

**UNDERSTANDING THE STRESSORS AMONG STUDENTS AND THEIR PERCEPTION AND ATTITUDE TOWARDS ONLINE EDUCATION**

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**ABSTRACT**

*The main purpose behind conducting the study is to analyze the various stressors among students and their perception and attitude towards online education. During COVID-19 educational institutions shifted to virtual platforms to conduct online classes. The study has been undertaken among college students with reference to Ernakulam District. A sample comprises of 125 students under the age of 18-28 and those who attended online classes has been chosen from five colleges on random basis in the Ernakulam District. The data collected through online survey using a structured questionnaire. The findings of the study revealed that restricted teacher-student interaction is the key challenge faced while adopting online education. The study also revealed that there is no gender difference in the motivational factor while adopting online education. High for structure is the key challenge the students faced in offline method of education. Frequency, Percentage, Independent Sample -t test, were used for the analysis. Results of the study will be helpful for educational institutions as well as teachers to get better understanding about the key challenges faced by students while adopting online education, thus contributing towards the effectiveness of quality education.*

**KEYWORDS**

Online, Offline Education, COVID-19, College Student's, Virtual Platforms, Stressors

**1.1 INTRODUCTION**

Education helps to develop the personality, thoughts and to get good status in the society. Information and Communication Technology (ICT) is becoming a fast changing and renewing technology in education sector. Hall, as cited in (Smart & Cappi, 2006) noted that