

RELATIONSHIP BETWEEN ONLINE LEARNING AND MENTAL WELL-BEING OF THE COLLEGE STUDENTS

A. Ignaciammal

Ph.D. Research Scholar, Department of Education (DDE)
Madurai Kamaraj University, Madurai, Tamil Nadu, India.

Dr. P. Muthupandi

Research Supervisor, Director of Distance Education
Madurai Kamaraj University, Madurai, Tamil Nadu, India.

Abstract

Online learning is a great boon to the learners in the globalized context. Online learning refers to teaching that is imparted electronically through various multimedia and Internet platforms and applications. Doors of education and online learning have been opened for people around the world to access education irrespective of Nation, caste, gender, religion, ethnicity. Mental well-Being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. This study aimed to examine the relationship between online learning and mental wellbeing of the College students. In this descriptive correlation analysis, the participants of the study are 61 (female 42=; male 19) Thiagarajar Arts and Science college and Madura College of Arts and Science were selected through simple random sampling. Online Scale and Mental wellbeing Questionnaire constructed and validated by the investigators. Findings of the study were (i) level of online learning and mental wellbeing of college students were moderate (ii) there was no significant difference between male and female college students in their online learning. (iii) there was significant difference between rural and urban college students in their online learning (iv) there was no significant relationship between online learning and mental wellbeing of college students.

Keywords: Online learning, Mental wellbeing.

INTRODUCTION

Technology is playing an abundant role in our lives, with every aspect of our life intertwined with Technology. Consequently, the educational processes and systems of today are increasingly facilitated, influenced and modeled to an extent by different forms of information and communication technology (Vaughan & Garrison,2006).The role of technology is assuming different forms and has a rippling effect across the curriculum at all levels in educational institutions.it is due to these increasing role and ever changing nature of information and communication technologies, expectations about constant demand for incorporation of technology at different levels of education have been raised. This has resulted in the adoption of technology into the design and delivery of the curriculum at increasing levels. It has opened them to various non – traditional and unconventional avenues of learning. Thus emerged an online learning, online teaching and online assessment.



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