

UNIVERSITY LEARNING CHALLENGES IN THE MODERN EDUCATIONAL SYSTEM

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The expanded use of online resources has become the new standard of education. The Covid-19 pandemic has prompted new approaches to education as well. However, online learning like most teaching methods, has its own collection of advantages and disadvantages. Decoding and comprehending these positives and negatives will assist institutes in developing methods for more effectively delivering lessons and ensuring that students have an uninterrupted learning process. Online learning is only one form of distance learning, which refers to all learning that takes place over a distance rather than in a typical classroom.

Although it has a number of benefits for both students and educators, online learning can have a negative impact on mental health. Firstly, it is social isolation caused by educational establishments offering students to only connect with their peers on virtual platforms. Therefore, lectures moving to virtual formats may cause students to feel isolated, discouraged or unmotivated without social interactions. Secondly, increase in stress and anxiety, students may feel anxious with keeping up to date with their work. Being in front of others on video may lead to anxiety as well.

Spending a significant amount of time online in front of screens may fatigue both teachers and students. When in-person interactions occur, the brain processes a variety of non-verbal cues like tone and pitch of voice, facial expressions, eye contact and body language. When it's difficult to pick up on these cues through the screen the brain tries harder to interpret the information received. This can cause mental distress also known as 'Virtual Learning Fatigue'.

Despite the fact that online learning has the ability to negatively affect the mental health, there are still some positive benefits. For some students, being home and around family, particularly during

the COVID-19 pandemic, can offer feelings of safety and reassurance. For them, home can become a safe learning environment where they feel more productive. Furthermore, for students who are more introverted, virtual learning offers an escape from constant anxiety and depression. A research conducted by Astana Medical University in the Republic of Kazakhstan has proven a drastic reduction in anxiety symptoms after transitioning from traditional learning to online learning.

BNTU has efficiently implemented online learning for teaching Humanities and Sciences to foreign students via online platforms like MS Teams, Google Meet and other learning management systems.

In conclusion, it seems abundantly clear that a hybrid of the two types is more efficient for students as not all subjects are easy to follow online and not all subjects are necessary to be held in a traditional learning environment.

References:

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