

Lifestyle During Online Education: An Overview

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ABSTRACT

Life style means the way or routine of living the life which broadly includes the interest, behaviour, beliefs and attitude and opportunity to learn which is affected by environment of individual. Lifestyle of student is affected by the education, the mode of education and shaped by various factors such as environment, investment of money, physical activity, food and diet pattern, social relationship, health condition in online education.

Keywords: Education; lockdown; lifestyle; online education

INTRODUCTION

Lifestyle is a term which can be understood as set of values and attitudes, which is inherits from the older generation. In this era its meaning is more complex, it add on one's values and attitudes which are influenced by child culture milieus, youth culture milieus and multicultural milieus including the influence by the media, globalization and technological advancement. Lifestyle is a matter of habits and beliefs along with the matter of expressing choice.

Global pandemic arise which caused global lockdown, in which students could not go outside of their houses and physical activity got reduced for students, there was a shift in lockdown lifestyle in comparison of before lockdown situation. Education saw a drastic change. Online education was already present in educational field but it was very limited before pandemic and during pandemic it got boosted and after pandemic it emerges as the equivalent and important mode of education as classroom education, the old traditional mode of education.

This shift toward online education cause student to spend hours in front of electronic gadgets' screen, which may have bring change to their lifestyle.

As according to Adler, "a lifestyle is first adopted in childhood, when the key factors informing it will be genetic endowment, upbringing, and interpersonal relations within the family". Therefore life style could be different in online education from classroom education with individual difference. Lifestyle is not just breathing and excreting out the stool and eating food. Lifestyle is combination of various activities which is continuously practiced and which consist of constant conscious and unconscious efforts.

FACTORS AFFECTING LIFESTYLE OF STUDENTS

Lifestyle of student is affected by the education because it is a period of learning and nurturing the self for future. Student life is period of human life where the person learn and experiment and gain experience to make future bright and to fulfil their own dreams. Student spend maximum time for education rather than in other areas of life.

Life style is formed by money, one need a certain amount of money to form a lifestyle according to the demand of education. As online education may demand money for electronic gadgets but not for transport. Physical activity they perform while receiving education while sitting at the home affects their lifestyle. The amount of money usage and expenditure and physical activity affects the food and diet pattern of student to form the certain life style. Along with

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all affecting criteria of lifestyle of student, there is one other criteria that is social relationships of an individual. The peer group, relation with parents or bond between student and teacher all affects their interaction with society that shapes the lifestyle of student.

First factor is environmental factor which includes the geographical region, the quality of roads, the status of transportation services including the cost, it include the infrastructure and facilities of the place where student is receiving the education, the quality of internet connection and its cost and definitely the psychological environment of the student which is developed by the people around him/her, etc. Lifestyle of the student, is different in different mode of education and environmental condition affects differently as, in classroom education, the lifestyle is affected by environmental factor such as rain, which can delay in arrival in school/college or departure from school/college to home which can create disturbance in sleeping pattern or time duration for extracurricular activity, whereas in online education mode lifestyle is not affected by external environment unless and until network connection get poor that could cause by that specific rain. Therefore impact of environmental condition affects the lifestyle of the student.

Lifestyle includes the investment of money, to maintain and to create a lifestyle money investment on different purpose is required which varies in amount. As in two different modes of education requirement of money is different even spend for different purpose, in online education for internet connection and supplies whereas in classroom education for transportation. Investment of money actually defines the quality of lifestyle. Both modes of education demand different amount of money and is invested differently on different requirements of certain mode of education whether it is online or classroom education. The more demand of money affect adversely the economic expenditure according to economic group of student to which he/she belongs which add as component to their lifestyle as it determine the investment of money to other necessities such as food, clothing or insurance.

Life style of any individual is affected by the physical activity, the quality and quantity of physical activity or physical movement of body define the life style of individual. WHO defines “physical activity as any bodily movement produced by skeletal muscles that requires energy expenditure. Physical activity refers to all movement including during leisure time, for transport to get to and from places, or as part of a person’s work. Both moderate- and vigorous-intensity physical activity improve health”. In online education and classroom education in both student have to sit on specific place for long hours but the difference is, in classroom, the design and size of table, chair, benches, distance between benches and blackboard or the light setting is decided upon on maintaining comfortable learning environment while maintaining right body posture based on ergonomics, but in online education where student get education while sitting at home or at any place instead of school/college, the setup and design of furniture is not created according to the need (not for every student), therefore physical body posture of student while sitting at a place for long hours may affect the physical activity of student which develops a different lifestyle. Exactly the developing body posture that student maintains affects their life style as, wrong body posture like bending while studying on bed can cause pain in the backbone of the body which will affect the regular functioning of the body as while mopping or while cleaning the house they may find difficulty caused by the pain in back of the body or due bad body posture, thus affects the lifestyle of student. It is very important to maintain physique of the body from the very young age to maintain healthy lifestyle.

Food and diet pattern is an integrate part of creating and maintaining and developing the lifestyle. Food is the basic source of energy for human body. Thus throughout the years of research, balanced diet is advice to be taken which constitute food from all five food groups such as Cereals, Grains and Products ; Pulses and Legumes; Milk and Meat Products; Fruits and Vegetables; Fats and Sugars(according to ICMR) to maintain a healthy lifestyle and for productive lifestyle. Students or youth of today is increasingly consuming the fast food which is not an actual healthy meal, either it is full of preservatives or oils and sugar to increase the taste and appearance of the food items while destroying the nutritive value of the food. The amount and duration of intake of food and type of food is directly based on physical activity of body. The need of nutrients totally depend on the amount of energy required by the body to perform certain functions. Every meal is very important for the body, skipping breakfast while going to school /college or munching on bed during online classes both can lead to unhealthy life style. Skipping breakfast leads to lack of energy that body and minds needs to perform during learning hours and insufficient intake of energy cause exertion of the body or poor functioning of the brain. Munching for long hours while attending online class can leads to weight gain because of less physical movements. Thus intake of proper amount of food at proper time is important to maintain a certain healthy lifestyle of students while consuming seasonal and local fruits and vegetable instead of expensive imported fruits to save money to maintain the lifestyle.

A very crucial part of lifestyle is social relationship of individual, student’s relationship with parents, sibling, friend, peer group and with society. Every person lives in society and need to make social relation to survive in society. The lifestyle of person define and depicts the human interaction with one another in the society. The physical interaction

or virtual interaction of human helps in socialization of students. Student spending long hours for education related work and task define the amount of social interaction they can do. In online and classroom education socialization of student may vary. As student meet different people on the way to school/college and get opportunity to interact with them in person and experience different incident while reaching to school/college whereas in online education just open the electronic gadget and classes continue for long hours while sitting alone and they do virtual interaction in online classes or on the social media platforms. Student only may get an opportunity to socialize after school/college or college hours even after completing the homework. Thus, the opportunity in education mode helps and affects the socialization of students and shapes their lifestyle.

To develop lifestyle or in formation of lifestyle of student, his/her Health condition plays a vital role as, person with weak immunity, actually become prone to health disease such as fever which can affect the student's lifestyle as he/she spends a lot of physical and mental energy to cure the health problems, instead of maintaining and practicing a lifestyle without any routine diseases.

Hence, lifestyle may get differ in different modes of education while affecting the various factors of lifestyle. Maintaining healthy lifestyle to maintain healthy body is very important to have healthy future of students of today's era because they are the future of society.

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