



Identify ways to reduce student stress in virtual teaching

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Abstract

In today's world, not all students attend face-to-face schools, many of them easily turn on their computer, laptop, tablet or even smartphone and attend an online classroom; On the other hand, due to the current situation (Corona), virtual education has become universal. Virtual classes make it possible to learn and study in all areas, even in rural areas and communities without schools and universities. However, these classes also face important challenges; In fact, the virtual nature of the classroom may cause some students to feel insecure about the classroom or to be unable to communicate with the teacher, ultimately causing them stress and anxiety. Therefore, in the present study, we intend to examine and identify ways to reduce students' stress in cyberspace with the library method.

Finally, in this article, we came to the conclusion that by eliminating the factors that aggravate stress in students according to the available methods, they can be interested in virtual education.

Keywords: Virtual Education, Stress and Anxiety, Student, School.

Introduction

One of the problems that our country's education system is struggling with is the issue of academic failure and students' lack of familiarity with the correct methods and habits of study, which are involved in creating various problems; One of these factors is the existence of stress caused by studying in students, which can be taken by teaching the correct study methods to take effective steps to solve this problem. The learning process is a complex and difficult process. If the method or habit of comprehensive study is not appropriate and correct, the amount of learning will decrease, but if the study method follows the appropriate principles, the power of learning will increase rapidly (Seif, ۲۰۱۹).

Man has long tried to express his moods, feelings and emotions with different words and phrases. For this purpose, he has used terms such as stress, apprehension, anxiety, worry during internal conflicts (Raji and Khalatbari, ۲۰۱۶). In fact, childhood is inevitably associated with a lot of stress. Stress refers to harmful and unpleasant environmental stimuli that can have physiological or psychological aspects. Stress is a special relationship between the individual and the environment in which the person evaluates the environment beyond his or her resources or endangers his or her health (Davison, ۱۹۹۸).

In other words, stress and anxiety destroy talents; Causes problems with concentration and memory and causes immature behaviors. And the affected person can not cope with the existing conditions and environment and cope with them. Some people in these situations lose control and suffer from physical, behavioral and cognitive problems, and as a result, stress and anxiety affect their academic performance and provide problems for them. Stress, as a part of every human life, is present in all people in moderation, and in this extent, it is considered as a compromised response. In a way, if it weren't for stress, we would all be sleeping at our desks. Therefore, balanced and proportionate