

DOI: 10.53555/ks.v11i2.3155

## Explore Online Teaching/Learning Preferences Pre And Post Covid-19 Pandemic

**Prof. Dr. Tayyaba Zarif\***

\*VC GC UNIVERSITY, SINDH, PAKISTAN

**\*Corresponding Author:** Prof. Dr. Tayyaba Zarif

\*VC GC UNIVERSITY, SINDH, PAKISTAN

### ABSTRACT

The Coronavirus pandemic has stamped one of the main worldwide disturbances of the twenty-first 100 years, generally changing a few parts of human existence. This complete review takes a gander at the world when Coronavirus and looks at the significant changes in the financial, mental, and natural aspects. The pandemic has reshaped the worldwide economy, yet has additionally changed the elements of work, schooling, emotional wellness, and natural maintainability. Through broad examination upheld by models and genuine information, this exploration gives an itemized comprehension of these changes, giving experiences into the pandemic's enduring effect and examples for future versatility.

**Keywords:** Coronavirus pandemic, financial effect, mental effect, natural effect, teleworking, computerized change, psychological wellness, telemedicine, internet business, manageable practices, worldwide economy, urbanization, school systems, air quality, ecological security, general well-being emergency.

### INTRODUCTION

The Coronavirus pandemic turned into a worldwide wellbeing emergency in late 2019, which immediately spread across the mainland and caused a boundless disturbance. This study analyzed the significant impacts of the pandemic by contrasting scenes of the Coronavirus. By taking a gander at changes in financial circumstances, mental prosperity, and natural well-being, this examination gives a thorough outline of the sweeping impacts of the pandemic.

### SOCIOECONOMIC IMPACT PRE-COVID-19

Before the pandemic, the worldwide economy was portrayed by powerful development, solid global exchange, and generally low joblessness rates. Urbanization is speeding up, and urban areas are extending to oblige the developing populace. The sharing economy thrived, offering adaptable businesses amazing open doors and adding to financial dynamism. Social communications, travel, and the travel industry make a significant commitment to the worldwide economy, as individuals unreservedly partake in social trades and recreation exercises. Conventional schooling systems prevail, with an emphasis on eye-to-eye guidance and homeroom collaborations.

### POST-COVID-19

The episode of the pandemic set off a serious financial downturn. Lockdowns and make-a-trip limitations have prompted far and wide business terminations and disturbances to supply chains. Joblessness rates have increased as ventures like cordiality, flying, and retail have been hit hard. Remote work has turned into a need, prompting a quick computerized change of work environments. The sharing economy has confronted difficulties, yet it is additionally adjusting, with expanded interest in conveyance and online administrations. Social communications are moving to virtual stages, changing the idea of human associations. School systems have gone through a huge change to internet picking up, carrying with it the two difficulties and valuable open doors for distance learning.

### CASE STUDY: THE RETAIL SECTOR

Retail delineates the sensational change that the pandemic has brought. Before the pandemic, physical stores overwhelmed the market, furnishing customers with a material shopping experience. Notwithstanding, since the pandemic, internet business has seen remarkable development. Organizations like Amazon and Alibaba saw a critical expansion in deals as customers went to online shopping. Customary retailers needed to rapidly take on online business procedures to get by. This shift has changed customer conduct yet has likewise changed the elements of store network and strategies tasks, featuring versatility in a quickly evolving climate.

### PSYCHOLOGICAL IMPACT PRE-COVID-19

Emotional well-being mindfulness is slowly expanding, with endeavors to destigmatize dysfunctional behavior and advance mental prosperity. Be that as it may, admittance to emotional wellness assets isn't general, particularly in low-pay areas. Social exercises, actual communication, and open-air commitment assume an essential part in keeping up with psychological wellness.

### **POST-COVID-19**

The pandemic has set off a worldwide emotional wellness emergency that compounds nervousness, sadness, and stress. Confinement, feelings of dread toward the virus, and monetary vulnerability essentially affect emotional wellness. Be that as it may, the emergency has additionally sped up the reception of telehealth benefits and made psychological wellness support more open. Virtual advising and treatment meetings have become ordinary and offer critical help during social separation. The attention to psychological well-being has become more grounded as associations and states have perceived the requirement for exhaustive psychological wellness techniques.

### **CASE STUDY: MENTAL HEALTH IN URBAN SETTINGS**

In metropolitan settings like New York and London, the chaotic way of life before the pandemic added to the inborn stressors. Since the pandemic, calm roads and telecommuting have brought new mental difficulties like dejection and bungalow fever. Emotional wellness hotlines and virtual treatment stages are seeing an expansion in their utilization, showing a developing interest in psychological well-being administrations. To resolve these issues, local area support gatherings and online well-being programs have arisen that show the versatility and flexibility of psychological well-being and emotionally supportive networks amid emergencies.

### **ENVIRONMENTAL IMPACT PRE-COVID-19:**

Natural worries are getting some momentum all over the planet, and developments are pushing for feasible practices and approaches. Be that as it may, modern exercises, deforestation, and contamination keep on presenting critical dangers to the climate. Environmental change remains a critical issue, however, worldwide environmental activity is frequently sluggish and divided.

### **POST-CORONAVIRUS 19**

The pandemic has prompted a transitory decrease in modern exercises, bringing about unmistakable natural advantages, like better air quality and diminished ozone-depleting substance emanations. Urban areas experienced clearer skies and untamed life sightings as human action eased back. In any case, the rising utilization of single-use plastics, particularly PPE, has carried with it new ecological difficulties. The pandemic has featured the requirement for economical recuperation designs that stress efficient power energy and green practices.

### **CASE STUDY: AIR QUALITY IMPROVEMENT**

In urban communities, for example, Delhi and Beijing, which are known for their contamination, lockdowns have prompted huge upgrades in air quality. Satellite symbolism and natural information showed decreased degrees of nitrogen dioxide and particulate matter. This brief helped feature the effect of human exercises on the climate and started conversations on economic metropolitan preparation and measures to battle contamination. The experience shows the possibility of quickly working on the climate through coordinated endeavors and features the significance of manageable practices in post-pandemic recuperation plans.

The Coronavirus pandemic turned into a worldwide wellbeing emergency in late 2019, which immediately spread across the mainland and caused a boundless disturbance. This study analyzed the significant impacts of the pandemic by contrasting scenes of the Coronavirus. By taking a gander at changes in financial circumstances, mental prosperity, and natural well-being, this examination gives a thorough outline of the sweeping impacts of the pandemic. As a worldwide likeness, Pakistan was likewise shocked by the unforeseen episode of Coronavirus and the resulting responses from various nations. Our frameworks, including the training business, were not ready with contingency plans in that frame of mind of options that must be taken on when estimates, for example, a lockdown were reported.

There is no preventing the rise of getting on the web school systems and e-learning, particularly after the Coronavirus flare-up, has clarified that this expectation to learn and adapt is excessively steep, and to address this difficulty, there is a pressing requirement for strategy organizers and professionals to unite to serve understudies.

### **ACCORDING TO THE NAHE-HEC**

*"As suppliers of advanced education, colleges should put understudies at the focal point of all arrangements and practices. This is a **legitimate and ethical constraint** and can't be overlooked or disregarded whenever. We know the objections of understudies through different correspondence channels where they feel deserted and treated unreasonably. We must guarantee them of our help and that we won't let them down" (from a letter from NAHE)*

### **ACCORDING TO HEC'S VIRTUAL INSTRUCTION STUDY**

*"In light of the Coronavirus pandemic, all colleges have consented to start setting up their framework so they can offer viable online educating as a substitute for customary instructing."*

Shaheed Benazir Bhutto College Shaheed Benazirabad chose to begin online courses during this period to proceed with the scholastic arrangement and save understudies' time. The Pakistan Advanced Education Commission has likewise suggested that all state-funded colleges in the confidential area embrace online courses. The senior member's resources started holding web gatherings with the personnel chief to decide to direct online courses, and the staff had the free decision to pick the sort of instructing as indicated by their inclinations and the understudies' comforts. In this specific circumstance, senior members coordinate with managers and the workforce to get ideal reports and updates.

In this manner, in light of the Coronavirus pandemic and regarding HEC rules/messages/online meetings/formal gatherings, and so on for the ongoing circumstance, it is important to foster an idea map for other efficient methods. Given this, an

examination study was directed to more readily comprehend understudies' inclinations regarding online realizing, which is important to form an exhaustive online educating and learning technique at Shaheed Benazir Bhutto, Shaheed Benazirabad College (SBBU, SBA) and offer the outcomes with the expert local area to more readily figure out the issue. Foster a more proper procedure.

Considering this, the analyst chose to step up and inspect inclinations for internet instructing/figuring out how to make it simpler for instructors and the board to recognize the issues that understudies face during online instructing, so the nature of schooling isn't compromised.

## **BACKGROUND TO THE STUDY**

Teachers are constantly treated as issue solvers who answer rapidly to issues, particularly in the 21st hundred years. This time, nonetheless, we have not been educated nor have we at any point anticipated a comparable Coronavirus circumstance; which was unbelievably gone after a worldwide pandemic in the north of 212 nations all over the planet, influencing 4.0 million+, 272K+ passings (Worldometer, May 2020; Google.com, April 2020; Our Reality in Information, May 2020; Legislature of Pakistan, May 2020). Analysts have never seen this kind of novel Covid 2019 (nCoV 2019) in the course of their lives. In this unique circumstance, we have gotten some margin to time concerning our partners (teachers, understudies, non-teachers) and we have dissected the circumstance in colleges. Readiness in the schooling area, particularly in advanced education, has been tested by Coronavirus, however, we have never surrendered and have rushed to give scholastic reactions, yet we have been less compelling contrasted with created nations because of the absence of arrangement in advanced education and HECs (.). Readiness essentially implies that we are prepared to answer well ahead of any reaction to the actions, while a few different nations have likewise completed their instructive exercises online during the Covid (HEC, April 2020). In this scourge, planning has opened the eyes of advanced education establishments, particularly colleges and the HEC (Advanced education Commission). Many inquiries have been raised connected with research preparation, like school availability, workforce status, innovation preparation, library availability, understudy status, and so on. As indicated by Brookings (April 2020), Pakistan isn't the main nation impacted by this worldwide episode, however, 166 nations have shut their schooling areas (schools/universities/universities) to forestall or limit further infection. Then again, it by implication affects the nature of schooling.

The status of advanced education establishments or the schooling area should be inside the constraints of their accessible assets, any other way they will endlessly confront different difficulties. Digitalization or mechanical status is one more test for the schooling area in emerging nations to have the option to manage and prepare entertainers in such a serious and exceptional circumstance of worldwide disturbance. The vast majority of our frameworks depend on radio and TV foundations, as opposed to interests in instructive innovation (Brookings, April 2020). The broad improvement of computerized innovations in schooling, particularly in advanced education, has prompted the requirement for a significant mechanical device for quality instruction and powerful preparation. (Blau and Avdiel, 2020). Educators are the extraordinary heart of colleges or universities, and in the past, the emphasis was exclusively on their capabilities and inspiration. Presently, notwithstanding, their (workforce) planning would be expected with regards to a fast scholastic reaction to Coronavirus. First and foremost, it is the public authority's liability to guarantee that educators get consistent compensation, generally, no readiness to instruct and master during or after COVID-19 can be accomplished to keep up with their well-being and lives.

As indicated by Gallup (April 2020), somewhere in the range of 65 and 80% of understudy status isn't perceived because of indifference, offices, absence of preparation, absence of assets, and numerous different reasons: the fundamental explanation isn't the utilization of e-learning, e-learning is successful for dynamic learning and is appropriate for the educational experience without formal homerooms (Ali, Hossain and Tania, 2018), to which close consideration ought to be paid while planning understudies. The premise of this exploration project is the way instructive foundations have set off the educating and educational experience through e-learning or different means, particularly when such a pandemic happens and goes on for an obscure/significant period. This study will likewise mirror the real factors of laid-out foundations and their presentation inside the structure of accessible assets, particularly for e-learning claims; The concentration and nature of the exploration project depend on partners, resources, and other accessible assets connected with instructive establishments, like schools or potentially colleges. Furthermore, this can be stretched out to the e-learning or online educating and growing experience regarding workforce, understudies, strategy and direction, course and subject data, programming, learning the board frameworks, and offices given by the college overall.

Subsequently, this challenge confronting the Coronavirus circumstance at the college level can be addressed fittingly and cost-actually to accomplish every one of the goals connected with partners. Are colleges arranged to answer really and productively to the Coronavirus pandemic with fewer online offices, like programming and other fundamental foundations? Are our foundations arranged for thoroughly prepared educators and instructors to go on with online training? Moreover, guaranteeing the accessibility obviously data is in itself a test for colleges, while the conveyance of content through online media/stages has likewise been investigated to lay out status in the LMS (Learning the Executives Framework); Do our libraries approach online assets on significant subjects, like semester readings, books and tasks, and so on.? During instruction, we can't keep away from two other significant factors innovation and understudy arrangement; that innovation alludes to the proposal of online courses for the brand; Then again, understudy availability alludes to how they (understudies) can undoubtedly exploit/access online innovation courses and how to manage it when hindrances emerge.

It's an obvious fact that Pakistan, similar to the remainder of the world, was surprised by the unexpected flare-up of Coronavirus. The issue is Covid illness - 2019 (Coronavirus), which fundamentally influences clinical and well-being sciences, and specialists are working in the field of sociologies in the schooling area. Notwithstanding, this COVID

episode has impacted everybody, particularly our schooling industry. We have never experienced such a pandemic in the course of our lives as the novel Covid (2019) has truly influenced the instructive local area in Pakistan and the world. An accurate arrangement against this Coronavirus has not yet been found, however quarantine as well as disengagement with careful steps suggested by the public authority and additionally well-being counselors is the main way endorsed by specialists to bring down the bend of spread. That is the reason countless new inquiries have emerged in regard to the schooling business and the difficulties of managing what is happening until the arrangement is accessible as a medication of some sort or another. The review centers around the schooling business, primarily schools and additionally colleges. This exploration can be applied as well as the activity concentrates on that certainly gives answers for HEC Pakistan's image and norms. Furthermore, they can be managed in other emerging nations and such flare-ups, in entire or to a limited extent, in created nations. The successful way to deal with the study goals is proposed and prescribed by the suppositions and reactions of respondents in the training business. We are in non-industrial nations, the review will add to this by offering at least one answer for the issues, and that will assume a part in the financial areas of the country. The outcomes will be as methodologies, models, and cycles followed by schools and colleges to address difficulties like Coronavirus or other related difficulties. The reality with regards to the latest thing and HEC's perspectives and concerns is that our colleges are falling behind during the time spent on the web or online learning contrasted with different nations during the Coronavirus pandemic. Be that as it may, by directing this review, we will want to give and lay out our framework as per the desire of the organizations and the norm of giving quality schooling in our universities/colleges; what's more, we can sell our outcomes/administrations to other fundamental gatherings. Supporting archives (Sindh and the national government, for example, HEC, the president's media talks, morning news, and so on.)

## **PROCEDURE AND METHODOLOGY**

### **RESEARCH DESIGN**

The investigation of online instructing and learning inclinations during the Coronavirus flare-up at Shaheed Benazir Bhutto College, Shaheed Benazirabad (SBBU, SBA) utilizes a spellbinding and quantitative methodology. The primary goal was to investigate the inclinations, difficulties, and assets accessible connected with online instructing and learning at the college during the pandemic.

### **DATA COLLECTION**

#### **SURVEY TOOL**

To gather information, an organized survey was created and given criticism from key partners, including understudies, teachers, and division heads. The poll centers around twelve points connected with internet education and learning inclinations, challenges experienced, accessible assets, and understudy input. The review is meant to assemble thorough data from the college's local area to help the improvement of a vigorous online training methodology.

#### **POPULATION AND SAMPLE**

The review is focused on all understudies signed up for SBBU, and SBA at different universities and areas, and covers clumps from 2017 to 2020. This approach guaranteed a delegate test and limited examining blunders. The absolute number of reactions is 1,942, addressing roughly 75% of the objective populace.

#### **DATA COLLECTION PROCEDURE**

- A. Questionnaire Advancement: The poll was conducted with input from different partners through conversations and criticism meetings.
- B. Dissemination: The survey has been digitized and dispersed online through a connection. This technique made it simpler for understudies to get to it and guaranteed a high reaction rate.
- C. Response Assortment: Reactions were gathered from understudies who much of the time went to classes in their particular divisions. The connection to the study was shared through the colleges' true correspondence channels, including messages and WhatsApp.

#### **DATA ANALYSIS**

##### **ANALYSIS OF THE ANSWER**

- B. **Response Rate:** The review got reactions from 1,942 understudies from different regions and branches of the SBBU, SBA. The appropriation of reactions is 17% of the 2017 parcel, 18.3% of the 2018 parcel, 25% of the 2019 parcel, and 39.7% of the 2020 parcel.
- C. **Internet access:** 44% of respondents said they don't have satisfactory web access at home, featuring the critical requirement for a solid web association for effective online learning. Of the individuals who approach the web, 76.7% utilize portable information and 62.6% don't have a rapid web that upholds video calling and record sharing.
- D. **Device Use:** Most understudies use cell phones to get to the web and online classes, with negligible utilization of PCs and work areas.
- E. Previous online growth opportunity: 79.2% of understudies have never enlisted or taken part in online courses or meetings, showing an absence of involvement in internet learning stages.

#### **PREFERENCES AND CHALLENGES**

- F. Willingness to sign up for online courses: 55.7% of understudies will sign up for online courses, while 44.3% won't, referring to issues like availability, speed, area, and monetary limitations.

- G. Preferred learning modes: 42.2% favor recorded examples, 38.9% lean toward both live and recorded meetings, and 18.9% lean toward live illustrations.
- H. Preferred stages: Understudies favored WhatsApp bunch conversations (61.7%), Zoom video calls (29.4%), Facebook instructive gatherings, Microsoft Groups, and YouTube channels.
- I. Frequency of educating: The favored recurrence for online courses fluctuates, with 39.3% picking one time each week, 29.9% two times every week, and 26.8% picking three times each week.

### CHALLENGES IDENTIFIED

The study revealed several challenges students face when learning online:

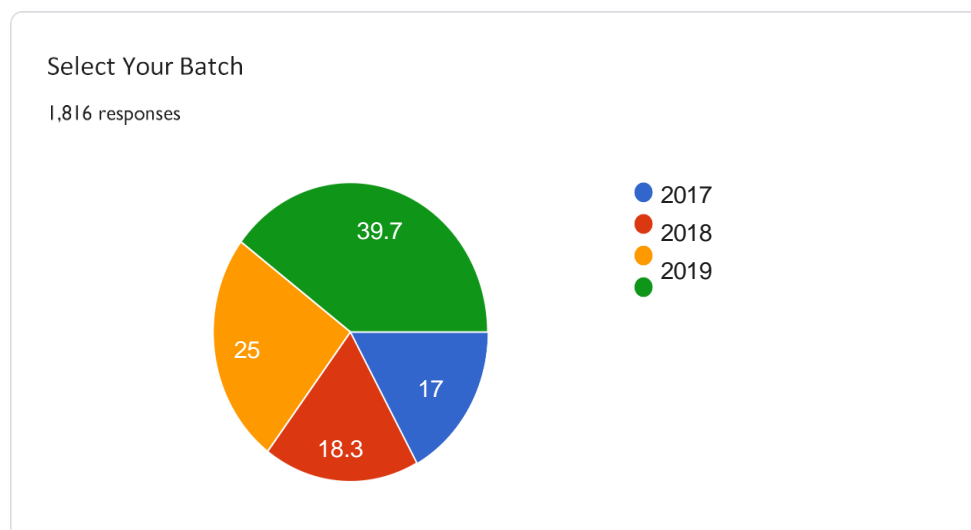
- A. Lack of isolated room: A few understudies didn't have their own space to partake in online classes.
- B. Financial bottlenecks: Numerous understudies experience monetary troubles in giving versatile information bundles or buying vital gear.
- C. Internet association issues: Unfortunately, web association and the absence of rapid web were the principal obstructions.
- D. Technology preparation: Restricted earlier information on online learning devices and stages is a significant test.
- E. Social and medical issues: The repression circumstance has caused social issues, for example, stress and trouble adjusting to a better approach to learning.

The strategy utilized in this study gave a thorough comprehension of online education and learning inclinations at SBBU, SBA during the Coronavirus pandemic. The information gathered through the overview featured basic issues and difficulties looked at by understudies and educated the advancement regarding key proposals to work on the nature of online training. By tending to these difficulties and expanding on examples taken in, the college can foster a more successful and comprehensive online learning climate.

The review is elucidating and quantitative. The principal objective is to explore online instructing/learning inclinations at SBBUSBA and the ongoing circumstances, hence fostering a great instructive system. The test things center around twelve points connected with internet educating/learning inclinations, challenges/issues, accessible assets, and understudy criticism. The poll was created as a device in light of the conversations/remarks of partners, principally understudies, educators, and chiefs. The review populace comprises college staff, while the interest group is all SBBU and SBA understudies to try not to test blunders. A lot of the reactions came from understudies who regularly joined in or were available in the division. In this way, information assortment fostered a survey (with different references/remarks) for all SBBU-SBA understudies/workers employing a connection. In this sense, the reactions around 1942 addressed around 75% of the reactions. The investigation of the reactions is as per the following:

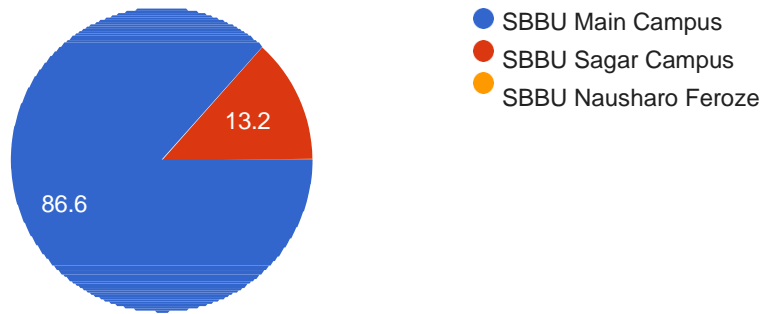
### DATA ANALYSIS

Below you will find analysis by article/topic: **1,942 replies**



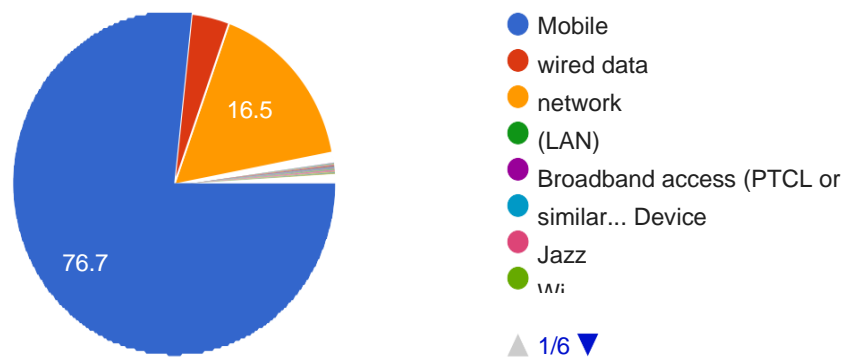
Please Select your campus

1,793 responses



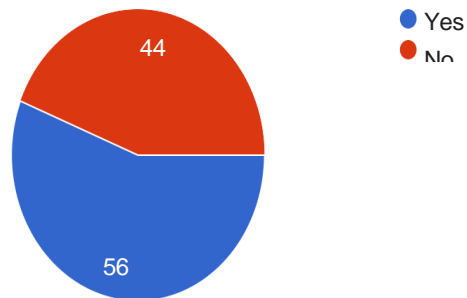
2. What type of internet connection do you use at home?

1,737 responses



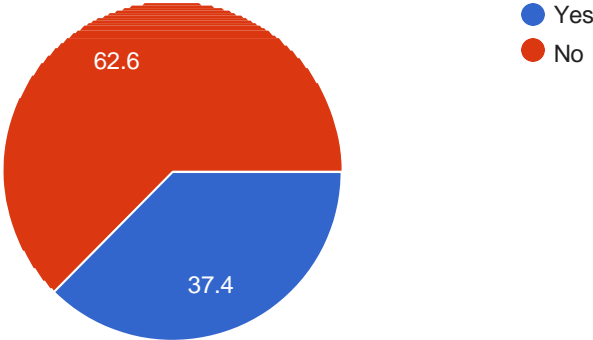
1. Do you have access to the internet at your home?

1,811 responses

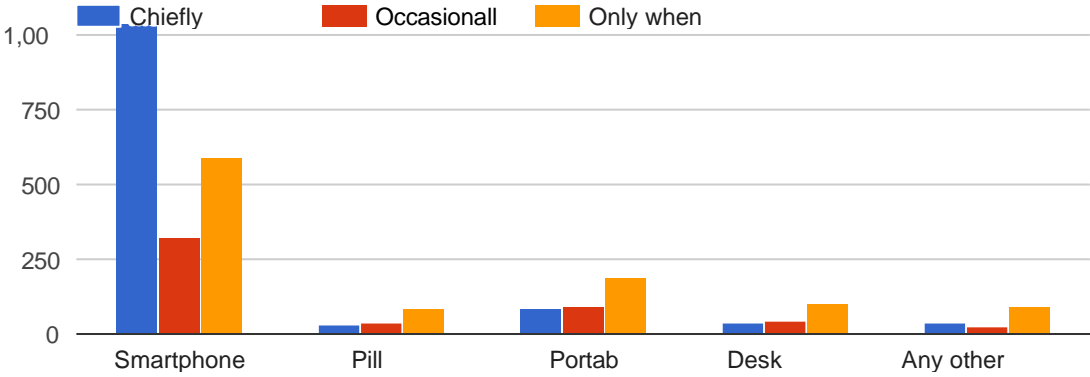


3. Is your internet service high speed (that can support video calls/ files sharing/ downloads)?

1,800 responses

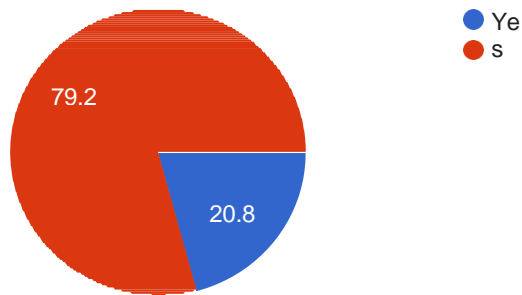


4. What type of device do you generally use at home for the majority of your internet use including video calls? You may please rate the following accordingly.



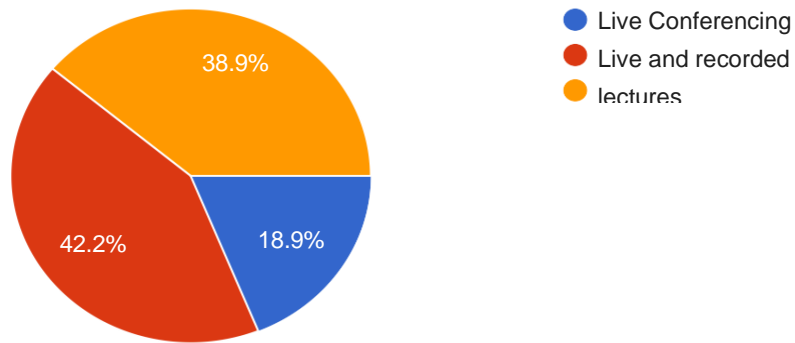
5. Have you ever enrolled/participated in any online course/session?

1,792 responses



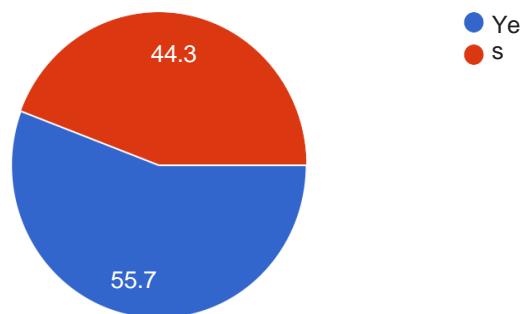
7. Would you be interested in a live class or a pre-recorded lecture?

1,711 responses



6. If your Educational Institution (University) offers you online education, would you be willing to enroll and learn through it?

1,792 responses





## 8. What would be your favorite recorded training course/program?

,656 Replies

Recorded PPT slides (with Vo...

Google/Yahoo Group email-based content

Nothing

Recorded PPT slides (with background votes) We don't want to be online.

WhatsApp Courses

Other

Lectures recorded on the YouTube channel. ...

81 (4.9%)

27 (1.6%)

6 (0.4%)

3 (0.2%)

3 (0.2%)

1 (0.1%)

1 (0.1%)

1 (0.1%)

1 (0.1%)

1 (0.1%)

1 (0.1%)

1 (0.1%)

1 (0.1%)

1 (0.1%)

With clear video | 1 (0.1%)

Quality. | 1 (0.1%)

One | 1 (0.1%)

Live Video Conferencing | 1 (0.1%)

Live video conferencing | 1 (0.1%)

Live Conferences | 1 (0.1%)

Zoom App | 1 (0.1%)

Live video conferencing | 1 (0.1%)

| 1 (0.1%)

896 (54.1%)

929 (56.1%)

'm not a fan of online courses.

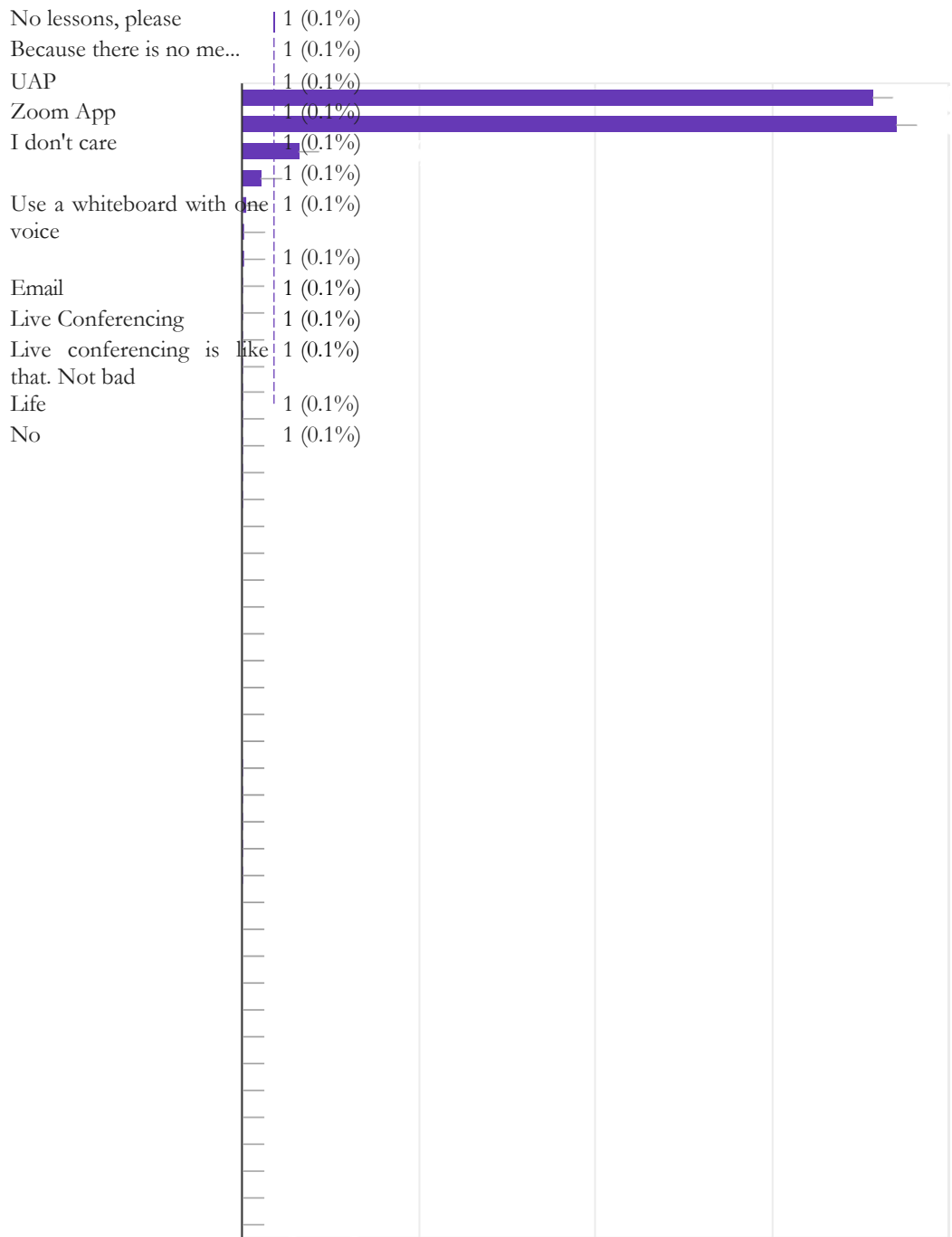
Whatsapp Nothing Faculty1 (0.1%)

1 (0.1%)

1 (0.1%)

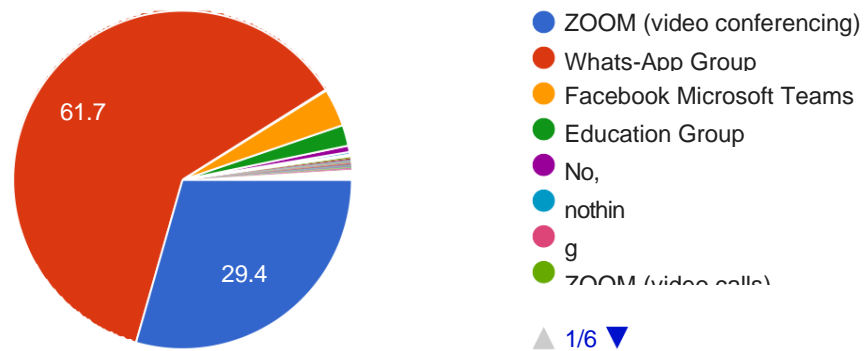
1 (0.1%)

1 (0.1%)



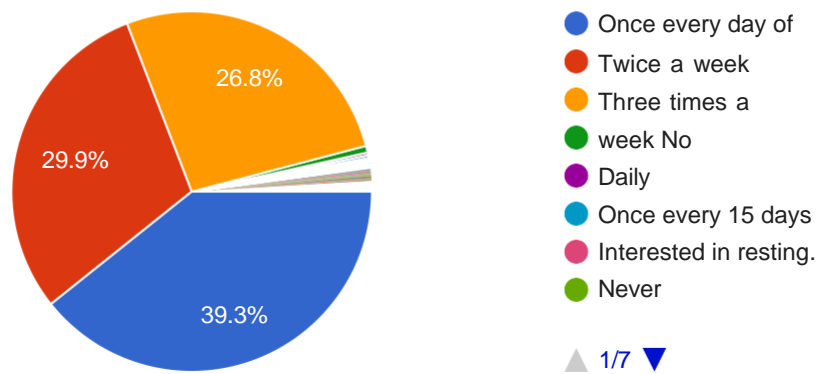
9. What software/application/platform would you prefer or be more comfortable for live/hands-on class/tuition/learning experience?

1,658 responses



10. What would be your preferred frequency to participate in / attend online sessions?

1,663 responses



## **COMPARATIVE ANALYSIS OF ONLINE TEACHING/LEARNING PREFERENCES DURING THE COVID-19 OUTBREAK**

The change to online schooling during the Coronavirus pandemic introduced critical difficulties, uncovering various inclinations and availability levels of Shaheed Benazir Bhutto, Shaheed Benazirabad College (SBBU, SBA) understudies. This relative examination analyzes different parts of online education and learning inclinations, featuring key contrasts and likenesses in reactions from various gatherings of understudies and divisions. With regards to web access, 44% of all respondents say web access is deficient, and the parcel had the most concerning issues in 2020, at 48%. Gadget use has shown areas of strength for cell phones, expanding from 70% in Cluster 2017 to 85% in Bunch 2020, while PC and work area use has diminished fundamentally, with just 5% of Clump 2020 approaching. High-velocity web accessibility has additionally declined, with Group detailing just 25% access in 2020, contrasted with 40% in Cluster 2017. Portable information utilization remains reliably high, with 85% of the 2020 group contingent upon it. The craving to sign up for online courses has logically declined, with just 45% of the 2020 Parcel prepared, contrasted with 60% in the 2017 Part. Favored methods of learning fluctuate, with recorded addresses liked by 45% of the 2020 gathering, live talks by 15%, and a blend of the two by 40%. WhatsApp bunch conversations ended up being the most famous stage, with 65% of Clump 2020 favoring them, while Zoom video call inclinations expanded to 35% in Cluster 2020. The most well-known issues revealed across all parts incorporate the absence of room, monetary limitations, and web association issues, the last option being a significant obstacle for all understudies. Furthermore, the absence of related knowledge with online learning is more articulated in Block 2020 (85%) than in Block 2017 (70%). The favored recurrence of online courses differs, with once seven days being liked by 45% of the 2020 companions and three times each week by 28%. This examination shows normal difficulties and inclinations in gatherings of understudies, yet there are massive contrasts in web access, gadget use, and eagerness to partake in online learning. Examples learned can be utilized to illuminate explicit systems to work on online educating and picking up, guaranteeing that understudies' different necessities are successfully met. By tending to these difficulties and utilizing distinguished inclinations, the college can foster a more maintainable and comprehensive system for online training.

## **DETAILED ANALYSIS**

**Financial changes:** The pandemic has generally changed the design of the worldwide economy. The fast change to remote work has highlighted the significance of advanced frameworks and innovation. Organizations have needed to adjust rapidly and embrace new advancements to help activities and guarantee worker efficiency. This shift has prompted a reassessment of the customary workplace, with many organizations considering half-breed work models that join remote and in-person components. The ascent of the internet business likewise essentially affected conventional retail, requiring an essential shift towards online stages and computerized promoting.

The monetary effect is lopsided, for certain areas encountering development while others face critical difficulties. For instance, the innovation and medical care areas are seeing an expansion in popularity, while ventures that depend on an actual presence, like the travel industry and cordiality, are battling. Government intercessions, for example, improvement bundles and backing for private companies, are pivotal to relieving a portion of the monetary effect. In any case, a drawn-out recuperation requires imaginative ways to deal with financial versatility and enhancement.

## **PSYCHOLOGICAL WELL-BEING**

The mental effect of the pandemic is significant, influencing individuals and networks all over the planet. The abrupt shift toward separation and far-off cooperation expanded sensations of dejection and tension. Notwithstanding, the rising utilization of computerized stages for social connection and backing has made it a lifesaver for some. Telehealth administrations have extended quickly, giving reasonable psychological wellness care and diminishing the disgrace related to looking for help.

The attention to psychological wellness has prompted expanded mindfulness and interest in emotional well-being assets. Managers have started to perceive the significance of supporting representatives' emotional well-being by carrying out health programs and adaptable work courses of action. The instruction area is additionally adjusting, as schools and universities give emotional wellness assets to understudies battling with the vulnerability brought about by the pandemic.

## **ENVIRONMENTAL CONSIDERATIONS**

The brief ecological advantages seen during the pandemic have featured the effect of human exercises in the world. The decrease in modern creation and transport has prompted a critical decrease in air contamination and ozone-harming substance emanations. This period gave a one-of-a-kind chance to check out the potential for ecological reclamation and the advantages of decreased human exercises to normal biological systems.

Notwithstanding, the rising dependence on single-use plastics and PPE has prompted new natural difficulties. Taking care of these issues requires imaginative arrangements and a pledge to economic practices. The post-pandemic recuperation offers a potential chance to focus on green drives and incorporate manageability into financial and modern techniques.

## **FINDING AND CONCLUSION**

The Coronavirus pandemic is an extraordinary second that is reshaping the financial, mental, and natural scene all over the planet. The shift to computerized stages in different areas expanded attention to emotional wellness, and impermanent change in the climate offers important illustrations for future manageability and maintainability. This study

features the significance of transformation methodologies and proactive measures to moderate the effect of these worldwide emergencies. While the pandemic was being tested, it additionally introduced open doors for development, cooperation, and reconsidering conventional frameworks and practices. Coordinating these examples into our financial systems will be basic to building a stronger and more versatile future.

The Coronavirus pandemic has featured the interconnectedness of worldwide frameworks and the requirement for far-reaching and versatile techniques to think about future emergencies. Noticed changes in financial circumstances, mental prosperity, and natural well-being give important experiences into the strength and versatility of human social orders. By gaining from these encounters, we can construct a more practical, evenhanded, and reasonable future.

In rundown, this study features the groundbreaking effect of the Coronavirus pandemic on different parts of life. The quick reception of computerized advances expanded center around emotional well-being, and transitory ecological advantages all highlight the potential for positive change. As we push ahead, it is critical to incorporate these examples into our arrangements and practices to guarantee we are more ready for future difficulties. Through development, joint effort, and manageable practices, we can make an additional economical and prosperous world.

To lead the study, the organized survey was digitized and circulated online so it very well may be finished by respondents. Understudies from various associates (2017, 2018, 2019, and 2020) were signed up for the concentration at all SBBU-SBA areas from various resources.

Reactions from 2017, 18, 19, and 20 parcels from all divisions in all areas 17% of reactions from the 2017 part, 18.3% from the 2018 part, 25% from the 2019 parcel, and 39.7% from the 2020 parcel All reactions 44% need more web access at home in this present circumstance In this present circumstance, Web access is vital to the outcome of the online learning framework, while 56% approach like the larger part 76.7% utilize portable information for web association, while the greater part 62.6% say NO fast network access can uphold video calls/fill sharing/downloads, just 37.4% said OK. Most use cell phones at home to utilize the web, including video calls, but insignificantly with a PC and personal computer. 79.2% of understudies have never enlisted or taken part in online courses or meetings.

Generally speaking, 55.7% concur and 44.3% are reluctant to join and find out about it, predominantly because of network, speed, area, and monetary worries. In this expression, 42.2% are keen on recorded addresses, while 38.9% are both live and recorded, and 18.9% are live talks. Most favored PPT with foundation voice and recorded video gatherings, while others alluded to different sources. A greater part of 61.7% favor WhatsApp bunch conversations, 29.4% lean toward Zoom video call conferencing, and some answer instructive Facebook > Microsoft Groups gatherings and YouTube channels or are more OK with live/involved course/preparing/preparing encounters.

Most understudies' favored recurrence is 39.3% one time each week, 29.9% two times per week, and 26.8% three times each week, yet should meet the HEC credit hour rules. The understudies answered with a ton of remarks, issues/questions connected with online instructing: the showing business essentially said that we are confronting a ton of social issues in a lockdown circumstance in this crisis/basic wellbeing circumstance, one said, "There is no different space to go to online talks or courses, so you can't go to the online address," another "My father is a day betting rancher and we are in a tough spot on the grounds that my dad is at home today, so I can't manage the cost of a mobile phone bundle and a PC, PCs" Generally expressed: inaccessibility of web or slow web, detachment of internet providers, inaccessibility of cell phones, PCs, workstations, no organization inclusion in towns, issue with power (spillage of burdens), absence of want/interest in online learning, bad quality of schooling, issues with association of assets because of lockdown, monetary issues with understudies, no earlier information on internet educating and should be summer get-away. As a country, we are confronting what is happening with the Coronavirus plague in every single social worldview, including the excellent fundamental schooling system. In any case, this doesn't imply that we have no potential, however a genuine strengthening of visionary and scholarly personalities. There are execution vessels that we can utilize. Exploit it with legitimate arrangements including all partners.

## RECOMMENDATIONS

1. A total LMS learning of the executive's framework for advanced education as indicated by the requirement for courses, particularly functional courses with incorporated reenactments whenever expected, as well as the compulsory utilization of computer-generated reality gadgets for reasonable 3D practice.
2. The educational program, content, and conveyance ought to be planned explicitly for Internet learning.
3. The specialists should make things more straightforward for understudies who need web bundles.
4. Solid web network bundles at sponsored costs for understudies with PC programs.
5. Grant programs for poor and savvy understudies with support.
6. HEC is creating overall principles and a particular distance learning strategy and rules for guidelines/standards for surveying/assessing the nature of online education by QAA, QEC, and license sheets in this present circumstance.
7. We want to appropriately teach our understudies as far as e-acquiring and IT abilities, and direction, advising, and inspirational meetings for understudies' time
8. Scholarly strategies should be appropriately arranged ahead of time, so we should foster an arrangement A, plan B, or potentially C.
9. now and then, an online appraisal/input, for example, the result of the evaluation, will feature holes or regions for development, or regions where the educator needs to concentrate more to simplify learning and simple.
10. Proficient improvement of the Workforce of E-Learning.

## LIMITATIONS

The report depends on reactions from all divisions, while the quantity of understudies in divisions is unique, so it very

well might be impacted, yet the level of the typical division/personnel support is satisfactory. Second, there are contrasts in representatives' monetary and social foundations.

## ACKNOWLEDGEMENT

Every one of the people who have added to the readiness of the instrument and this report. The analyst thanks my high floors, authority, dignitaries, managers, teachers, and particularly the understudies of the principal SBBU grounds, Sanghar grounds, and Naushahro Feroz grounds for their significant commitments and criticism. Much obliged to the recognized DQECs, researchers, HECs, companions, and Mr. Hakim Ali Junejo (Delegate Head of QEC). To draft devices and reports, utilize the authority site of the HEC, the college, and the WhatsApp conversation bunch.

## REFERENCES

1. Alavi, M., & Leidner, D. E. (2001). Research commentary: Technology-mediated learning—A call for greater depth and breadth of research. *Information Systems Research*, 12(1), 1-10.
2. Ali, M., Hossain, S., & Tania, S. (2018). E-learning and its impact on students' academic performance. *Journal of Education and Learning*, 7(1), 83-90.
3. Anderson, T. (2008). *The theory and practice of online learning*. Athabasca University Press\*.
4. Barbour, M. K., & Reeves, T. C. (2009). The reality of virtual schools: A review of literature. *Computers & Education*, 52(2), 402-416.
5. Blau, I., & Avdiel, O. (2020). Teachers' openness to change and attitudes towards innovative teaching and learning. *Education and Information Technologies*, 25, 1807-1825.
6. Brookings. (2020, April). Education during COVID-19: Moving towards e-learning. Retrieved from <https://www.brookings.edu/research/education-during-covid-19-moving-towards-e-learning/>.
7. Bryson, J. R., & Andres, L. (2020). COVID-19 and rapid adoption and improvisation of online teaching: Curating resources for extensive versus intensive online learning experiences. *Journal of Geography in Higher Education*, 44(4), 608-623.
8. Crawford, J., Butler-Henderson, K., Rudolph, J., Malkawi, B., Glowatz, M., Burton, R., ... & Lam, S. (2020). COVID-19: 20 countries' higher education intra-period digital pedagogy responses. *Journal of Applied Learning & Teaching*, 3(1), 1-20.
9. Dhawan, S. (2020). Online learning: A panacea in the time of COVID-19 crisis. *Journal of Educational Technology Systems*, 49(1), 5-22.
10. Gallup. (2020, April). Student readiness and online learning during COVID-19. Retrieved from <https://news.gallup.com/poll/307731/student-readiness-online-learning-covid-19.aspx>.
11. Garrison, D. R., & Kanuka, H. (2004). Blended learning: Uncovering its transformative potential in higher education. *The Internet and Higher Education*, 7(2), 95-105.
12. Graham, C. R. (2006). Blended learning systems: Definition, current trends, and future directions. *The Handbook of blended learning: Global perspectives, local designs*, 3-21.
13. Higher Education Commission (HEC). (2020, April). Guidelines for universities during the COVID-19 pandemic. Retrieved from <https://www.hec.gov.pk/english/services/universities/Pages/COVID-19-Guidelines.aspx>.
14. Hodges, C., Moore, S., Lockee, B., Trust, T., & Bond, A. (2020). The difference between emergency remote teaching and online learning. *Educause Review*, 27.
15. Johnson, N., Veletsianos, G., & Seaman, J. (2020). US faculty and administrators' experiences and approaches in the early weeks of the COVID-19 pandemic. *Online Learning*, 24(2), 6-21.
16. Jung, I. (2011). The dimensions of e-learning quality: From the learner's perspective. *Educational Technology Research and Development*, 59, 445-464.
17. Means, B., Toyama, Y., Murphy, R., Bakia, M., & Jones, K. (2013). The effectiveness of online and blended learning: A meta-analysis of the empirical literature. *Teachers College Record*, 115(3), 1-47.
18. Moore, J. L., Dickson-Deane, C., & Galyen, K. (2011). E-learning, online learning, and distance learning environments: Are they the same? *The Internet and Higher Education*, 14(2), 129-135.
19. Pappas, C. (2016). Top 10 eLearning statistics for 2016 you need to know. *eLearning Industry*\*. Retrieved from <https://elearningindustry.com/top-10-elearning-statistics-for-2016>.
20. Picciano, A. G. (2017). Theories and frameworks for online education: Seeking an integrated model. *Online Learning*, 21(3), 166-190.
21. Singh, V., & Thurman, A. (2019). How many ways can we define online learning? A systematic literature review of definitions of online learning (1988-2018). *American Journal of Distance Education*, 33(4), 289-306.
22. Subramaniam, G., & Jeyaraj, J. J. (2019). Analyzing students' perceptions of online learning: A study on diverse dimensions. *Journal of Applied Research in Higher Education*, 11(2), 339-357.
23. Van Wart, M., Ni, A. Y., Medina, P., & González, E. J. (2020). Factors leading to online learning retention. *Internet and Higher Education*, 37, 104-117.
24. Wang, C., Cheng, Z., Yue, X. G., & McAleer, M. (2020). Risk management of COVID-19 by universities in China. *Journal of Risk and Financial Management*, 13(2), 36.
25. West, R. E., Waddoups, G., & Graham, C. R. (2007). Understanding the experiences of instructors as they adopt a course management system. *Educational Technology Research and Development*, 55, 1-26
26. Worldometer. (2020, May). COVID-19 coronavirus pandemic. Retrieved from

<https://www.worldometers.info/coronavirus/>.

#### FOOTNOTES

1. 5. Blau, I., & Avdiel, O. (2020). Teachers' openness to change and attitudes towards innovative teaching and learning. \*Education and Information Technologies\*, 25, 1807-1825.
1. Higher Education Commission (HEC). (2020, April). Guidelines for universities during the COVID-19 pandemic. Retrieved from <https://www.hec.gov.pk/english/services/universities/Pages/COVID-19-Guidelines.aspx>.
2. Gallup. (2020, April). Student readiness and online learning during COVID-19. Retrieved from <https://news.gallup.com/poll/307731/student-readiness-online-learning-covid-19.aspx>.
3. Brookings. (2020, April). Education during COVID-19: Moving towards e-learning. Retrieved from <https://www.brookings.edu/research/education-during-covid-19-moving-towards-e-learning/>.
4. Worldometer. (2020, May). COVID-19 coronavirus pandemic. Retrieved from <https://www.worldometers.info/coronavirus/>.