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THE INFLUENCE OF DISTANCE LEARNING ON THE PUPILS' AND STUDENTS' EMOTIONAL AND MENTAL HEALTH

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The pandemic COVID-19 has caused the biggest failure in the history of education systems. Schools and other educational institutions have closed mostly all over the world. All these educational losses are a great threat to future generations, as they can eliminate the progress that has been made for decades [2]. Nevertheless, this crisis has become a stimulus for innovations in the educational process.

Distance learning is an innovative learning. It was available since first computers and the Internet appeared. The spread of the Internet made it possible to use audio and video broadcasts, audio and video conferences, Internet conferences [5]. However, distance learning became more popular in the time of pandemic.

Online education has become new for most people. We believe that one of the main advantages of online learning is objectivity, because a teacher teaches you without personal preferences. It is impossible to get a grade only because you are just a good person – you need to prove that you are a good student.

Moreover, distance learning allows to make an individual curriculum for students. This is especially good for employed students, as well as for young mothers and the disabled [5].

Another advantage of distance learning is its low price. Traditional learning is usually more expensive because the cost includes rent, teacher's time, transport, preparation and printing of tasks, cookies, coffee and other nice bonuses that make learning more comfortable. In the case of online learning, everything is much simpler and cheaper. Most often, online courses are a set of ready-made videos that are recorded once and occupy themselves by a few views [1].

Therefore, advantages of distance learning are:

- objectivity;
- individuality;
- low price.

The main feature of distance learning is an interactive connection between a student and a teacher instead of live one. We consider this as a disadvantage, because when students work with the teacher in life, they understand the information faster. Students get not only knowledge but also an experience of living life situations modeled in games while making practical tasks [1]. In distance learning, teachers

usually record videos or prepare presentations, upload them and that is all. In online learning there is no direct connection with a teacher, there is only communication during a webinar.

Distance learning is available with all kinds of information technology due to which you can work anywhere where there is Wi-Fi: at home, at work, with a laptop on the train. But are they available to all students? No, because some live in countryside where there is no Internet. In addition, not everyone has the opportunity to purchase “special equipment” for learning.

There is a lot of information in the Internet. That is why it is difficult sometimes to choose the most relevant and useful information. You should also pay attention to motivation during online learning. When students interact with each other, they master new skills faster because everyone wants to be the best. A good competition increases overall success [3]. In case of online learning, this is more difficult – a student sits at the computer, listens to videos of classes and does online tests – this requires a higher level of self-organization and self-control.

So, there are some disadvantages of distance learning:

- this is not available to everyone;
- there is a large amount of information in the Internet, so it is hard to find the right one;
- lack of live contact;
- it requires a high level of self-control and self-organization; the result depends only on your efforts.

By the way, distance learning affects the emotional and mental health of students and pupils. Isolation has become a challenge for people and changed their lifestyle. The time spent behind the screen has raised, duration of sleep, physical activity have decreased. These factors can cause the development of neuroses, depression, autonomic disorders, sleep disorders and anxiety. A defective attention to these problems can lead to the development of borderline mental illness and psychosomatic disorders, and ultimately to health loss [4]. The problem of mental health of pupils and students is very important and needs attention from society and parents.

Based on problems caused by distance learning, some advice can be given. First of all, you should try to change the duration of physical activity. It can be not only walking in the fresh air – you can go cycling or roller skating, play moving games, run, visit the gym, dance. You also have to pay attention to the duration of sleep. For children in the 1-4 grades it is 10 hours a day, for students in the 5-9 grades – 9 hours, for high school students and university students – 8 hours a day [4]. The duration of screen time should be up to 2 hours for junior and middle school students; for senior classes and students – 3 hours per day [4].

In conclusion, distance learning is a combination of information and technologies that provide educational material for a student [5]. Unlike “traditional” learning, cooperation with a teacher online is interactive and due to it distance learning can be called an innovation. Nevertheless, this type of education needs special equipment, which isn’t available for every student. Another disadvantage is a lack of live contact that can be a challenging for students. Because of a large amount of

information in the Internet, it could be hard to find the right one and you have to learn to follow your schedule and develop the ability to plan doing your homework on time. To maintain your health, you should increase your physical activity, start monitoring your diet, try to reduce the duration of screen time, spend as much time as you can outdoors.

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