

# Precetion of Stress and Satisfaction among Student Traditionl to Online Classroom

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## ABSTRACT

**Background:** Online education is a newer strategy of imparting knowledge .it is two\_ way and involves both teachers and students in a virtual environment. Recently, there has been a booming escalation in efforts to shift traditional classrooms into virtual ones. But this has not come without challenges to both teachers and students.

**Objective:** The purpose of current research is determining the level of satisfaction a stress in the students due to the shift from traditional to online classroom.

**Methodology:** This Research reports research from students from medical colleges and universities in an attempt to determine satisfaction and stress due to online in higher education. The sample size was calculated to be N=206.As per inclusion criteria, members of STUDENTS from Lahore, who had previous experience in traditional classes for at least 3 months, Students who had traditional experience of less than 3 months were excluded. Frequencies were calculated to find out prevalence of stress and satisfaction among students after transition of traditional to online classrooms.

**Results:** More than half of the students were satisfied with the online learning and the students have a moderate level of stress during E Learning . Approximately 75% of students agreed that at times it was stressful. One line learning is enhances their self studying habit(88.1%).Most of the students were pleased with the response of the departments concerned to any problems in the online tests ,classes, and course material.

**Conclusion:** Although recently adopted, the satisfaction of the students towards online classes appears good and prioritizing the identified predictors and working on the weal; inks could assist in enhancing student's satisfaction an better outcomes.

**Keywords:** Virtual Classroom, Perceived Stress Score, Learning, Stressors, Student Satisfaction, Student Stress.

## INTRODUCTION

Stress is defined as the body's non-specific response to demands made upon it or to disturbing events in the environment.(1) Academic stress is defined as the body's response to academic-related demands that exceed adaptive capabilities of students(2)

In short, stress is normal and can help individuals to be more active and productive. However, very high levels of stress experienced over a prolonged period can cause significant mental and physical problems

On the March 11,2020, the World Health Organization declared the coronavirus out break a pandemic. the worldwide speared of a new disease, Due to COVID-19 Consequent implantation of Social distancing and forced to closed to all school, colleges and universities. Consequently, there has been a general shift from traditional face-to-face instruction to online teaching. (3)

Online learning is classifying as synchronous or asynchronous. Today, Students are presumed digitally literate, easily adapt the use of gadgets and online education(4)

Online teaching method is challenges to all students and teachers because in online classroom lack of communications, less face interaction. So, online teaching was found to be a method that challenged to our traditional approach.(5, 6)

Online courses also differ from face-to-face courses in their methods of implementation. Subsequent studies investigated learning outcome and student satisfaction in online versus face-to-face courses but yielded inconclusive results. Some studies showed that online learning was highly satisfy and achieved better learning outcome that traditional face-to-face learning, and other studies showed poor engagement with online education..(7)

DREEM is a scale for measuring perceptions regarding the education of students majoring in medical-related departments. It was developed in 1997 (8)using a Delphi method for assessing various medical educational institutions throughout the world.

Mayer's study hypothesize that, although different online lecture videos may be met with variable student satisfaction, Students will be able to learn effectively from of the video styles, provided the video incorporated Mayer's multimedia learning

principles. We conclude with best practices for creating engaging, student-centered online lecture videos.(7)

From Hamdan Bin Mohammed Smart University, in UAE, carried out a study on perceptions of students, from a science discipline, on the effectiveness of online instructor feedback. A survey instrument was provided to 74 participants of which 66 completed the survey. It was seen that 73% students indicated satisfaction with the online instructor feedback they had received.(9)

In (2020) did a study to determine the perceptions of students towards e-learning during the lock down. They found that 76% of the students use Mobile for their e-learning. 75.7% of the students have negative perceptions towards e-learning. The study showed that majority of the students preferred face to face teaching over e-teaching as they found it less appealing due to its limitations with respect to practical aspects of learning in the lab/clinical environment.(10)

## MATEROALS AND METHODS

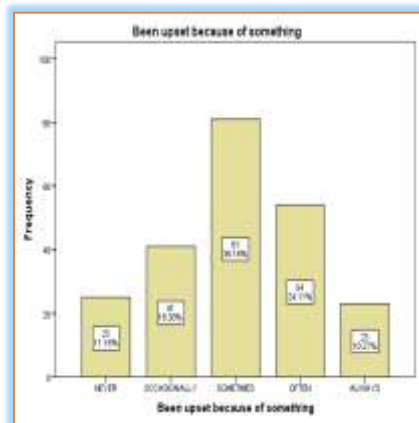
After the institutional ethical clearance, this online survey study was done on medical students. A total of students participated in the study 206.The sample size was calculated to be N=206.As per inclusion criteria, members of STUDENTS from Lahore, who had previous experience in traditional classes for at least 3 months, Students who had traditional experience of less than 3 months were excluded. Frequencies were calculated to find out prevalence of stress and satisfaction among students after transition of traditional to online classrooms. All the students voluntarily participated. Voluntary participant of all students was taken through online survey link created by Reacher on a Google form. The study group consisted of young healthy individuals UNDERGRADUATE AND GRADUATE males and females.

## RESULTS

More than half of the students were satisfied with the online learning and the students have a moderate level of stress during E Learning. Approximately 75% of students agreed that at times it

was stressful. One -Line learning is enhancing their self-studying habit' (88.1%). Most of the students were pleased with the response of the departments concerned to any problems in the online tests, classes, and course material.

Majority the participants (51.36%) were strongly agree that the students must need to updated with the technology. All four domains scores were correlated with each other as well as with the students with the stress level.

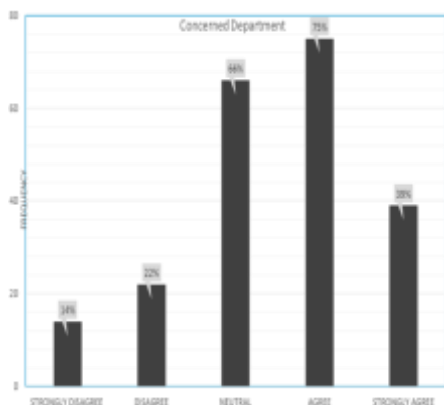


Graph 1: According to this frequency graph, 10.27 percent were thought that they were Always Been upset and 36.16 percent sometimes upset during lockdown

Table 1: online learning is enhancing my self -studying habit

		Frequency	Percent	Valid percent	Cumulative percent
Valid	Strongly disagree	11	4.9	5.0	5.0
	Dissagree	36	16.0	16.5	21.6
	Neutral	72	32.0	33.0	54.6
	Agree	73	32.4	33.5	88.1
	Strongly agree	26	11.6	11.9	100.0
	Total	218	96.9	100.0	
Total		225	100.0		

Online learning is Enhancing my self -studying habit. According to this frequency table, 11.6 percent of the participants strongly agreed and 32.4 percent agreed that online learning is enhancing their self -studying habit making it a cumulative percentage of 88.1 percent of the total participants who found Enhancing their self -studying habit.



Result of this frequency graph shows that, 18.06 percent strongly agree that satisfied with the ability to contact concerned

department and 34.72 percent agreed that their student Satisfied with the ability to contact concerned department.

Table 2: online learning enhances student's motivation

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	28	12.4	12.8	12.8
	Disagree	48	21.3	22.0	34.9
	Neutral	55	24.4	25.2	60.1
	Agree	58	25.8	26.6	86.7
	Strongly Agree	29	12.9	13.3	100.0
	Total	218	96.9	100.0	
Total		225	100.0		

The above Table's Result show that ,12.9 percent of the participants were strongly agreed about online learning enhances student's motivation and 25.8 percent of agreed that online learning enhances student's motivation.

### DISCUSSION

In the current situation, the use of information technology (IT) is serving as a solution for educational institution and students to continue and enhance the learning process by developing new skills. However, retaining students is a greater challenging problem for online courses than it is for face-to-face courses.

Student's satisfaction is an important factor for successful e-learning adoption and effective outcome. This study presents that more than half of the students are satisfied with online learning. Study indicates positive response and most of students expressed satisfaction with e-learning programs.(11)

In a previous study ,A systematic review has reported extremely low level of satisfaction(14.0%) among health profession students(e.g. medicine, dentistry, pharmacy and allied medical sciences) towards online learning compared to traditional learning. (12)

In a previous study Smith, Gina S., et al. (2005) analyzed that 67.6% of the 100 participants who completed the survey identified either a very high or high level of stress. The biggest stressor was technical issues during online class.(13)

Current study shows that 51% of the students are generally satisfied with online learning. About 80% out of 225 of the students thought that the sudden interruption in delivering the information due to technological error (internet) hinder the learning process. In a previous study 72% of participants rated student-content interaction as most important. "Properly designed content material with clearly stated objectives, goals, assignments, due dates, quizzes, test, and expectations sets the tone of the entire course .In the previous researches done in Pakistan.11.1% consider internet services too expensive for regular online connectivity.(14)

Current study shows, most of the students were pleased with the response of the departments concerned (51%) to any problems in the online tests, classes and course material (43%) which is one of the most important factors for the acceptance and performance of the learning process by students. This study indicates that the students feel charges to connect to the internet is expensive (67%). For e-learning, some basic things like computer, computer accessories and access to the internet are compulsory and these facilities are not available throughout the country (Pakistan).(15)

In previous study, Awofeso & Bamidele (2014) carried out a study on perception of students, from a science discipline, on the effectiveness of online instructor of students from a discipline, on the effectiveness of online instructor feedback. A survey instrument was provided to 74 participants of which 66 completed the survey.it was seen that 73% students indicated satisfaction with the online instructor feedback they had received. In Current Study, Majority of the students approximately 58% in this study agreed that they were satisfied with the instructors' supportiveness, professional behavior and efforts in maintaining distraction free classes.

A previous study done in India (2020) that the students felt happy due to utilization of time in attending online classes during the lockdown period. Although initially, faced.

In Current Study, Show About (43%) of the participants said that the online learning is effective in bridging the gap in missed academic period which is consistent

me difficulty in joining online classes but got acquainted later on.

This finding of this study indicates that the four domains under consideration: learners dimension, instructors' characteristics' technological characteristics and courses management and coordination all had positive relationship with the overall satisfaction and stress level towards online learning. This research adds value to the existing literature, through detailed analysis of students' satisfaction and stress towards distant learning during this situation of COVID-19 pandemic. The study also disclosed

That in order to maintain high-quality learning. appropriate assessment plans and adequate facilitation must be particularly reinforced. In the context of this research, it is recommended to, train the students, easy availability of gadgets and cost effective student internet packages can be introduced to encourage the students and to make more the online classes more effective.(16)

This study has several strengths and limitations. To the best of our knowledge, this is the first study linking perceived stress to student's satisfaction in online digital e-learning in COVID 19 lockdown.

## CONCLUSION

The student's satisfaction and stress are the important factors successful e learning adoption and effective outcome. Stress and satisfaction are interrelated. Less the stress level, more the efficiency in student learning and hence higher satisfaction level in students. Our study presents that more than half of the students are satisfied with online learning and the students get more motivated through e learning also moderate level of stress was seen in the students who transitioned from traditional to online learning. learning domains such as learners. Dimension, technological characteristics, instructors, characteristics and course management and coordination are significantly associated with students' overall satisfaction towards online learning.

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