

THE IMPACT OF ONLINE EDUCATION ON STUDENTS' ANXIETY LEVELS

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Abstract

With the move away from conventional classrooms comes an increase in digital learning, and this research looks at how that affects students' anxiety levels. The convenience and accessibility of online platforms aren't without their drawbacks, however. Many students complain about increased stress levels brought on by too much screen time, too little human connection, unreliable internet, and the expectation that they can handle their own learning. Academic pressure, difficulties in communicating, and a lack of social support are some of the main causes of anxiety in online learning environments that this research seeks to address. Additionally, it examines the impact of students' anxiety levels on their engagement and learning results as a whole. According to the review's findings, some students thrive when they can study in the comfort of their own home, while for others, the added emotional pressure might negatively impact their performance. In order to alleviate anxiety and provide a more conducive online learning environment, the research stresses the need of supportive teaching techniques, consistent communication, and mental health treatments.

Keywords: Online education, student anxiety, digital learning, psychological well-being, academic stress, virtual classrooms, emotional outcomes.

Introduction

Following the quick transition from brick-and-mortar schools to online resources, online education has emerged as an integral aspect of contemporary education. New options, including as more adaptable timetables, a wider variety of resources, and the option to study remotely, were available to students as a result of this shift. However, it also presented new difficulties for which many students were unprepared. Anxiety among students has been on the rise due to many factors, including their excessive reliance on technology, lack of face-to-face connection, excessive screen time, and unclear academic expectations. Online learning gives some students a sense of independence and convenience. Some people find it overwhelming, and it makes them feel alone and confused, all of which may have an impact on their concentration, motivation, and academic performance. Children and teenagers are particularly vulnerable to these feelings since they are still learning to manage stressful situations and adapt to different classroom settings. If educators, parents, and lawmakers are serious about creating welcoming classroom environments, they must first comprehend the ways in which online learning impacts children' anxiety. the groundwork for investigating the unique causes of anxiety in online learning, the ways in which anxiety impacts students' academic conduct, and the methods that might alleviate students' stress in virtual classrooms. The rise of online learning has transformed the way students engage with their instructors, peers, and course

material. Particularly in the wake of widespread interruptions like the epidemic, what had been a supplemental tool soon became the principal platform for education. The result of this change is a classroom setting that works well for some kids but presents significant challenges for others. There is an additional burden that may affect emotional well-being due to the continual dependence on digital gadgets, the use of novel learning interfaces, and the lack of real-time social contact.

It might be difficult for students to meet both their academic goals and the demands of studying at home. Internet connection instability, inability to focus during lengthy online sessions, and lack of human support are all factors that might amplify anxiety. Because of the added stress and lack of predictability associated with online tests, many students worry about how well they will do. Students who are already sensitive to stress or who thrive with regularity and predictability may find these worries intensified.

Both the individual and the academic aspects of online learning may be negatively impacted by anxiety. Students whose anxiety levels are high may struggle to focus, pay attention in class, and remember what they've learned. Consequently, even if the course material is the same, the quality of learning might go down. This highlights the need of researching the psychological effects of online education and finding better strategies to assist students. This research intends to provide insight on the causes of stress, the ways in which anxiety impacts academic conduct, and the measures that teachers may take to establish a more supportive online classroom by investigating the connection between online education and anxiety.

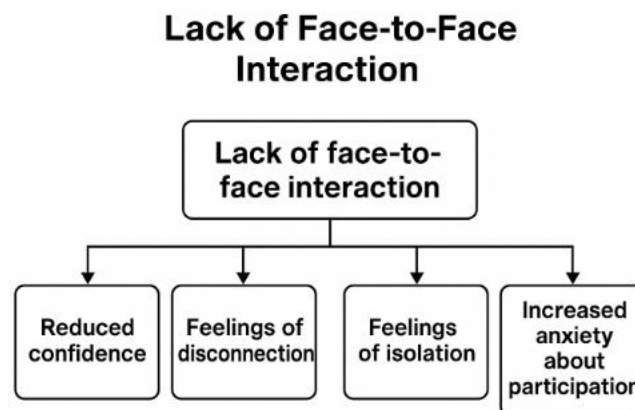
Increased screen time

Anxiety levels might rise as a result of prolonged usage of electronic gadgets, which can lead to weariness and diminished focus. One of the biggest causes of worry for students taking classes online is the amount of time they spend in front of screens. Digital learning forces students to stare at screens for long periods of time without breaks while they do homework, participate in conversations, and take exams. Eye strain, headaches, and general mental tiredness may result from this continual visual and cognitive load, which in turn can increase stress levels over time. The lack of physical activity caused by staring at screens all day long makes kids irritable and exhausted. As a result of sensory overload caused by staring at a computer all day, many students find it difficult to concentrate during extended online sessions. Staying awake, responding fast, and doing duties on time becomes an unbearable burden as the day goes on. Particularly for students unfamiliar with online classrooms, the mix of physical pain and mental fatigue may amplify worry. A lack of emotional resilience and an exaggerated perception of the difficulty of scholastic tasks might result from a pattern of excessive screen use and inadequate leisure.

Lack of face-to-face interaction

Isolation and mental tension set in when students don't have opportunities for actual classroom interaction. One of the main reasons students feel more anxious in online education is because there is no genuine classroom contact. Students in a traditional classroom setting are better able to interpret their teacher's body language, ask questions on the spot, and get prompt answers to their concerns. This kind of organic interaction is constrained by online mediums. Because they

are nervous about seeming uninvolved and unmotivated, many students avoid turning on their cameras or unmuting themselves during class. Students have difficulty following directions or knowing whether they are doing things well when there are no visual signals to guide them. Because they can't ask questions, have casual conversations about class, or lean on pals when they're feeling down, students who don't have any classmates around are more likely to feel lonely and isolated. Academic difficulties might get more burdensome and distressing as time goes on when you're alone. Online students may have decreased motivation, increased self-consciousness, and anxiety if they are unable to establish comfortable connections with their instructors and peers.



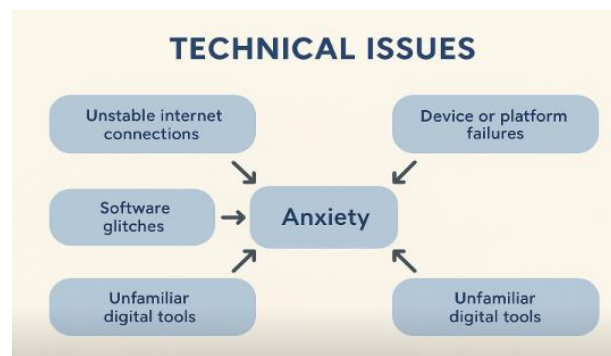
Uncertain academic expectations

Online instructions can feel unclear, creating confusion and worry about completing tasks correctly. Unclear or changing academic expectations are one of the biggest sources of anxiety for students in online education. In a physical classroom, students can easily clarify doubts, observe how teachers explain tasks and understand what is required through continuous interaction. Online learning removes much of this clarity. Instructions often come through recorded videos, brief messages or digital notices that may not explain the task fully. When students cannot interpret these instructions or feel unsure about assignment requirements, deadlines or evaluation criteria, they begin to worry about making mistakes. This uncertainty creates a constant fear of falling behind or submitting incomplete work. Many students also feel anxious because they cannot judge how well they are performing compared to their peers, since online classrooms offer fewer opportunities for informal feedback. As expectations shift with new tools, platforms or teaching methods, students may feel overwhelmed by the need to adapt quickly. This lack of predictability increases stress and reduces confidence, making academic responsibilities feel heavier than usual.

Technical issues

Poor internet connectivity, device problems, and unfamiliar software often cause frustration and stress. Technical problems are a major source of anxiety for students in online education because they directly interrupt the learning process and create uncertainty that students cannot control. Unstable internet connections, software glitches, audio disturbances and sudden device failures often occur during important lessons or assessments, causing students to panic about

missing essential information or losing marks. Many students also struggle with unfamiliar digital platforms, which adds pressure when they are expected to navigate new tools without proper guidance. When classes freeze, links don't open or assignments fail to upload, students begin to worry about being judged as careless or unprepared. These repeated disruptions make learning feel unpredictable, and students may spend more time stressing about technology than focusing on the content. Over time, even small technical errors can trigger frustration and fear, especially for students who lack access to reliable devices or fast internet. This constant anxiety reduces engagement and creates an emotional barrier that affects both confidence and academic performance.



Reduced peer support

Students cannot easily ask friends for help, which increases pressure during difficult lessons. Reduced peer support has become a growing concern in educational and social settings, especially as young people face increasing academic pressure, digital distractions and competitive environments. When students or individuals receive less encouragement, guidance or emotional backing from their peers, it can affect their confidence, motivation and sense of belonging. Peer relationships play an important role in social learning, problem solving and emotional development. When these support systems weaken, people often struggle to share experiences, learn collaboratively or cope with challenges. Understanding the reasons behind reduced peer support and its broader impact helps educators, counselors and researchers design better interventions that strengthen communication, trust and cooperation among individuals.

Impact on motivation

Anxiety reduces interest in studies and weakens engagement with online classes. Online education often disrupts students' natural motivation because the learning environment feels less engaging and more isolating than a physical classroom. Without the energy of peers, routine classroom activities and direct encouragement from teachers, many students struggle to stay focused and enthusiastic about their studies. The constant reliance on self-discipline can feel overwhelming, especially when lessons are delivered through repetitive screens rather than dynamic face-to-face interaction. As anxiety rises due to technical issues, unclear expectations or isolation, students begin to lose interest and may withdraw from active participation. Over time, reduced motivation affects attendance, assignment completion and overall academic performance. Students may procrastinate more, feel disconnected from their goals and find it harder to maintain a positive attitude toward learning. This decline in motivation becomes a

cycle, where low engagement increases stress, and stress further reduces motivation, making it difficult for students to achieve their full potential in an online learning environment.

Negative effect on academic performance

High anxiety can lower concentration, reduce retention, and affect grades. Reduced peer support can weaken a student's academic performance in several ways. When learners don't have classmates they can turn to for clarification, discussion or shared problem solving, they often find it harder to understand complex concepts. Peer groups usually help reinforce study habits, keep each other accountable and create a sense of motivation. Without this network, students may feel isolated, less confident and more likely to disengage from coursework. The absence of peer encouragement can also lower participation in group activities, which limits exposure to diverse viewpoints that help deepen learning. Over time, this combination of reduced interaction, low confidence and limited collaboration can lead to lower grades and a decline in overall academic progress.

Objectives:

1. Measure anxiety levels among students engaged in online education.

Research Methodology

Online education has introduced new pressures that can heighten students' anxiety. Many learners struggle with unstable internet access, constant screen time and the feeling of being monitored during online classes. Limited interaction with teachers and classmates often creates a sense of isolation, which makes it harder for students to ask questions or share concerns. As academic workload shifts online, students may feel overwhelmed by continuous assignments, digital submissions and the pressure to stay available. Technical problems, unclear instructions and reduced peer support further add to frustration. Together, these factors can increase worry, reduce concentration and make students feel less in control of their learning.

conclusion

When students experience both high levels of anxiety and a lack of support from their peers, it may lead to a challenging learning environment. Anxiety hinders focus, slows down thought processes, and makes it harder for students to remember and use what they've learned. Simultaneously, insufficient peer networks eliminate a great deal of the informal assistance that students need to maintain their motivation and self-assurance. Students confront scholastic difficulties alone if they do not have peers with whom to collaborate, exchange notes, or share methods for overcoming problems. Isolation may exacerbate their stress levels, which in turn lowers their performance. Weak peer support reduces possibilities for group activities, collaborative tasks, and spontaneous idea exchanges—all of which are crucial for a more thorough understanding. Disengagement, falling grades, and diminished academic self-efficacy are possible outcomes of this combination in the long run. It is crucial for institutions and educators to acknowledge the impact of emotional health and social connections on learning. In order to assist kids concentrate, engage, and reach their full potential, it is important to work on strengthening their peer networks, providing timely academic advice, and supporting their mental health.

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