

The Impact of Online Learning on High School Students' Stress

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ABSTRACT

Nowadays, students have all kinds of pressure, especially high school students. This age group is in adolescence, they have their own ideas, their minds are sensitive, and they are facing the college entrance examination. Especially in this particular period, due to the COVID-19 pandemic, most high school students have to take online classes at home. In a sudden shift in learning patterns, students are unable to adapt. Therefore, in the process of online classes, there are many factors that make students stressed. In order to help high school students explore and solve the problem of the stress of high school students' online classes, this paper studies how online courses cause pressure on students, relying on questionnaires, surveyed 30 high school students in Shenzhen. The results show that the pressure of online learning for high school students comes from four aspects, namely learning pressure, social pressure, family pressure, and health pressure. High school students can reduce their stress by maintaining online communication with teachers and classmates, insisting on exercises such as jumping rope and walking every day, and eating regularly and nutritionally in a day.

Keywords: *Online Learning, Stress, High School Students, COVID-19, Questionnaire*

1. INTRODUCTION

With the development of society, the psychological pressure of students has become a problem that is widely discussed and solved, especially high school students. High school is a relatively important stage in a person's life, at this stage, the difficulty of knowledge learned by students has increased, the environment and people they have come into contact with are gradually complex, and whether they can enter the university of their choice is also something that students need to consider. Therefore, the psychological stress of high school students, the range of psychological tolerance, and emotional regulation are very important. At this stage, due to the epidemic situation, most high school students have opened a new learning mode, online learning. Students cannot return to school, they can only be alone at home with mobile phones and computers and other equipment and teacher

video lessons. They do not have the opportunity to chat with their teachers and classmates, do not have an environment to learn with everyone, and do not have the space to move. In the process of online video learning, the psychological pressure of students has also changed. In order to help explore the sources of stress during online classes and reduce student stress, the paper surveyed 30 high school students in Shenzhen in the form of a questionnaire.

2. INTRODUCTION TO THE QUESTIONNAIRE

Thirty high school students who took online classes filled out an online course and student pressure questionnaire. It can be learned from Figure 1 and Figure 2 that 86.67% of the students preferred to take offline classes, and 80% of the students thought that online classes would bring pressure.

Which way of learning would you prefer to take		
Options	Number	Ratio
Online learning	4	13.33%
Offline classes	20	86.67%

Figure 1. Students’ choice of class forms

Whether online classes bring pressure		
Options	Number	Ratio
Yes	24	80%
No	6	20%

Figure 2. Students’ pressure of online classes

3. MAIN FACTORS OF STUDENTS’ PRESSURE ON ONLINE COURSES

From the question, “sources of pressure for online course”, it can learned that students’ pressure mainly comes from the following aspects: learning, social contact, family relationships and healthy problems.

Sources of pressure for online courses		
Options	Number	Ratio
Academic performance	20	66.67%
Learning atmosphere	21	70%
Social relationships	18	60%
Family relationships	10	33.33%
Health	5	16.67%

Figure 3. Sources of pressure for online course

3.1. Learning pressure

The main stress of students comes from the pressure of learning. With the rapid development of today's society, students have higher and higher requirements for themselves, and their expectations for achievements are getting higher and higher. Thus, the biggest source of stress for high school students is the competition for further education and the impact of academic performance [1]. Additionally, the learning mode of

online classes is very different from that of learning in school, which will lead to students' discomfort, this discomfort is manifested in the deepening of the difficulty and the teacher's teaching style [2]. The question in Figure 3 showed that 70% of students felt stressed because of the poor learning atmosphere.

When students learn online, they are always a person in the room to face electronic product learning, they cannot communicate with teachers and classmates face-to-face, problems cannot be quickly discussed and

answered, therefore, their learning will be affected, enthusiasm for learning will also be hit, if serious, may lead to boredom. Secondly, because high school students are generally in adolescence, their thinking is not fully mature, and they are not self-disciplined enough, so without the supervision of the teacher, they will be prone to wandering, so their learning is not efficient, and their grades will not improve. Grades decline, and the pressure on students naturally increases.

3.2. Social pressure

The second type of stress is the pressure of students to socialize. Based on Maslow's hierarchy of needs theory, we can see that there are five main needs of human beings, namely physiological needs, security needs, belonging and love needs, respect needs and self-actualization needs [3]. Harmonious, healthy, and harmonious interpersonal communication can bring pleasure, joy and happiness to people; while tense, conflict, and disharmonious interpersonal interactions can bring people troubles, depression and pain [3]. In the question of Figure 3, 60 percent of high school students felt stressed because they couldn't socialize freely as they did on campus. These students can't express their stress to their classmates, can't chat with friends at school, play ball, and can only communicate through social software, so they feel depressed.

3.3. Family pressure

The third pressure is the pressure of family. Family is very important for every student: a good family, a warm family, can greatly reduce the pressure of students. On the contrary, the pressure that the family can bring to students is also very large. High school is one of the most critical periods of adolescence, a hazy period of adulthood. Some of the parents' words, once fermented by the students' psychology, sometimes become a lot of pressure [4]. In general, high school students attend school and do not have much communication and contact with their parents, so they avoid a lot of friction and quarrels. However, during online learning, students are at home and stay with their parents, and there is a greater probability of conflict. However, the excessive love and intervention of parents on their children will sometimes cause children's disgust, make the generation gap appear, and alienate the family relationship, affecting the healthy development of children's physical and mental health [5]. The question in Figure 3 showed that 33.33% of students felt stressed because of their families. For example, one student wrote in the questionnaire that because online classes at home require the use of electronic devices, when not in class, you need to use electronic devices to view and submit homework, at this time it will be misunderstood by parents that they are playing games, so it is easy to misunderstand and quarrel with parents. And during the classmate's class at home,

her mother was worried about her grades declining, and kept asking her about the progress and grades of her studies, which made her feel a lot of pressure. In short, Excessive interference, overprotectiveness, and preference for subjects by fathers will lead to more delays in planning, delayed execution, and delayed remediation. Mothers' harshness and neglect of their children lead to more delayed plans [6]. Second, high school students take online classes at home, and parents have more time and opportunities to manage and interfere with student learning, which can make adolescent high school students feel stressed. High school students in this period will have the desire to make their own decisions, but because of the immaturity of their thinking, they are prone to running into walls. It is usually manifested as having their own ideas and opinions, but they are hindered by conflicts with the ideas of their parents and teachers, resulting in anxiety [4].

3.4. Healthy pressure

The fourth stressful thing for students is health issues. Man is an organism under the unified command of the cerebral cortex and coordinated by various physiological systems, and physiological activities and mental activities are interconnected, mutually influencing, and mutually restrictive. A positive and healthy psychological state is beneficial to physical health; a negative and unhealthy psychological state leads to a decline in sleep quality, resulting in migraines, lack of energy, memory loss and other problems in students, so that children's memory development is delayed [7]. The risk of depression in students increases exponentially, greatly increasing the level of anxiety in students, and it is easy to produce negative emotions and negative emotions, and interpersonal crises occur [7]. Physical exercise can promote students' metabolism, appetite, and sleep ability, when the student's physical health, work and rest regularity, the psychology will naturally feel happy. But when taking online lessons, students must always be in the room, looking at the screen to listen to the lessons, and must sit all the time, unable to exercise. For example, in a questionnaire, a male classmate wrote that it always hurts to look at the computer every day in class, but it also has to be endured. And because he sat for a long time, he could only get up and walk around at the end of class, and his waist was very painful. Because of the pain, he could not sleep well at night, so that his spirit was not good, his appetite was weak, so the whole person was very decadent. It can be seen that good physical condition is very important for high school students, but during online classes, it is difficult for students to maintain the same healthy state as in school. As a result, students would develop anxiety.

4. WAYS TO REDUCE STRESS

First, students can reduce stress through exercise. Exercise not only keeps their classmates healthy, but also allows them to divert their attention. The students' minds return to clarity and stress is released, after resting and resuming. The spirit will be fuller, and the effect of learning will be higher [8]. Secondly, it is also necessary for students to maintain a healthy lifestyle and diet. Students should eat three meals on time that meet their physical needs. Thirdly, parents also need to contribute to reducing stress on students. At this sensitive time, parents should pay attention to the changes in students' emotions and behaviors, but should not interfere too much and make students bored. Additionally, when there is an abnormal situation or a misunderstanding between students, parents should take the initiative to communicate rather than directly blame the child. Fourth, students can cultivate a wide range of interests [9] and hobbies when they are bored and bored at home. The above methods provide several ways to relieve the pressure of high school students in online classes. Adolescents in high school are very malleable [10], so mental health is very important to them, hoping that the above methods will help follow-up research.

5. CONCLUSION

Through the analysis, the four aspects of pressure brought by online learning to student. The first one aspect is learning. Students are unable to have an active and positive classroom atmosphere and are not disciplined by their teachers, which leads to a decline in grades and increased stress. Secondly, social aspect. Students cannot have a benign social environment and cannot communicate face-to-face with friends and classmates around them. Personal emotions cannot be expressed, which leads to stress. The third one is family aspect. Students take online classes at home, the time spent with their parents increases, the probability of misunderstandings and contradictions also increases, and parents have more discipline over students, resulting in anxiety among high school birth students who disagree with their parents. Finally, healthy stress. During online classes, students can only be at home and cannot exercise enough. And because looking at electronic products every day, the eyes will be uncomfortable. Therefore, students will have a series of bad changes in the rules of life, so there will be stress.

This questionnaire only recorded the online class pressure of 30 high school students in Shenzhen, and there were not many experimental participants, resulting in limited research results. If the sample of this experiment can be more, and the sample area is not limited to Shenzhen City, the results will be more convincing.

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