

Impact of Covid19 on Teachers' Lifestyle

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ABSTRACT

Schools are still closed due to Covid19. Even at such a time, the Department of Education of Gujarat is making sense of the saying "School is closed, not education" through home learning and the contribution of teachers has been continuous. At that time, the research was conducted to find out the effect of Corona virus on the psychological well-being of teachers and their lifestyle. Navsari District during the Corona period of the year 2020 to know about the methods of teaching teachers due to Covid19, physical health, mental health, working from home, emotional matters, health and safety, psychological impact on teachers and improving the well-being of teachers. Percentage of feedback received from self-composed feedback from about 508 primary school teachers and analyzed and interpreted by Kai class. During the time of Covid-19, various methods and means were used by teachers to teach. During Covid-19, teachers practiced exercise, yoga, and meditation to maintain physical health, as well as a healthy diet and adequate sleep, developed hobbies such as reading, drawing, music, cooking, and webinars of inspiring speakers Watching. Teachers felt comfortable and free to work from home as well as upgraded new skills through online courses. Teachers were emotionally collaborating with friends and relatives through social media. As a precautionary measure for health and safety the health bridge application guidelines were followed and the Covid-19 guideline was followed. Psychological effects such as anxiety, depression, drowsiness, loneliness afflict teachers. Efforts were made to improve the well-being of a balanced diet, adequate sleep, family and social support, positive attitudes, interests, hobbies and skill development.

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KEYWORD: Covid19; teachers'; lifestyle

INTRODUCTION

Covid19 has caused an uproar all over the world. Lockdown in most countries around the world and slowly unlocking the present. But Corona's cases are steadily rising. India ranks second in the Corona case. Schools are still closed. But even at such a time, the Department of Education of Gujarat is making sense of the saying "School is closed, not education" through home learning and the contribution of teachers has been constant and the students have been constantly striving to ensure that students are not deprived of education. The presented research was conducted with the aim of finding out the effect of Corona virus on psychological well-being and their lifestyle.

Problem statement:

Impact of Covid19 on teachers' lifestyle.

Research Objectives:

The objectives of the presented research are as follows.

1. Knowing the teaching methods of teachers due to Covid19.
2. To study the physical health of teachers due to Covid19.
3. To know the mental health issues of teachers due to Covid19.
4. Learn about teachers working from home because of Covid19.
5. Trying to find out the emotional issues of teachers due to Covid19.
6. To know the health and safety issues of teachers due to Covid19.

7. To study the psychological effect of Covid19 on teachers.
8. Knowing the issues related to improving the well-being of teachers due to Covid19.

Research Questions:

The research presented was done keeping in view the following various questions.

1. What will be the methods of teaching teachers due to Covid19?
2. What will be the physical health issues of teachers due to Covid19?
3. What will be the mental health problems of teachers due to Covid19?
4. What kind of problems will teachers have due to working from home due to Covid19?
5. What will be the emotional environment of teachers due to Covid19?
6. What will be the health and safety issues of teachers due to Covid19?
7. What will be the psychological impact of teachers due to Covid19?
8. What efforts will be made to improve the well-being of teachers due to Covid19?

Importance of research:

The significance of the research presented is as follows.

1. Methods of teaching teachers can be learned.
2. Teachers' physical health issues can be known.
3. Teachers' mental health issues can be known.

4. Learn about working from the teacher's home.
5. Teachers' emotional matters can be known.
6. Matters related to the health and safety of teachers can be learned.
7. Learn about the psychological impact on teachers.
8. Things to know about improving the well-being of teachers.

Delimitation of research:

The delimitation of the presented research is as follows.

In the present research, only primary school teachers of Navsari district were included in the

Method of research:

In the presented research, information was obtained from teachers through Google Forms. The information obtained was analyzed and analyzed, and conclusions were drawn.

The research thus presented was conducted by a survey method.

Population and Sample:

The research presented was limited to primary school teachers in Navsari district. Therefore, in the world of present research, there were primary school teachers of Navsari district who were on duty during the Corona period of the year 2020.

In the present research, 508 teachers were selected from the primary school teachers of Navsari district by a deliberate sampling method.

Method of data collection:

A Google form for self-generated feedback was created to gather information in the presented research. And the information was received online through this Google form.

Data analysis and interpretation:

The present research was analyzed and interpreted by percentages and civic class by gathering information.

The research presented included 301 (59.3%) teachers, 187 (36.8%) principals and 20 (3.9%) CRCs. Was informed by. 23 (4.5%) aged between 21-30 years, 234 (46.1%) aged between 31-40 years, 169 (33.3%) aged 41-50 years, 82 (16.1%) 51 aged , Principals and CRCs consist of 219 (43.1%) males and 288 (56.7%) females.

Findings:

The findings of the presented research are as follows.

1. During the time of Covid-19, various methods of teaching were used by teachers such as Microsoft Teams, Zoom and Google Meet application through virtual class, videos from YouTube and Diksha app, telephone contact through WhatsApp group, face to face interview, online quiz, etc. , PDF material, by hard copy
2. During the time of Covid-19, teachers practiced exercise, yoga and meditation to maintain physical health, as well

as proper diet and adequate sleep to boost the immune system.

3. During Covid-19, teachers developed hobbies such as reading, drawing, music, cooking to maintain mental health, as well as watching webinars and videos of inspiring speakers.
4. During the time of Covid-19, teachers felt comfortable and free to work from home as well as upgraded new skills through online courses.
5. During the time of Covid-19, teachers were emotionally collaborating with friends and relatives through social media.
6. During the time of Covid-19, teachers followed the guidelines of health bridge application as a precautionary measure for health and safety. And followed the Covid-19 guideline when exiting.
7. During the time of Covid-19, teachers were plagued with psychological effects such as anxiety, depression, sleepiness, and loneliness.
8. During the time of Covid-19 teachers were striving for a balanced diet, adequate sleep, family and social support, positive attitudes, interests and hobbies as well as skill development to improve well-being.

Outcomes:

1. Different methods can be used by teachers to teach during difficult times like Covid-19.
2. Teachers should keep striving to maintain physical health during difficult times like Covid-19.
3. Teachers should strive to maintain mental health during difficult times like Covid-19.
4. Teachers can feel comfortable and free to work from home during difficult times like Covid-19. As well as new skills can be upgraded through online courses.
5. Teachers should strive to collaborate emotionally with friends and relatives during difficult times like Covid-19.
6. Teachers should take precautionary measures for health and safety during difficult times like Covid-19.
7. During difficult times like Covid-19, teachers may experience psychological effects such as anxiety, depression, drowsiness, and loneliness.
8. Efforts can be made by teachers to improve well-being during difficult times like Covid-19.

Conclusion:

The above research shows that during epidemics like Corona, teachers can be physically, mentally, emotionally equipped and teach students from home using various mediums and methods even when the school is closed.

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