USE OF MOBILE TECHNOLOGY IN EDUCATION AND ITS NEGATIVE IMPACT UPON LEARNERS' HEALTH- LOCKDOWN PERIOD

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ABSTRACT

Now-a-days, the technology has become a part of our lives. Mobile phones, Laptops, Tabs, etc. all are a part of technology. Due to COVID-19, Lockdown prevails all over the country in India. Many sectors get affected in terms of growth and efficiency. The Education sector also get affected by it, all the educational institutions (schools, colleges, institutes) remained closed during this period. Mobile technology played an important role in the education sector by imparting knowledge among the learners' through online platform. In this regard paper aims to discuss about various online platforms and their negative impact upon learners' health and suggestions to tackle the negative impact of mobile technology.

KEYWORDS: Mobile Technology, COVID-19, Online platform, Health, Internet, Sustainable Development Goal.

INTRODUCTION:

Lockdown all over the India imposed at the end of March,2020 and expected to continue till June. The Lockdown 2.0, 3.0 and 4.0 are imposed one by one with some restrictions and relaxations. COVID-19 is the main reason behind this lockdown. Corona virus outbreak was first reported in Wuhan, China on 31st December, 2019. It affected all over the world. In this period, education imparted among students through mobile technology with active internet. But we can't ignore the fact that knowledge through online platforms affected the health of the students.

OBJECTIVES:

1. To understand various types of online platform in education.
2. To understand the use and need of technology.
3. Negative impact of using technology among learners.
4. To provide some suggestions regarding the negative impact.

VARIOUS ONLINE PLATFORMS WHICH ARE HELPING TO TRANSMIT THE KNOWLEDGE AMONG STUDENTS:

1. *Swayam*: It is initiated by Government of India. It is designed to achieve three cardinal principles of Educational policy, i.e., access, equity and quality. It provides an online platform where teachers and students can interact and share the knowledge. The classes are conducted from Class 9 to Post graduate courses.

2. *DIKSHA*: It is supported by the Ministry of Human Resource Development (MHRD) and led by National Council of Educational Research (NCERT). It is a platform where teacher-student learning process takes place, the material is provided digitally and assignments and projects are assigned to the students. Teachers can assess and evaluate the performance of a student virtually.

3. *National Digital Library of India*: It give access to wide range of books, digital contents. The Ministry of Human Resource Development under its National Mission on Education through information and communication technology has initiated this platform.

4. *E-Pathshala*: It is a joint initiative of MHRD, Government of India, NCERT. It is designed to achieve Sustainable Development Goal no. 4 (QUALITY EDUCATION). The teachers, students, parents, anyone can access the E-Books. The features are available here to pinch, zoom, bookmark, highlight, makes notes digitally.

5. *Zoom Online meeting*: It was founded in 2011. It is a video conferencing application which provides a platform to teachers and students, where they can interact and share the knowledge.

6. *Google classroom*: It makes teaching process more productive. The Educators can create a class and share the password among the students, so that all the students can join the class. Here, the educators share study materials, assignments, can assign homework. It also integrates with other tools like Google Drive and Google Docs.

7. *BYJU'S:* It is a learning application which provides free live classes to the students of Class 4 to Class 12. It also provides Competitive exam preparation service. It conducts regular chapter wise tests and analyses the results or performance of the students as well.

NEGATIVE IMPACT OF ONLINE PLATFORM LEARNING ON LEARNER'S HEALTH:

1. *Eye Irritation*: The radiation of the mobile phones hurts the eye of the students, resultant into weakness of eyesight.

2. *Headache*: The continuous usage of mobile phones causes headache and unwellness.

3. *Feeling of being ignored*: Many students uses the online platform simultaneously. It's got difficult to take each and every one doubt in the virtual class, so many students feel ignored by their teachers which causes to lose in confidence among learners.

4. *Stress level*: The burden of assignments and tests causes stress among the learners.

5. *Distraction*: While using online platform they get distracted by some other social media platforms which leads to less concentration among learners.

SUGGESTIONS:

1. The classes should be held for 2-3 hours a day.
2. The students should perform meditation at their homes.
3. The burden of other activities should be reduced.
4. The number of students in a virtual class should restricted to 30.
5. The practice of exercise or yoga should be performed at home.
6. Intake of healthy food should be followed among students.
7. Proper and well-disciplined routine should be followed.

CONCLUSION:

The usage of mobile technology has increased during lockdown period significantly. The online platform is helping students to access the e-content and tutorials. The students are learning from their homes and preparing for the competitive exams. The education process is not adhered by the COVID-19. The mode of delivery of education has been changed. There are some negative impacts of using online platform but they can be cured. One can follow the suggestions given in the research paper.

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