learning in the education sector is an important aspect which enhances learning techniques and processes [2]. The benefits and wide range of applications of these technologies in the education sectors increase the adoption rate in the educational sectors. Multiple challenges and benefits have been described in previous works which enhances the scholarly interest in this particular topic.

Aim and Objectives

Aim

The main aim of this study is to identify the negative impacts of e-learning on the mental health of students.

Objective

- To identify the use of “e-learning” in the education sector and its impact on the learning process.

- To recognise the correlation between the e-learning process and the mental health of students.
- To investigate the negative impacts of e-learning on the student's mental health.

Significance of research

The psychological health of students and satisfaction of students from the learning procedure plays a significance activity in the development of their career of the students. Multiple researchers indicate that there are several negative impacts of the e-learning process on the mental health of students. Language difficulties among students are identified as an issue which can be obtained from heavy use of e-learning and can hamper any student's mental health as it can isolate students from social development [3]. Identifying the negative impacts of e-learning can help understand effective measures that can mitigate challenges from the e-learning process. This study also implies the development of processes which can enhance the role of the e-learning process in getting favourable outcomes from the students in the educational sectors. The utilisation of ICT technologies in the education sector refers to the sustainable development of the education system in the present situation [4]. However, the negative impacts of overusing ICT in the education sector are also rising day by day. This specific research provides the information that will be sufficient in understanding the negative impacts of e-learning on students.

METHODS AND MATERIALS

Research design

Selection of the proper type of information that is relevant to the research is an important aspect which mainly gets from the proper research design followed. Research design can be defined as the understanding of the researcher on specific phenomena which helps the researcher in selecting the proper types of information gathering and interpretation process in the research [5]. Research design can be categorised into three parts “exploratory research design”, “explanatory research design” and “conclusive research design”. *An explanatory research design* has been selected in this research for developing information about the negative impacts of the e-learning process on students' mental health. Explanatory research design helps the researcher in obtaining sufficient information from limited sources which enhances the quality of the research [6]. Understanding the proper types of data which are important in the conduction of the following research is another reason behind selecting this specific research design.

Research type

The type of research is also an important aspect which influences the researcher in selecting the relevant information which is important for the following research. Research can be divided into two parts including qualitative and quantitative. Qualitative research is the process of completing a study with the help of collecting information from external sources and compiling the sources to get accurate results from the research [7]. Quantitative research is the process which implies collecting information directly from selected populations and compiling the resources for getting favourable outcomes. *Qualitative research* has been selected in the following study as it will provide better results about the selected topic in the present situation. The availability of previous works about the selected topic of the particular research is another reason behind selecting qualitative research in the following research.

Inclusion-Exclusion criteria

Inclusion criteria refer to the attributes in research that provides information to the researcher in selecting the proper population for collecting information which is relevant to the topic of the research. On the other hand, exclusion criteria imply the characteristics that help the researcher in identifying potential research participants which are appropriate for providing sufficient information which is relevant for getting a commendatory outcome from the research [8]. As previously mentioned in this study, qualitative research has been followed and resources for getting information in this research are used in authentic and valid journals, articles and databases which are relevant to the topic of the research. Journals and articles have been taken for granted which are published in or after 2018 for maintaining the “authenticity” of the following study. Unreliable data sources are critically avoided in this research

as they can hamper the authenticity of the research. Research articles published in the English language have been taken and other languages have been ignored for maintaining the efficiency of the following research.

Data collection

The collection of information which is appropriate for conducting research is one of the most important aspects and the appropriateness of the data gathered in the research can be reflected in the results of the research. Qualitative researchers clearly stated that the pandemic has changed the types of collecting information for conducting research [9]. Qualitative data has been collected in this research mainly from authentic journals and articles which are mainly published in or after 2018. Maintaining the reliability and authenticity of the information gathered and represented in the following research is the most important aspect which enhances the quality of the results and findings of the following result.

RESULTS

Effects of e-learning crack-up among students during Covid-19

Covid-19 is recognised as a critical aspect which dynamically changes multiple social activities in the world. Education sectors are also affected abruptly during the pandemic and have changed their traditional way of providing learning processes to students. “E-learning” is a process mainly adopted in the time of the pandemic outbreak in the education sectors not only in the UK but also all around the world. Internet based education system are found as a substitute to offline classes, especially during the time of pandemic and have changed multiple traditional processes that have been followed in the education sectors in the past decades [10]. Despite the positive impacts of e-learning, many pieces of literature are identifying the process of online classes as a disruption in the education system mainly for the effect of this process on the mental health of the students.

The use of electronic resources in the process of education has changed the perceptions of students. However, distance learning also obtained a negative impact of adopting e-learning in the education sector which critically disrupted the psychological health of the students [11]. The term distance learning refers to an instructional study which implies the process of learning in another place rather than in education sectors. Lack of meeting with the teachers and friends is identified as a factor that reduces the mental stability of the students which can affect the learning outcomes of the students in their life. Social distancing has become an essential aspect to prevent the pandemic's spread and forces multiple sectors to adopt online facilities to provide service to consumers. Educational sectors are also forced to implement an e-learning process in the culture which hampers the traditional learning process which followed in the educational sectors in the past decades.

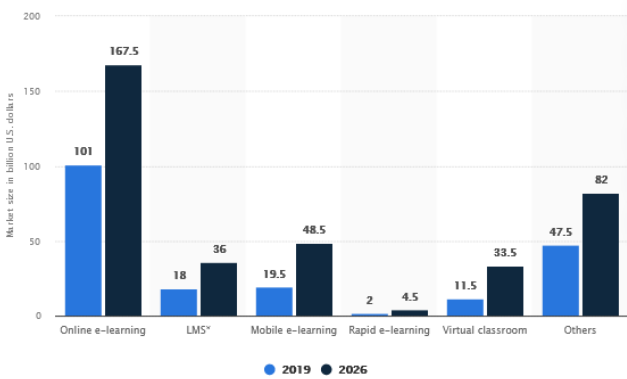


Figure 1: Segment wise global e-learning market in 2019 and 2026 [12]

The above statistics showcase the rapid growth in the implementation of the e-learning process in the global market which indicates the effectiveness of this technology for educational purposes. The global e-learning market could increase by about 400 billion U.S. dollars in 2026 which is a rapid increase in online education purposes [12]. Increasing e-learning implementation for educational purposes also has multiple negative impacts on the student's mental health and future of the students. Lack of interest is identified as a critical outcome of implementing an e-learning platform in the educational sectors which affect the mental health of the students. Keeping distance from friends and respected teachers are recognised as the reason behind increasing the number of students who face a lack of interest during the online class procedure [13]. Lack of interest in the learning process can also hamper the future opportunities of the students which are also considered an effective outcome of the implementation of e-learning in the education sector.

Communicating with the students is a significant item of the learning process especially, in the higher education system. "E-learning" became a problem for the student's perception in the higher education systems which are also considered a factor that enhances mental illness among students. In underdeveloped countries, it has more negative impacts on the students, as the lack of updated technologies hampers the experience of using e-learning procedures among the students [14]. Lack of communication and gathering of knowledge is results in the disruption of mental health among the higher education sector's students, which is considered one of the most critical aspects of the presentation of the e-learning process in the educational sector. Connection and update issues lead to anxiety and stress formation among the students which is also identified as a critical aspect in the implementation of online education systems in the education sectors.

Correlation between the student's mental health and the development of e-learning for educational purposes

Using advanced technology is becoming a trend in the present situation and education sectors are not the exception. The E-learning platform is implemented by multiple

education sectors especially due to the pandemic outbreak and has multiple benefits and difficulties among the students. Despite the various benefits of this application, mental health issues are recognised as one of the most critical aspects in the involving of the "online class" process in the "education sector". Heavy use of online platforms for any aspect can result in a reduction in the mental health condition which is also a reason behind increasing mental health issues among students due to the rapid growth of e-learning processes for education purposes [15]. Mental health-related issues are considered the factors which inhibit various organisations from implementing e-learning for education purposes.

Stress and anxiety became more frequent among students mainly during the pandemic as lack of communication with other persons increase mental illness among people. The cross-cultural education environment is identified as most affected due to the pandemic and the implementation of e-learning procedures in the education sectors. Anxiety is one of the most critical psychological effects that depart from other issues in the development of the e-learning process [16]. Most of the students face a lack of interest in the learning process which ultimately leads to increasing anxiety among the students. The increasing anxiety level in the students also failed future opportunities among the students.

Distance e-learning is also interrelated with the increase in mental illness among higher education students in the world. Mental health-related factors are considered an important aspect which indicates the negative impacts of e-learning among students. Multiple researchers implied both Covid-19 and e-learning increase as the factors which increase the issues of mental health among students. Rapid growth in the Covid-19 spread in the world forced the education sectors to implement an e-learning process for continuing the education system. However, lack of social activity among the student's leads to affected mental health and decreasing interest in the learning process for educational purposes.

Virtual learning fatigue is an outcome of rapid growth in the "e-learning" process in the education sectors mainly during the Covid-19 outbreak. Spending a rapid amount of time in the virtual world is resulting in the formation of zoom fatigue which is a critical mental health issue in students. Zoom fatigue is also considered an issue which emerged from the rapid growth in the e-learning process in the education sectors during the pandemic. Figure 3.2.1 showcases the factors which increase mental health issues among students due to the implementation of e-learning procedures in the education sectors. Social networks and mental health are critically related as it is found that rapid staying in the virtual world decreases the efficiency of thinking and learning [17]. Mental health markers represented in the following figure are considered as the aspects which increase mental health issues among students, especially during the pandemic.

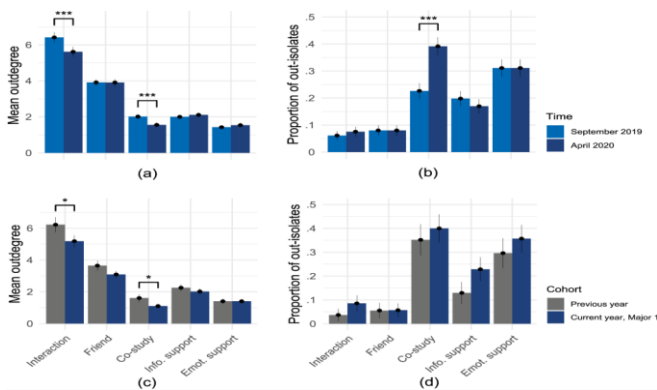


Figure 2: Interrelation between mental health and e-learning among students [17]

E-learning as an independent predictor of the readiness of it

Rapid growth in the pandemic is identified as the reason behind the growing involving e-learning in the education sectors and has multiple negative impacts on students in terms of their future. “E-learning stress” is identified as a factor that increases the negative impacts of these technologies on students' careers and their future opportunities. Lack of communication with friends and teachers is recognised as a critical result of these technology implementations. However, several positive impacts which are far higher than the negative impacts attract the education market in adopting e-learning processes for continuing the activity in the market [18]. Accessibility of information on the internet and the authenticity of that information is also identified as another reason which enhances the growth of internet-based learning among students worldwide.

E-readiness is the process of designing one's perspectives in adopting the process of e-learning for educational purposes. Managing one's learning is one of the main aspects of e-learning which is a part of e-designing which enhances the prediction of the outcomes from the intervention of online classes in the education sector [19]. E-learning is considered the predictor of e-learning procedures for educational purposes. E-learning programs are becoming successful in the education sector which enhances the adoption of e-learning processes for education purposes. Identifying the results of the outcomes of the process is an important aspect in the development of learning processes which are internet driven. Digital transformation in the education sector resulted in rapid growth in the development of education systems.

Recognising the role of the “e-learning” process in the education sector plays a crucial role in the development of internet-based classes in the organisational culture. Designing the process which will be used in the learning process is also an important aspect which is considered as the factor in improving the quality of the learning process driven by the use of internet-based applications. Distance learning in higher education is recognised as an emerging and successful concept in the era of the pandemic and the use of e-learning processes enhances the quality of distance learning [20].

Despite the positive results of the implementation of these technologies, increasing mental health issues are identified as the factor which inhibits the growth of implementing digital technologies for educational purposes. Lack of meeting friends and teachers is results in the formation of frustration among the students which is considered a critical aspect in the development of the “e-learning” process in the education sector.

DISCUSSION

The present study mainly focused on the identification of the negative impacts of online classes, especially on students. Increasing anxiety, stress and lack of interest among students are identified as the critical outcomes of e-learning in the education sectors [21]. Enhancing the mental health problems among the students resulted in a decrease in the future opportunities of the students which resulted in the limited implementation of the e-learning process in the educational institutions in the market. Recognising the mental health issues among students also increases the concerns among the education authorities about overusing these technologies in the educational sector. Identifying the negative impacts also helps in getting better solutions for the implementation of e-learning processes implemented in the education sector.

Positive impacts are also found in the following study which enhances the quality of these technologies in developing the process of learning for educational purposes. Availability of information and authenticity of the information is considered as the positive impacts which enhance the results of the research. Distance learning has been most impacted due to the intervention of e-learning procedures for educational purposes as it enhances cost-effectiveness and decreases the time lapses in the learning process [22]. The positive impacts are found as higher than the negative impacts. However, the negative impacts of e-learning on the student’s mental health are considered as the factor which decreases the quality of these technologies for educational purposes. Recognising the impacts of the technology refers to the downside of the implementation of the technology in the purpose of educational improvement. Negative impacts drive the students in getting affected health especially mental health due to the rapid growth in the implementation of online education in the education sectors.

The online education system has become a trending method in the education process. On one hand, the students remain interested in this kind of learning system. On the other side, the students face many mental issues because of the e-learning system. The online learning system is used as the predictor of student engagement in the education system [23]. As the students are interested in the online learning system then it also increases the engagement of the students with this system. On the other hand, as the students remain isolated in the online education system thus it negatively impacts the psychology of the children [24]. This kind of learning method

increases absenteeism and anxiety among students. As the educator cannot equally see the students in the e-learning mode, thus it creates depression among the students about the carelessness of the teacher. The e-learning system also increases fatigue among the students and that also is regarded as a mental issue which is created by this kind of learning system.

In e-learning, the students also face issues in communication and that also negatively affects their mental health of the students. In the e-learning system, the students cannot get a convenient learning environment [25]. This also creates issues in the mental health of the students. As the students face issues in the interaction in this kind of learning system thus it creates a knowledge gap among the students. This kind of problem also affects the mental health of the students. The students lost their ability to communicate with unknown people and this learning method increased inertia among the students. The students also face issues of depression, anxiety and other negative mental issues and this also decreases the interest of the students in the e-learning system. The lack of interaction also makes the students accept the isolation and they become detached from society. This also negatively affects the mental health of the student.

CONCLUSION

After the entire discussion it can be concluded that though the e-learning system has become more interesting to the students, it has huge negative impacts on mental health of the students. In one word it can be said that the e-learning system makes the students handicapped in their mental health. In this kind of learning system, the student needs to sit in front of a camera or screen for a long time and there is variety in the class, thus it becomes boring to the students. The students do not get any interest in this kind of learning. The students become distressed with the e-learning system because there is no chance to communicate with their classmates which entertains the students. Apart from that it also can be said that in the online learning system, the students do not get opportunities to speak and that also makes the student depressed.

After the entire discussion, it also can be said that the e-learning system has a huge impact on hampering the mental health of students. During the pandemic situation, the use of e-learning systems has increased and initially the students were interested in this kind of learning method. The main factor is the lack of opportunity in the communication system which negatively affects the mental health of the students. The findings of the present study can give references to educators to become more conscious regarding the mental issues of the students which come from the e-learning system. With the findings of this, educators also can make decisions regarding the changes in the education system through an online system as the students do not face these mental issues. After the entire discussion, it can be said that the students get huge mental issues from online education and that needs to be reduced to increase the mental strength of the

students.

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