

**The Effects of Virtual Learning on Student's Health:
A study among Students' Parents in a Private School in
Dubai**

أثر التعلم عن بعد على صحة طلبتنا:
دراسة أجريت على أولياء أمور طلبة إحدى المدارس الخاصة بدبي

by

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ABSTRACT

The aim behind this study was to know the parent's evaluation and perception on the virtual learning in terms of its impact on the health of their children according to what they observe, in order for our findings to be a trigger for change and development in the way of distance learning in the future to avoid any negative effects on the health of our students with the prolonged use of this educational method and also to see whether they prefer to continue using this educational method and adopt it in the academic future or not.

This qualitative survey study was directed electronically to three hundred parents of a private school in Dubai, and only sixty of the parents participated in this research despite the invitations and the explanation provided to them about the importance of this research, but the reason may be due to the large number of school surveys that they have to fill out from time to time.

The basic analysis of the data with visualization of the results using Pie charts indicated the existence of negative effects of this method on the student's health according to the opinion of 90% of parents, and as 42% of the participants thinks that distance learning is not the best method for the health of our children, and 61.7% of them do not prefer to use it in the future. From here we see that this research has shown us the extent of the importance of the way in which distance learning is provided, which, if modified, may positively affect the health of our students and thus the parents' opinion on this method.

نبذة مختصرة

كان الهدف من هذه الدراسة هو معرفة تقييم الوالدين وتصورهم لطريقة التعلم عن بعد من حيث تأثيرها على صحة أطفالهم وفقاً لما يلاحظونه، حتى تكون النتائج التي توصلنا إليها محفزاً للتغيير والتطوير في طريقة التعلم عن بعد في المستقبل لتجنب أي آثار سلبية على صحة طلابنا مع الاستخدام المطول لهذه الطريقة التعليمية وأيضاً لمعرفة ما إذا كانوا يفضلون الاستمرار في استخدام هذه الطريقة التعليمية واعتمادها في المستقبل الأكاديمي أم لا تم توجيه هذه . الدراسة الاستقصائية النوعية إلكترونياً إلى ثلاثمائة ولي أمر لإحدى المدارس الخاصة في دبي، وشارك في هذا البحث ستون فقط من أولياء الأمور على الرغم من الدعوات والشرح المقدم لهم حول أهمية هذا البحث، ولكن قد يكون السبب الأساسي في تصوري راجعاً إلى العدد الكبير من الاستطلاعات المدرسية التي يتعين عليهم ملؤها من وقت لآخر . أوضح التحليل البياني للنتائج باستخدام المخططات التوضيحية وجود آثار سلبية لهذه الطريقة على صحة الطالب حسب رأي 90٪ من أولياء الأمور، كما اعتقد 42٪ من المشاركين أن التعلم عن بعد لا تعد أفضل طريقة لصحة أطفالنا، و61.7٪ منهم لا يفضلون استخدامها في المستقبل. من هنا نرى أن هذا البحث أظهر لنا مدى أهمية الطريقة التي يتم بها تقديم التعلم عن بعد، والتي، إذا تم تعديلها، قد تؤثر بشكل إيجابي على صحة طلابنا وبالتالي على رأي أولياء الأمور حول هذه الطريقة.

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List of Abbreviation

E-learning: Electronic learning.

E-book: Electronic book.

COVID 19: Corona virus disease.

WHO: World health organization.

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Chapter 1: Introduction

1.1 Background and Motivation to the Study

Lately, an urgent need has emerged in changing the methods and ways in which organizations and companies provide their services in all countries; in view of the health consequences the world is facing in the wake of the outbreak of the Corona disease pandemic known as COVID 19 which is an infectious disease caused by corona virus and it spreads through droplets during coughing or sneezing ;although there are many clinical trials going on in many countries a vaccination or treatment is not yet found for this highly infectious disease which affected 216 countries with more than 111 million confirmed cases and more than 2 million death all over the world (WHO, 2020).

The pandemic has deeply affected and confused many sectors in the world, foremost among which is the education sector. So as a requirements of this disease of following social distancing within the precautionary measures that all governmental and private business sectors have to follow at all levels and institutional services in all countries of the world, the need has become urgent to apply completely different methods of providing services than the traditional ways; it has become an urgent need to adopt new methods during the current situation, that's why we saw the concept of remote working and distance learning forcing their application in the businesses and services around the world.

The question here is no longer about how to return back to the normal life as before the outbreak of this pandemic, but because this disease may exist for a long time (WHO, 2020). as it was announced by Director-General of the World Health Organization earlier; the focus has become on finding ways to coexist with this disease in a safe manner that ensures business continuity and non-interruption of services to society, so the concern of

organizations and bodies is to develop modern and innovative methods that meets the requirements of different sectors to ensure the continuity of providing its services in a way that is satisfactory to their beneficiaries. And because educational institutions followed the method of distance learning to avoid the educational process being interrupted and as a preventive measure to reduce the spread of the epidemic, it was important to do such research to develop the education process and to find the problems that may arise from this experience, including the health problems of this method, to avoid them in the future.

1.2 Problem Statement

This health crises affected deeply the educational system of all countries at the beginning of 2020 and with peak of pandemic during the first months of the year the schools was forced to close in many countries for the health and safety of their students. This unprecedented total or partial lockdown force teachers and students in most countries to adapt to remote education. (Flores and Swennen, 2020). It was challenging for some schools to continue working during this difficult time which made them to end the academic years in some countries and some other schools were able to face the challenge and tried another and new approach to their usual practice and they start their efforts to successfully shift to distance learning and few schools were already practicing this concept years ago so it was easier for them to perform normally during the difficult times as virtual learning was part of their school strategy. Generally, the UAE education sector was prepared for this radical shift since 2017, so during the crisis most of the schools had a first mover advantage when it became necessary to apply eLearning 100%. (Houalla, 2021).

Many schools have succeeded in undertaking the experience of distance learning, although some have undergone this experience for the first time, and from here it appears that an important sector such as the education sector must be prepared to find suitable alternatives

during crisis. And because the health of our students is a priority, it was obligatory for all schools to take precautionary measures to protect the health and safety of their students.

But if distance learning becomes an existing issue and a tangible reality, an urgent need arises because of the pandemic that may prolong and may prolong with it the need to use this method in education or adopt it in the future in educational institutions, is it considered the best method for the health of our children or are there health problems that may be caused by using it on the long term, and if these problems exist, how can we deal with them and protect our children from them in the future, according to what the most important partners of the educational process see, who are the parents of students, and this is what will be presented and discussed in the chapters of this research.

1.3 Purpose and Objectives

The aim of this research is to find the best way to deal with these health problems, and we will see if distance learning is the best solution for all of the aforementioned problems or it may lead itself to other health problems. And from my experience as a nurse who worked in academic places for years where I used to see cases with health problems that trouble our students medically and academically, especially those who suffer from chronic diseases; I see how much they suffer to attend their classes and the difficulties they experience when they have appointments for treatment or follow up. Understanding the situation of these students and containing their needs based on their health status is a difficult challenge that these students face very frequently, which negatively affects their health status.

It is my sense of responsibility towards these students gave me the strongest motive to choose this subject and wish that this paper yield solutions to their problems through the poll opinions of the parents to find out the approach which could be useful and helpful for

their children health as they are the first one who suffers, if it comes to the health of their children. If we assume that distance learning is the best solution to maintain our children's health in the event of crises or other disasters ;do we apply an understanding of the application of this method of learning in our schools up to the required level which really guarantees the provision of educational service effectively and in a manner it takes into account the psychological and physical health of the students; that is precisely what this paper will address in details through the impression that the parents of the students make their opinions about the distance learning experience their children have had in the last months since the outbreak of the corona pandemic. So, our main purpose is:

- Knowing the effect of distance learning on students' health based on the opinions and observations of their parents.

Our specific objectives are:

- To find out the effect of the method on the student psychologically and socially
- And to know whether the parents are satisfied with this experience and want to continue it in the future or not
- To explore the solutions and suggestions that parents provide to avoid the health problems of this educational method, if any and to know the actions that parents proposes to reduce problems in order to provide a better and safer distance learning service for our student health.

I think the results of this research will help administrators and academics in schools to follow better and more effective methods in providing outstanding services that consider the health aspect and make it one of their top priorities.

But the real problem we face is that most schools follow the traditional teaching path and a few are really don't believe on the efficacy of distance learning especially in times

of crisis where it is not possible to practice face-to-face education within the school. On the other hand, some parents also look negatively at this method of education where some of them do not think that their children can take effective and useful education through the method of distance learning and believe that learning in the traditional way is the best in terms of quality, content and outcome. But at the current time we live a life full with modern technology and artificial intelligence tools and methods forces us to change the way we think and the way we provide our services for the better, faster, most quality and less expensive in effort and money at the same time. Yes, academics and administrators may need to make a lot of effort to prove the effectiveness of this method, not only that but also to convince the beneficiaries of the service of its effectiveness through making radical and continuous development to improve and develop this educational method.

1.4 Research Questions

This leads us to ask a question that is frequently repeated in our minds, if distance learning was safer and better for our children during a pandemic, so **can we consider this method to be the best and the best ever?**; Is Corona disease the only risk that threatens the health of our children while they are in their schools, or are there many physical health and psychological risks that may be faced by the students while they are at school? and were less dangerous and impact of Corona disease but they repeatedly threaten our students physical and mental health like seasonal influenza, which spreads among students during winter periods or other seasons as well as some infectious diseases such as chickenpox, measles, and others, as well as food poisoning due to the exchange of meals between students or by purchasing food from school cafeterias.

Moreover, some of the psychological problems that affect badly their mental health, including bullying phenomenon experienced by many of our students within their schools. Which make the situation worse that if a student is already suffering from chronic diseases and exposed to the above-mentioned problems which definitely will worsen his health status physically and mentally. So, it's strange to consider Corona pandemic and its health effects on students, and we do not pay much attention to the aforementioned health problems that our students are exposed to while they are in school and in a way that may happen very frequently and its impact is clear and evident on their mental and physical health. That is why one of the questions we asked the parents in this research paper was whether distance learning is the best choice for the health of our students or not to find out the negative impact of this method and evaluate the suggestions and solutions given by the participant.

So, the main questions here were the following:

➤ **What is the effect of virtual learning on our student's health based on their parent's perception and observation?**

The specific research questions as follow?

- **Does it have effects on the students physical, psychological and social health. (a list of questions under each category was listed in the instrument and directed to the parents for their feedback (refer to research question in the appendix)**
- **Are the parents satisfied from this approach and they like to see this method applied in the future of education?**
- **What are the health problems that parents notice about their children due to the method of distance learning?**

- **What are the proposals that they see to solve or avoid these health problems?**

1.5 Rationale for the Study

It is important when we are facing a new reality imposed on us and we have been obligated to use non-traditional methods in education or perhaps adopt them in the future if the need arises for that to evaluate this method and study it well in order to see its benefits and develop it and explore its disadvantages and address them. As shown in some of the studies which we will discuss in the coming chapter, the virtual learning has inevitably affected the student's physical activities levels, sleeping patterns and the amount of time spend on digital devices which leads to psychological health issues as well like anxiety and attention problems, (How online learning can affect student health, 2021). There for the need is urgent to conduct several studies to study the effect of this method on all the main and important aspects, including the academic impact that we did not address in this research and the health impact that is the focus of our attention in this research paper and because this educational alternative in the method of teaching in educational institutions was proposed to protect the health of our children, then adopting this method should not result in health damage to our students, and if any, we have to find the necessary solutions to avoid it in the future.

1.6 Structure of the Dissertation

This research paper contains five chapters, including the introduction to the research in which we listed its objectives and questions that we will address in this research, as well as the methodology chapter in which we explain the tools of this research, including the participants, the mechanism for collecting information, the method of data analysis, and so on. And we will also review in the chapter of data analysis the results that we have reached

and discuss these results using the narrative method and sometimes descriptive according to the type of questions. In the chapter of literature review we dealt with previous and similar studies in this field, and you can find below the brief of some of these studies:

There are many different impressions toward this issue in the literature; some they said that online learning has negative effect on student's functional health (Mangis, 2016).; they see that it brings more harm to students since they have prolonged access to the internet during their study day. Some other researchers totally have opposite idea about the online learning as they see that it has very positive impact on teachers, students and families (Lam et al, 2011). Some studies showed that it depends on the perception of the students and their parents about the online learning based on the different cultures as some cultures are more acceptable for E-learning than others. (Abdulla, 2018). Other finds that hybrid education is the best approach to follow (Poirier, 2004). in which online and onsite teaching is taking place; as it can have the benefit of both approaches and minimize the risk of each as they believe that there is no replacement for the onsite classroom teaching.

More data and related study's findings will be discussed in the literature review; but just I wanted to highlight the most opinions I found about distance learnings and the negative and positive effects raised in the previous studies done in this area. There will be a transformative change in education after the pandemic resolves but there will be also challenges needs to be addressed in order to have positive impact on educators and learners. (Goh & Sandars, 2020).

Finally, we summarize our paper with the chapter of conclusion in which we reviewed the most important findings of this research, what are the difficulties that we faced, and what are our proposals that could add to what we have presented and give greater benefit in this field because everything is changing and evolving in this world in an accelerated way in

the light of the amazing technological advances we have to ride the parade of change in the right way and harness all our energies in order to provide innovative and creative educational services that preserves our children's physical, psychological and social health, worthy of the trust of our students and their parents and prepare this generation to be fully equipped with 21st century skills.

Chapter 2: Literature Review

2.1 Overview of the Chapter

We earlier mentioned that the aim of this study is to explore the opinion of parents on the subject of distance learning and its impact on the health of their children and to gather their suggestions on this subject to better consider the health of our students on the educational approaches we use. So the goal is not at all to measure the impact of distance learning on the health of students because the investigation in such a matter requires a thorough research and a broad segment involving students, teachers and parents to be partners in this proposition as well as an analytical research tool is also required to measure the impact of this method more deeply on physical , psychological and social health of our students ; although we said we are not in this regard but, the results of this research paper may be a primitive pillar upon which researchers wishing to study deeply this matter may build in the future.

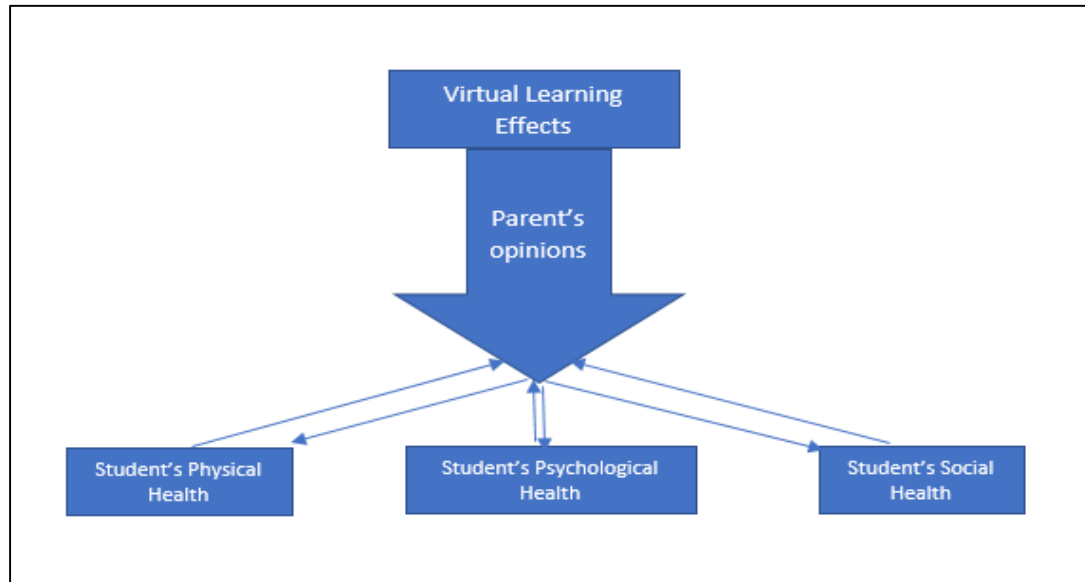
In this chapter we will discuss the study conceptual analysis, theoretical framework and we will display some of the previous similar research done in this field.

2.2 Conceptual Analysis

In this research we are interested to find out the effect of virtual learning on our students physical, psychological and social health based on their parent's observation on their kids' health during the period of academic distance learning.so here the virtual learning, distance learning or online learning is the first concept and it is our independent variable and the student's physical, psychological and social health are the 3 important concepts we are interested to evaluate in this paper and they are considered the dependent variables in this study. These three dependent variables have effect also on the parent's opinion about the virtual learning as based on their observation on its effect on their kids' health they will

give us their feedback about this approach and whether they are happy to have it in the future.

Figure 1



The theories that fit to our main study concepts in this research is the cognitive theory, connectivism theory and social contextual theory. Cognitive theory is displayed here because it is reflecting the way people think which can be affected by internal and external elements (WGU, 2005) and because we are looking for how parents think about virtual learning in relation to their children's health and wither they think that this method is better for their kids health or not a long with the many other internal and external factors that we are not interested to examine in this paper but it can affect their opinions on this approach like the way and techniques used to display and use to this method in education.

Since we are connecting the virtual learning with the student's health and connecting parents' opinions on effectiveness of this method and possibility of the continuity of this approach in the educational future and since there are strong connection in the concepts of physical, psychological and the social health we found the connectivism theory is fitting the relation among the previous concepts as connectivism which is a new theory focuses

on ideas people learn when they form connections among objects, words or concepts (WGU, 2005).

The last theory applied here to explain the relation among our study concepts is the social contextual theory which refers to the specific settings in which social interaction takes place as learner must seek to understand what particular actions, words or objects means to people in particular setting. (SAGE, 2012). and in our research, we had our students interacting in the method of virtual learning that had some effects on their health what we are seeking to know and explore from their parent's observation and ideas on this issue as we are interested to know what this method means to the parents in regards to their kids' health putting a side some factors that may interfere with the area of research interest but can affect the parents opinion on this subject like their children academic performance, other burdens on parents due to practicing approach like the technical support their kids need to fulfill the online academic requirements such as on line assignments ,exams and others.

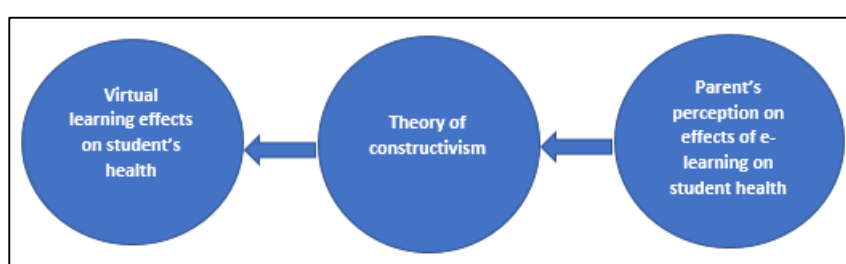
Most of these factors negatively can affect the parent's opinion but we tried to be focused in our questions to redirect the sample on the main issue which is the effects of this method on the student's health not student's academic performance and not on them as a parent.

2.3 Theoretical Framework

The closest theory to the topic of our proposed research and appropriate template for the basic elements of our research, which is virtual learning and the opinion of parents on its health impact on their children, we find it in the theory of constructivism. This theory depends on people building their knowledge that they form through the experiences they pass through and through them they translate the ideas and opinions they believe in (WGU, 2005). This is the base on which we build and proceed through this research paper; the question that we ask here in this research is about the impact of distance learning on

students' health, and since the target group to ask this question to them is the parent group, this will require gathering the opinions and observations of this group, which they will usually cast from the reality of their experience that they went through in the distance learning period, so we will take what we find from their observations and ideas, and we link them with the results of previous research in this field, to reach to information that may help us to answer our research question presented.

Figure 2



As shown in the above figure we can say that, through the opinions and observations of parents on the impact of this educational method on the physical, psychological and social health of their children, we can conclude according to what the parents put forth whether this effect was negative or positive on student's health and assess which of three health aspects this method had the greatest impact on it negatively or positively.

We also find that this theory is consistent with what we want to reach from the parents' opinion about the method of distance learning as an educational method to be used more in the future based on the impact they have observed on the health of their children. Parents will not be able to inform us of their opinions except from the reality of an experience they lived to reach what they presented from suggestions and opinions, and this is literally what this theory means.

This theory also applies when presenting the results of this research paper so that we draw a clear concept based on what has been deduced from the opinions of the participants in the research on the impact of the distance learning method on the health of our children and build a new thought about this method based on the opinions we gathered in this research to present This scientific method if it is used in the future in a way that takes into account the health aspect of students, taking advantage of its positive aspects that have been deduced from the results to avoid the negative aspects mentioned that may harm the health of our children during their educational journey.

2.4 Research Related Studies

I came across several studies that investigated the effects of distance learning on student's health but each one investigated it from different angles. Some previous studies have been concerned with investigating the effect of this educational method on the emotional and physical side. Others were concerned with measuring the extent of parents' satisfaction with the technique or mechanism of using the distance learning method to find the effectiveness of this approach without looking at the health aspect of the matter.

Some of them focused on assessing the risks arising from the use of technology and the Internet and their negative impact on the psychological, physical, mental and social health of students while not delving into the positive side of the issue. Most of what caught my attention was one of these studies whose focus was to find out the positives and sources of strength in the method of distance learning, which is considered necessary in our days and harnessing the strengths of this method to enrich and develop traditional learning so that we have a distinct hybrid learning that combines the two styles together effectively and with a better and more beneficial effect for students but again without being concerned with

the health aspect, as the focus here was on the academic and educational impact, not the health effects on students.

So, in my search for studies similar to the content of my paper, I did not come across studies that was consistent with my research goal; some may seem similar, but inevitably it is not completely identical to my research axes, as I focused in this paper on the parents' impressions about the effect of this method on the health of their children, indifferent to the technical and academic aspect in which the method is presented. What was important to me were the suggestions and points of view of the parents to provide education through this approach in a safe and ideal way for the health of our children.

According to (Abdulla, 2018) UAE has stated to adopt the E-learning system there for it was essential to see how the E-learning contributes in enhancing effectiveness of education and understanding levels. So, the goal of this study which was conducted in UAE is to find out how far the student's parents perceive the E-Learning and whether they support and encourage this initiative or not.

The research evaluates the response of 1520 parents and that was compared with some survey findings published by some academicians who wrote in this particular area. It investigated several domains: students educational needs, teacher and student's computer competencies, school environment and student personal development. The researcher found that the parents are not satisfied with the E-learning when evaluated all the above-mentioned domains except the student computer competency as the parents observed that their children having interest in using the technological devices in education. But academic wise still parents believe more on the traditional education as an effective approach comparing to others.

Here we can obviously see that the research focused mainly on the parent's perception on the educational quality of the E-learning and didn't cover the health effects of this approach on the student's health. And as we mentioned earlier, most of the studies that dealt with the subject of distance learning dealt with it academically and examined its educational, not health effect on students, except for a few studies that I found looking at the health impact of this method while reading some research papers in this field.

The most important research papers I found talk about the impact of distance learning on the health of students that was conducted in the United States of America and this study was interested in assessing the impact of distance learning and the effect of the use of modern technology in education on physical, mental, psychological and social health of students. The study indicated that the continuous and frequent use of technology may lead to negative health consequences for our children (Halupa, 2016). It explained in detail those negative effects on the aspects mentioned earlier. The researcher in this research cited statistics and reports showing the proportion of these negative effects in American society for example the percentage of physical and behavioral health problems increases; the percentage of smokers and Alcohol drinkers and other problems of mood change and other mental and physical developmental disorders as well.

This study also showed an increase in the percentage of perpetrators of moral crimes and the increase in the prevalence of bullying among young people and children; an increase in the rate of cyber-addiction and the resulting psychological, physical, mental and behavioral health problems. The study noted the importance of the role of health education to reduce these problems escalating due to the use of modern technology in the education process. But we note that this study showed interest in the negative side of the approach without showing the positive side of it; it was not interested in seeking the opinions of those concerned in this regard, such as parents, students and teachers, and did not put forward

suggestions or solutions from these groups to overcome these health problems caused by the use of technology in distance learning.

On the contrary, some researchers saw the necessity of introducing and using technology early in education, starting from kindergarten. According to (Taufik et al. 2019) the introduction of computer science and education using modern technologies in early childhood classes is extremely important in the growth of children's maturity and the development of their scientific abilities. This will develop their intelligence and make them more comprehensible and understanding of the material they learn and this occurs through close cooperation between the educational body and parents, so that the two parties are first aware of how to use these modern technologies through their support and training, and on the other hand encouraging them to use it with children in early stages in school and at home to produce a generation that has the skills required by the modern century.

In another study targeted students' parents in elementary, middle and high school who use distance learning in one of the USA schools; this study was looking for reasons for the satisfaction of parents about the method of distance learning and the motives that made them choose this method of learning for their children and study the extent to which they are satisfied with many aspects like: learning technique used by the school , the way of social interaction during the learning process, as well as their satisfaction about the curriculum and the quality of educational content that is provided to their children and measure their satisfaction in general with the level of distance learning provided to the student.

The results showed the satisfaction of the parents with the technology and support and interaction provided by teachers during distance learning as well as their satisfaction with the quality of the courses and the educational content provided to their children and were

somewhat dissatisfied with the level of social interaction during learning where the parents confirmed the extent of the importance of students interacting with each other in the virtual classes and how this reflects positively on the level of education provided by the school and thus increasing the satisfaction of students and parents about the method of distance learning (Butz, 2003).

The beauty of this study is that it addressed the social aspect and did not care only about the academic aspect of the method of distance learning as this research paper was keen to evaluate the social aspect and see the extent of its impact on the satisfaction of parents about this educational method and stressed parents about the importance of social interaction between students because of its good impact on students and their educational achievement hence we see that the social aspect is very important to create a positive atmosphere within the virtual classes and gives an atmosphere of vitality within the class which break the boredom that usually accompany the learning environment during virtual education.

We need to pay attention to the social aspect that relieves the students' psyche and makes them more motivated and willing to receive the information. I think distance learning is a method that needs a lot of experience and knowledge from teachers, administrators and technical technicians in the school to make it a useful and distinctive method of education ;as the teacher can't use the same method and technique which usually practiced in the traditional teaching during distance learning which needs many skills and intensive training in order to be able to provide the information in a useful and attractive way for student when using this educational method.

From this point we can see how crucial the role of teacher is when it comes to matter of increasing the satisfaction of the students and their parents with this learning method.

There are studies concerned with students' opinion about distance learning and the extent of their comfort with this educational method. According to (Lam et al. 2011), students who are accustomed to using modern technology means through social media channels in abundance are the most students who see the distance learning method of benefit and enjoyment, unlike students who do not use much technology in their daily social communication ;this research that was conducted in China at a university in Hong Kong, which targeted students' opinions about distance learning through the participation of 1438 students in this study questionnaire, found that the more students experience and the more they deal with the means of modern technology through multiple social media platforms, the more positive and supportive they are for the distance learning method, as they see it as an effective and useful method in education.

This study also indicated that the percentage and extent of students' satisfaction with the distance learning method also depends on the way of presenting the method and the implementation strategy, as they found that those who had a successful start experience for this method and provided them with service with a distinct technique and high quality had a positive effect and satisfaction with using this educational method.

Although this study did not address the measurement of students' satisfaction with the effect of the educational method on their health, it showed us a very important aspect, which is that students who live in the revolution of technological development and the generation of the twenty-first century think in ways that differ from previous generations and that we must imitate the style of the modern age and its requirements and put Taking into account the aspirations and expectations of the new generation when we draw the future of education and the changes that must take place in the education system to be accepted by this generation and in line with its vision and method of dialogue.

This is a fundamental and important point in this matter. Also, the use of technology and tools of the modern era is very important not only in order to keep pace with time development, but because technology may serve the life and health aspect in the field of education, especially during crises and health disasters, as is happening now for the purpose of limiting the spread of the Corona epidemic, So the change in the methods of providing public services, including education, is not only required, but it has become imposed on educational institutions everywhere to preserve the health of everyone and to prevent the increase in the number of victims of this difficult epidemic.

One of the distinguished researches that I encountered during my research is a study conducted for students in an American university who follow the pattern of distance learning in their academic program. This study aimed to assess the extent of the effect of the distance learning method on the physical, psychological and emotional health of these students through a questionnaire that was filled out by 9 participants only out of 39 students registered in this distance learning program. According to (Mangis, 2016). distance education has a very negative impact on student's health and may cause major health problems such as cardiovascular disease and other diseases that may lead to death in the long run. The researcher considered that this educational style promotes a sedentary lifestyle, which is known to have consequences and severe health problems.

The research focused on evaluating four axes, on the basis of which it reached this conclusion, namely the student's health in general before and after joining the educational program, secondly, the evaluation of student social activities, marital status and their daily physical activity. It found that there is a deterioration in all these axes when a comparison is made between the situation during the study of the program and before enrollment with it, which may later cause social and psychological health problems. The research touched on the importance of paying attention to several points that would reduce these negative

health effects of this educational style, including reducing sitting hours in front of computers, considering intermittent breaks during the virtual session and the need to introduce some physical activities during the virtual lesson in order to preserve the student's health and consider their physical and psychological health needs.

From my point of view, I see that the result of this research does not apply to everyone who practices the method of distance learning, because the number of participants in this study is relatively small and therefore it is difficult to generalize or take this result into consideration. On the other hand, there are many other factors that may cause this result and not it has a relationship in the way of learning, including social aspects, life pressures, the learning environment in which the student sits while learning, and many other things that may overlap and affect the student's psychological and physical health.

Another matter of great importance is that the research we are about has made some suggestions to mitigate or reduce the negative impact of the distance learning method on student health and this is a good thing, but it leads us to a fundamental point, which is that negative health damages may not necessarily be due to the learning style but because of the technique which is followed in presenting this method and the way it is used in education, so if we adopt a better strategy in presenting the educational method, the result will inevitably be positive.

Some believe that using a single method of learning may result in many drawbacks, especially the use of distance learning method alone; therefore, some researchers prefer to use traditional learning and distance learning together. Despite some of the disadvantages of distance learning, it is possible to use its positive effects in developing the traditional learning process so that we have a distinct hybrid learning by making use of the advantages of the two approaches together, which is beneficial first and last for our students' academic

level, as it improves their academic performance and increases the percentage of student interaction with their colleagues and their teachers and this would develop the skill of communication and social interaction among the students, thus contributing to the improvement of their educational level and overcoming obstacles that were facing them with the traditional method of education such as the issue of absence from classes and the lack of supplies and books of the study materials and this was a burden on students and their parents but now the students can attend their classes while they are at home and find all the contents of all their study materials available with the click of a button. (Lindsay, 2003).

I believe that combining the two methods of education will not only positively affect students' educational attainment, but will also positively affect their physical and psychological health.

This diversity creates psychological comfort for students and their families, especially if they have the freedom to choose the appropriate method for them in learning according to their social and health needs and requirements. Students' abilities and needs differ, and taking into account this difference and understanding their requirements is inevitably reflected in their academic performance and health status, as blended learning may compromise many obstacles for students, especially those who suffer from chronic health problems or have special needs and who, according to their health status, are difficult to commit to daily attending school away from their health care givers, whether at home or hospital, and other obstacles that may facilitate and vanish with flexibility in providing the educational services.

On the other hand, we find that the success of such a non-familiar approach to students and parents needs to join the efforts of all educational and administrative people, students and

parents so that the educational process can be done easily and smoothly. According to (Kong, 2017) it is very important to have an effective partnership between the school and the parents of the students ;through this partnership the distribution of roles and educational tasks between the two parties is taking place; the school is guiding parents and clarifying the educational policies, the school strategy and the learning plan set for the students taking into account the concerns of students and their parents and solving the problems they face with their children during the process of distance learning; In return parents should play the role of educational mentor and facilitator who supports, inspire and motivates the students to learn and that can facilitate the process of distance learning at home and when each party understands its responsibilities and performs them to the fullest, it inevitably leads to positive and impressive results.

Since the percentage of educational institutions that pursue the method of e-learning is increasing, so is the percentage of e-learning students whose number is also increasing, which imposes the imperative to provide all school services electronically, including health services and psychological counseling for those who are affiliated with distance learning, as it is provided to students of traditional learning in school settings. (Barr, n.d).

It is very necessary not to lose sight of the basic needs of e-learning students, including health and psychological needs, as they are like other students present in the school and they may be exposed to health, psychological and emotional problems that require support, follow-up and treatment by the school so that their problems do not worsen which negatively affects their grades, academic performance and most importantly their physical and mental health; On the other hand, consideration must be given to training teachers and academic staff on how to deal with these health problems that students may face, and how to provide accurate and beneficial assistance to the students and transfer them to the health and counselling team in the school if their condition requires the intervention and follow-

up of specialists; also, the educational institution must set clear laws for students and employees in which it clarifies the procedures and measures taken to deal with health problems that may occur to students or employees and encourage them to request health assistance or psychological counseling when they need to.

Attention must also be paid to spreading health awareness among students and workers in the educational institution by holding various virtual health campaigns that deal with physical and psychological health and that address the common and frequent health problems among students and employees. Therefore, the educational institutions must take online health services matter into consideration and deal with it seriously and strategically.

There is an important segment of the students that every educational institution should not neglect and they are students with chronic health problems or those with special needs; this category basically suffers from health and psychological problems due to their illness or disability however, disability or illness did not prevent them from completing their studies and learning like other normal students, but they face many challenges because of the nature and the traditional method of education or because their needs are not met by the educational institution ; here lies the benefit of the method of virtual learning for this category of students where e-learning facilitated many difficulties and obstacles for these students where it provided them with learning in the atmosphere of their house or in their health facilities where they receive their treatment. (Donovan, 2015).

Educational authorities, schools and universities should understand the requirements of this category of students who suffer from chronic problems or permanent disabilities that affect their psychological and physical condition for example, hypertensive patients, diabetes and cancer patients may live with chronic pain for long and frequent periods of time; they will inevitably face academic problems and their level of education will decline, especially if

they do not find adequate support. The educational institution has to understand that these students They may not be able to take exams and they may need more time to complete their assignments or submit their projects and may need additional support during learning process.

2.5 Summary

In summary, at the end of this research chapter, we say through what has been deduced from the research results that have been briefly listed in this chapter, which revolve in one way or another about distance learning and its academic and health impact on students and the parents' point of view on this topic, we summarize the following points:

- Distance learning is an important and necessary method in line with the requirements of the era of technology and artificial intelligence.
- Students in this advanced era favor the use of technology in learning and prefer electronic learning as a feasible and useful teaching method
- E-learning may cause some health problems, which may be dangerous at times if it is not dealt with seriously by modifying the implementation strategy or educating the students in ways to prevent these health problems.
- Parents prefer this educational method with their aspirations to make greater efforts by educational institutions to develop e-learning to meet the needs of students and their parents.
- An effective partnership between educational institutions and students' parents is of great importance and supports the success of the educational process in general and e-learning in particular.
- E-learning facilitates the obstacles and difficulties faced by students with special needs or those suffering from chronic diseases.

- Increasing the demand for e-learning by educational institutions and students requires the provision of integrated electronic services, including e-health services.
- Governmental institutions must deal seriously and strategically in this regard to provide distinct electronic or hybrid education that meets the needs of both traditional and distance learning students.

In addition to what the results of this research paper are equal to with most previous studies in this field, I believe that it is distinguished by having an assessment of the impact of this scientific method on all health aspects of students, physical, psychological and social, as it also focuses on knowing the causes of the negative impact through what the parents propose from comments and opinions, especially in the open ended questions, which allow the participants to elaborate their opinions and even suggest solutions to what they see as causing any negative impact of this method on the health of their children, and this part is very important if we want in the future to develop this scientific method in line with the health of students and the aspirations of their parents in this field.

Chapter 3: Methodology

3.1 Research Approach

The aim of this study is to find out whether virtual education is the best of our student's health or not and how to apply this approach in a better way to match the health needs of the students as per their parents' ideas and suggestions they provided through the survey given to them. In this chapter we will discuss about the study participant, instrument used and how data was collected and analyzed.

This study used a qualitative approach with narrative and descriptive design as we aim mainly to make the students 'parents to express their feelings and verbalize their opinions toward distance learning and find out from their feedback whether they prefer this method of education as an ideal way for the health and safety of their children. Qualitative research involves collecting and analyzing non-numerical data to understand concept, opinions or experience; it also used to gather insights in to a problem or generate new ideas for research. (Pitha, 2020).

The theory that fit to our methodology is the grounded theory as it will help us to formulate and idea or concept based on the finding of our data. It's a research tool which enables the researchers to seek out and conceptualize the latent social patterns and structures of their area of interest; it will enable also the researcher to offer an explanation about the area of the research or the concern of the population of the research substantive area and how this concern is resolved or processed. (Helen, 2009). It sets out to discover knowledge from the data analyzed which help researchers to initiate changes in a service provision or knowledge development based on their area of research. (Chun et al. 2019).

3.2 Data Collection Plan:

At first, I felt a sense of fear and anxiety that I would find enough parents who might be interested in filling out a research questionnaire because I know that the parents who are in the group receive dozens of daily messages or conversations either from school or from other parents of students related to the study of their children and what is happening in terms of developments and news in this field, so it was a must for me to send a simple message in which I invite them to participate in my research by filling out my research questionnaires with an apology to them for the fact that this matter may require a few minutes of their time, or that this may cause pressure on them due to the large number of messages they receive every day.

In my invitation message I explained also how important this research is as it relates to the education and health of their children, and how their participation on the subject of distance learning and its relationship to the health of the students will lead us to find answers and solutions to our research topic and how the results of this research will inevitably benefit them and their children because their feedback and their point of view in this regard will help us in understanding the whole situation and come up with answer for our question: whether this method is ideal for the health of our students or not, and how can we advance in this approach to consider the health and safety of our students through their ideas and suggestions they present that make us able to find solutions, help in developing learning methods to keep up with the changes imposed by the rapid technological development that we are living in and the natural and health crises and disasters that may threaten the continuation of education.

The questionnaire was entered in to Google Form then the survey link was shared with the parents WhatsApp group members and the clicking on the link implied the parents' consent;

the group contain around 300 members ;60 parents among the total accept to participate and responds to the survey. The participants were asked to give their feedback within one week and reminding messages were sent to them to submit their feedback as soon as possible. The data was interpreted by Google Form application itself through charts and graphs and also narrative analysis was used with some descriptive tables as shown in the study findings and analysis chapter of this paper. In narrative analysis the focus is to understand how individuals interpret their everyday lived experience. (Marisa, 2016).

3.2.1 Context, Site, Population, Samples

The target population in this research is the student's parents in one of the private schools of Dubai; this school is following UAE Ministry of Education curriculum; and it has received a good evaluation from the Ministry of Education during the last two years.

Students in this school are of several Arab nationalities and from different social classes; the educational level of the parents varies from primary to graduate level according to my personal knowledge of some parents, being one of them in the WhatsApp groups that the school has set up with parents to facilitate communication with them and inform them of important information related to the school updates and the student's education. Parents also formulate some sup groups to chat regarding their children educational issues and communicate together in different groups based on their children grades and since my 4 children are at the same school and since they were in different grades, I was involved in most of these groups to follow up with the updated information and issues related to my kids 'education.

3.2.2 Scope of the Current Study

This qualitative study aims to investigate the opinions of parents of students in a private school in Dubai about the method of distance learning and its effect on physical, psychological and social health. The question here is what is the effect of this method on students' health according to the observations of their parents and whether they see it as the best way for the health of our students or not. The far and most important goal is the evaluation of this method from the point of view of parents with the aim of shedding light on the pros and cons of the method in order to develop it in the future if the need arises to keep pace with the aspirations of parents regarding its health impact on their children.

So, we have 2 variables here; one is the effects of virtual learning and the dependent variable is the physical, psychological and the social health of our students so here we will find out as per the parents input in this whether its effect is positive or negative and that what we will see below in our descriptive data analysis in the coming chapter.

3.2.3 Sampling Technique

The total number of all the WhatsApp group members were 455 parents of students from different grades and out of them 300 were welcoming messages from strangers so I targeted all of these parents using the convenience sampling approach but I got the response from 60 parents only who were willing to participate in the study and they were interested to answer my research questionnaires.

3.2.4 Instrument

The instrument used for this research was a survey questionnaire ;the research paper's questions included 20 questions that addressed three important aspects and since the purpose of this research paper is to find out the opinions of parents about the impact of

distance learning on their children's physical ,psychological and social health and whether this method of education is the best for the health of our students and what are their opinions and suggestions to apply this method in safe way which make it better for the health of our students.

So, the paper questionnaire targeted these four aspects which are demographic information first and then the effect of the method on physical health followed by questions aimed at knowing the impact of learning on mental and social health. The last section was for participant's opinions and suggestions, in which we included 2 multiple-choice questions and two open ended questions to express their opinions about the distance learning and the way to develop it so that it is presented in a better technique for the health of their children.

The process of designing the research instrument:

- 1- Concept identification: where we design different group of question that fit the concept we want measure (effects on physical, psychological, social and opinions and suggestions).
- 2- Item construction: where we formulate the list of questions for each aspect and rephrase the important questions to evaluate the internal consistency from the results we get.
- 3- Instrument validity: the questions was evaluated and corrected several times by the research supervisor to cover the whole research areas and it was tested on few people to check whether all of the survey sections are clear and easy for the sample to understand and answer. (find the different drafts of the questionnaire in the Appendix section).

3.3 Data Analysis plan

The research questions dealt with the below main axes, using basic analysis with visualization of data via Pie charts formulated and presented in the study summary by the Google form; since we had nominal and ordinal data, we used Likert type questions and we displayed the results frequency and percentages through charts and tables with little narrative analysis also since our sample is very small.

We categorized the questions in the following sections and we analyzed each section separately then we summarized the qualitative and the quotative results.

Below are the areas of interest for our questions:

- Demographic data, including the participant's relationship with the student, the educational stage of the participant's child, and whether the guardian works in the education sector or not.
- The impact of this educational method on the physical health of the children of the respondents through their observations on their kids.
- Participants' opinion of the role of distance learning in avoiding some of the health problems that their children face when they go to school.
- Their opinion also about the physical and psychological health problems that the distance learning style may cause.
- Their observations on the psychological and social impact of this method on their kids.
- Their impression in general about their opinion of the distance learning experience and whether they recommend its adoption as an alternative approach or as a companion with the onsite learning.

- What are the proposals that they see to avoid the defects of this method and to develop it to meet their aspirations and meet the health needs of their children?

The analysis of each part of the above aspects and the details and sup data that was analyzed for each aspect will be displayed and explained extensively in the data analysis chapter.

3.5 Ethical Consideration

This research is categorized as a low risk research as it doesn't cause any potential adverse effects on participants, and the required data don't involve any confidential or personal information of the research participants although all the sample's feedback will be accessed electronically by the researcher only; there for this research was approved by the research committee of the British University in Dubai after the below process was guaranteed:

- 1- Informed consent was obtained electronically as all the participants were asked in the first section of the survey to confirm wither they are welling to do the survey after they have read the survey introduction and as you find in the appendix that all of the participant who access the survey agreed to participate.
- 2- The research does not include any harm or risks to the participant; it was rated as low risk research as you can find in the research ethic form attached in the appendix (the risk rating scale part).
- 3- The questions assess only the relevant component and with respect to the confidentiality and anonymity of the participants.

3.6 Trustworthiness and Reliability of the Data

From my experience working as a nurse in an educational institution and following up on the health conditions of students for many years, and despite my strong belief that distance learning is the best approach for students' health, through my experience in this field, I did

not try to include my opinion in the outcome of our findings in this research Which came completely contrary to what I think of the opinions in this area, which gives a kind of credibility to the results of the research, which we will review in the next chapter of this research paper .

On the other hand, we chose the sample from one school to avoid any differences in the results that may be caused by the difference in the school environment. We asked a sufficient number of questions, converging some of them with meaning and repeating them in different ways to reach the truth. The questions in the questionnaire varied between open and closed and the questions that are a mixture between this and that to allow parents to express their opinions with transparency and credibility in order to lead us to reach reliable results.

3.7 Role of the Researcher

My role in this research was somewhat difficult because I was dealing with people most of whom I do not know and I do not know how they think, it was very tiring to convince parents to participate in the study, so he took an effort in drafting a lawsuit in which I explain an outline of the research and its importance for their children's health and academic future.

I assured them that the study questionnaire does not contain personal questions and that the data will be dealt with in complete privacy and according to the ethics of scientific research. My role here was based on educating parents about the importance of their participation in this study and the importance of the topic as well as my role in data collection and analysis.

Chapter 4:

Results, Analysis and Discussion

4.1 Overview of the Chapter

This research chapter will include basic analysis that display the frequency and the percentage with visualization of the results of different type of Likert questions via Pie charts; also, narrative analysis will be used for the open-ended questions that we have obtained through the electronic responses we received from parents' groups.

Questions will include the following categories:

- Demographic data
- Question's responses of the physical health.
- Psychological question responses.
- Social side question responses
- As well as the last two responses of the open-ended question of the survey through which parents expressed their general opinion about the method of distance learning and clarify the most important health problems caused by this method and their proposals to avoid the problems they mentioned. In the following lines we will discuss the analysis of the responses to all the questions with a detailed explanation and in the order that we have mentioned previously.

The survey was started with brief introduction in both languages' Arabic and English about the area of the research, its purpose and why it's so important to share their feedback, opinions and suggestions in this topic also some information about the conductor was provided in case they need to clarify any information about the survey, more over all the

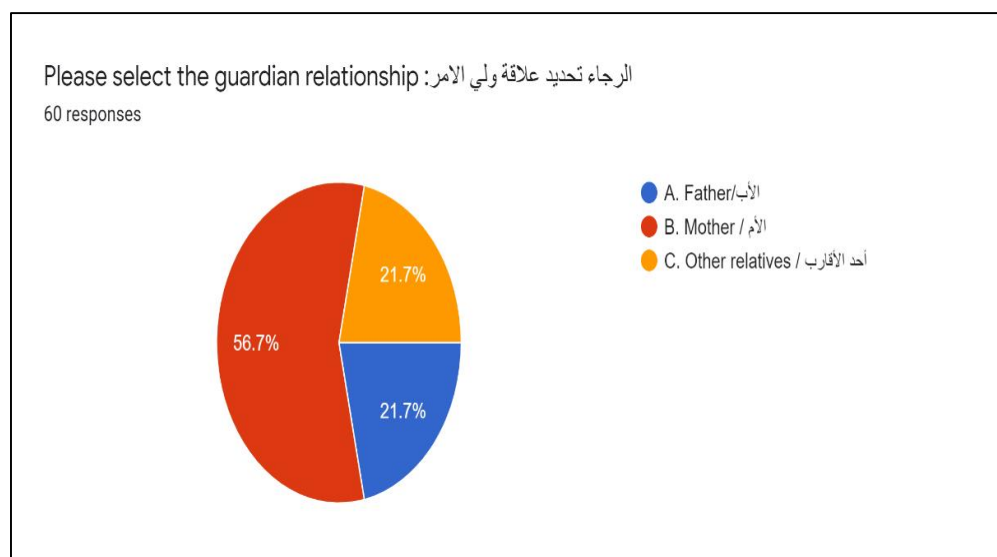
participant who access the survey link need to agree on the study consent which was included in the introduction page as you can see in the attached survey responses in the appendix.

4.2 Analysis of the Quantitative Data

All the data in this survey either nominal or ordinal data which are both qualitative and blow you can find all the survey questions analysis using simple and basic analysis with visualization method of the data via pie charts as most of the questions is looking for parents' opinions on virtual learning effect on their student's health.

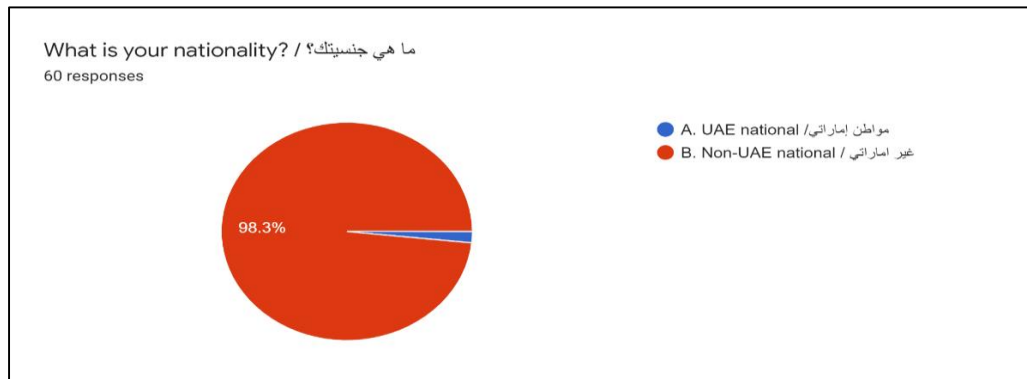
Demographic Data:

1- Guardian relationship:



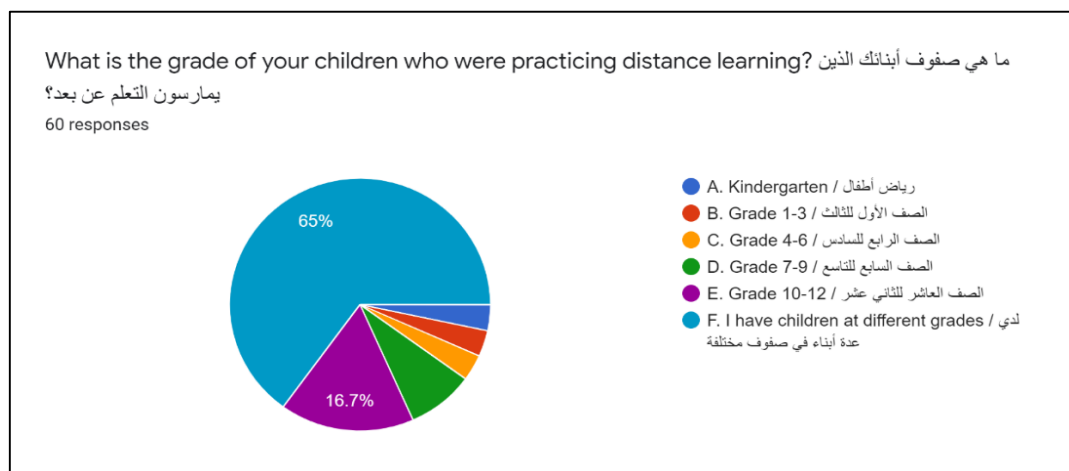
As it is shown in the above chart that most of the respondents 34 of them were students' mothers which represent 56.6 % of the sample and the remaining 13 fathers and 13 other relatives and that reflects that mothers are more involved in the process of their kid's education and taking more responsibilities in following their academic issue that's way maybe they were more interested than others to share their experience with the distant learning.

2- Nationality:



Total of 59 parents were non-local which represent 98.3% of the sample and only one was local among the participants and that's expected since this school is considered average private school were usually, we don't see many locals have interest on it.

3- Students grades:



Majority of the parents 39 of them has children in different grades and 10 of them have children in grade (10-12), five parents have grade (7-9) ,2 have grade (4-6) and another 2 have (1-3) grade and finally 2 parents have kids in kindergarten stage.

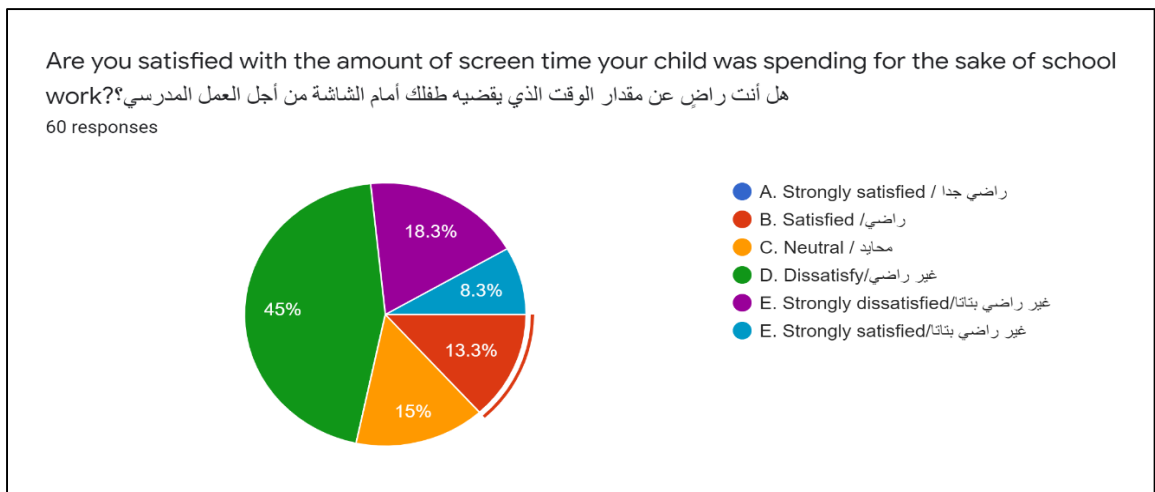
It is really good that most of the participants around 65% has students in different grades as they have more experience with this educational method since they are observing kids

at different age group with different health responses and reaction, they may notice toward distance learning.

Effects of virtual learning on physical health:

In this section, we put questions related to physical health to see the opinion of parents and their observations on the impact of distance learning on the physical health of their children, and it contains five Likert type questions as followed:

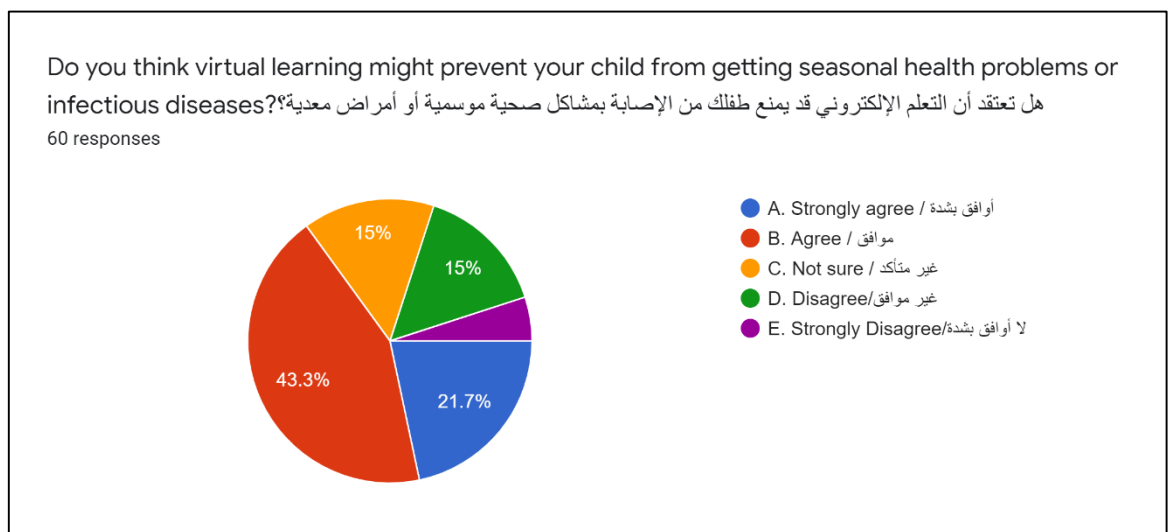
1-Are the parents happy with the amount of time their kids spend Infront of screens doing their academic work.?



In this question, we tried to see the parents 'opinion about the time their children spend in front of the screens to learn during the school day, and here we found that the majority of parents (27 parents ;means 45% of the sample are not satisfied with the length of time their children spend in distance learning classes and 16 parents which is 26.7% of the sample are strongly dissatisfied also; On the other hand, a small number of the participants 8 which means 13.3% of the sample expressed their satisfaction with the time their children spend in front of the screens during the school day and 9 parents or 15% chose impartiality in answering this question, indicating that they are not sure whether the duration of the lessons

and school work is appropriate or is it other than that which negatively affects the student's health. We conclude from this that parents believe that the length of time their children spend in front of the screens during the school day may affect or have already negatively affected the students' physical health, especially the consequent problems of vision and concentration as you will see later in the results of this search.

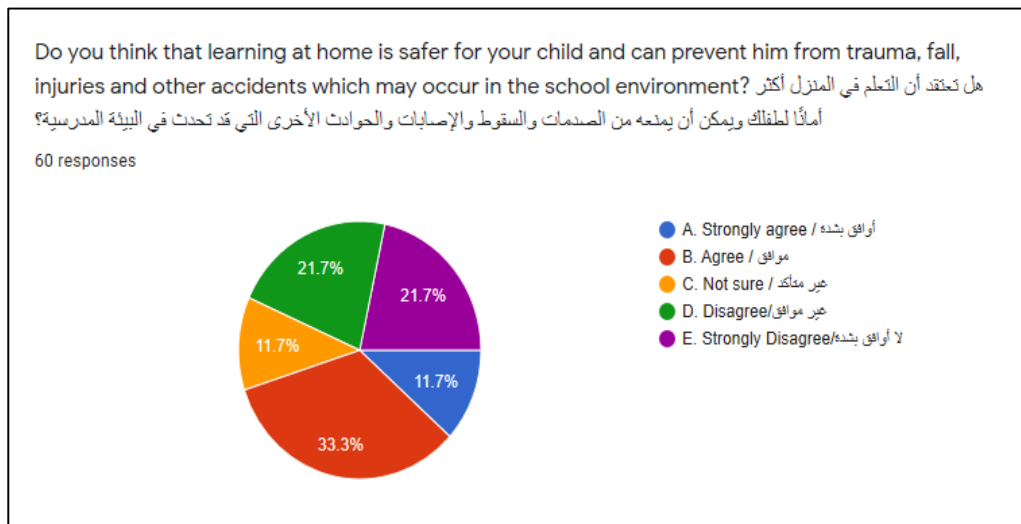
2-Do you think that virtual learning might prevent your child from infectious diseases and other health problems?



In this question, it is important for us to know whether parents feel safer for their children through the distance learning method and whether this method is a protective shield for students from infectious diseases and other health problems or not. The results ratios showed that the overwhelming majority 26 person which means 43.3% agreed and 13 person which indicate 21.7% strongly agreed that the distance learning method provides protection for students from some health problems, including infectious diseases, a small percentage 9 parents preferred neutrality which present 15% of the sample, and a similar percentage did not agree with the majority opinion; on the other hand we found that only 3 parents which means 5% of the sample strongly disagreed with that concept so generally

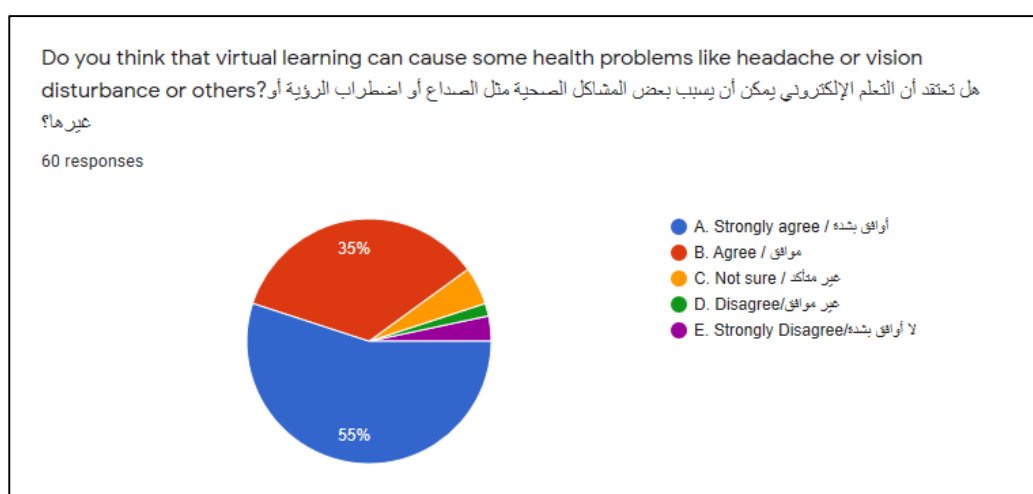
we can say that parents believe that this method is safer for their children health in terms of prevention of infectious diseases and other health problems as it is shown in the above chart.

3 – Do you think that learning at home is safer for your child and can prevent from trauma or fall or other risky incidents that may occur in the school?



Here, we asked the parents whether they think that home study is safer for the child, as it avoids many accidents that may occur in the school, so about half of them 20 parents agreed in addition to 7 more strongly agreed about this point and that reflect 45% of the sample; another 7 or 11.7 % we're not sure about this concept and 26 parents out of them 13 disagreed and another 13 strongly disagree about it and that represent 43.3% of the sample. Here, we find a convergence in the results between those who see that the home is a safer environment for learning and those who see otherwise with a slight increase in the percentage with 1.7% in favour of those who agree with this opinion. I think that what made the results close and not decisive here is the 11.7% of parents who did not give a definite opinion on this point because they did not have a definitive answer to the direction of this question.

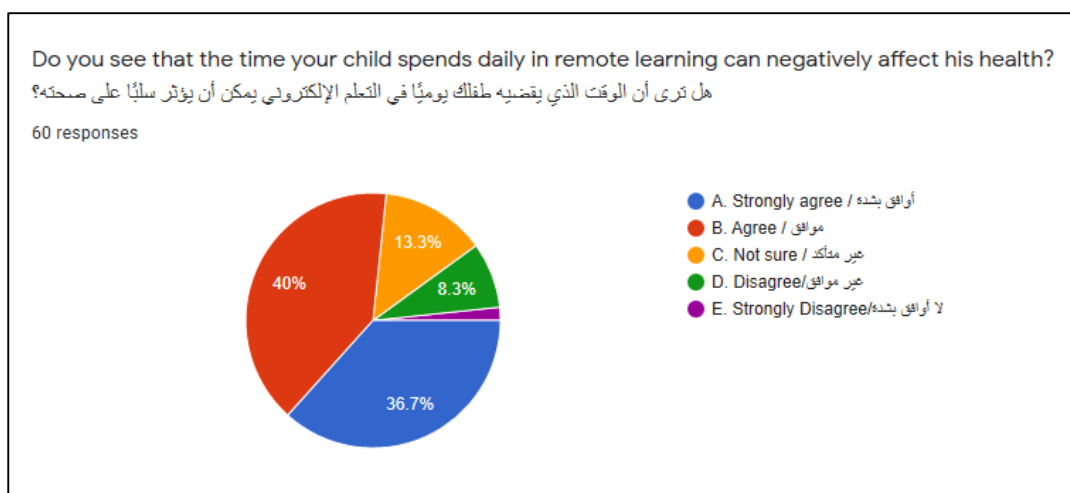
4-Do you think that the virtual learning can cause some health issue like headache or vision problems or others?



Here we asked a direct question to parents about the physical health problems that this method may cause, and all (21 agreed and 33 strongly agreed) except a very small number agreed that this method has health damage to the body of our children and may cause health problems such as headaches and vision problems. So, 90 % of the sample if we gather those who agreed and strongly agreed stated that this method can cause health problems compared to 5% Only (1 disagreed and 2 strongly disagreed) they do not see that this method has any harm to their kid's health on the other hand another 5% (3 parents) have answered that they are not sure if this method can lead to any health problems for their children or not.

I think that most of the participants' opinion of the existence of health problems for this particular method, headaches and vision problems, is consistent with the responses of the first question in which most parents expressed their dissatisfaction with the time their children spend in front of the screens to complete school work, which I think may be the direct cause of these health problems.

5-Do you see that the time your child spends daily in remote learning can negatively affect his health?



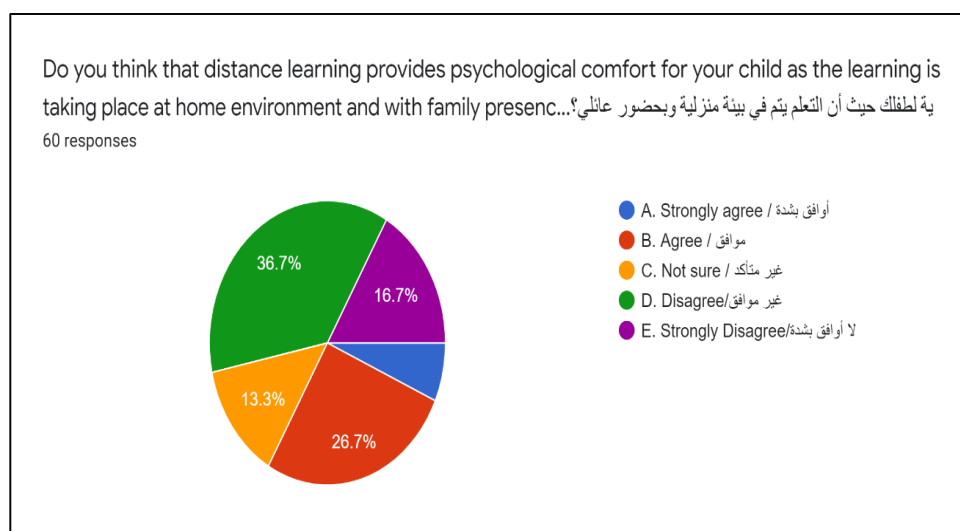
We find the majority here that represent 76.7% (24 agree and 22 strongly agree) of the sample also agree that the period the students spend in virtual education negatively affect their health, compared to 10% (5 disagree and 1 strongly disagree) who do not agree with this opinion. 13.3% (8 parents) of the participants expressed their lack of certainty to respond to this matter and from this it becomes clear to us that the result of this question came in line with the answers to the first question in which the majority expressed their dissatisfaction with the time their children spend in front of the screens for the purpose of study, and it also supported the result of the previous question, in which most of the participants indicated that there are health problems caused by the method of distance learning, so the answer came here as presented in the below chart to confirm the result that we got in the previous question and are compatible with it.

Effects of virtual learning on student's psychological health:

In this section we dealt with questions related to the students 'mental health, to search for the parents' opinion about the effect of remote science on the students 'mental health. The questions addressed the psychological pressures due to the use of this method, the extent

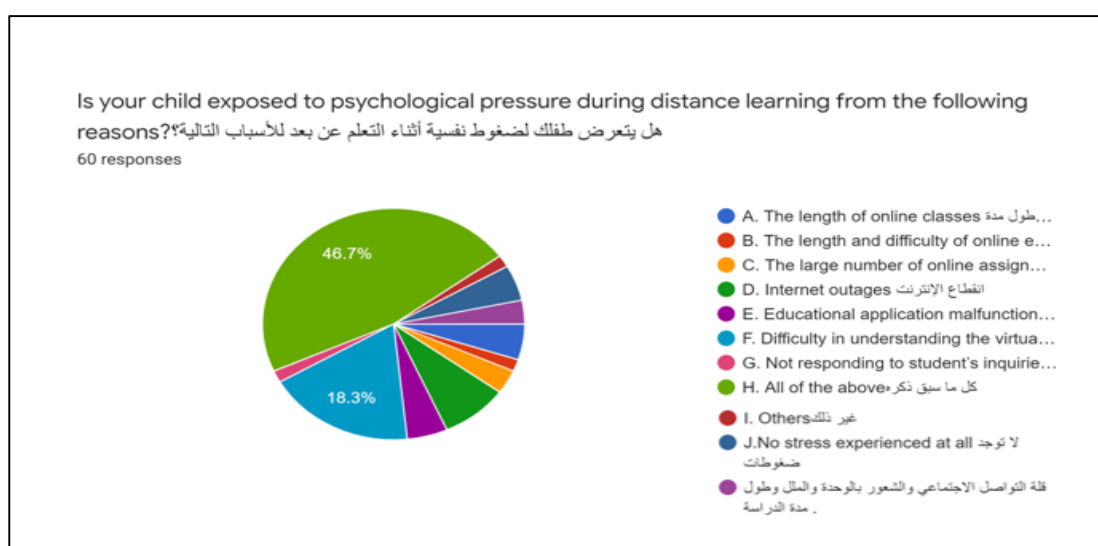
of students' ability to psychologically adapt to this new method of education and finally whether there were behavioral changes that had occurred on students since they began to use this method.

1- Do you think that distance learning provides psychological comfort for your child as the learning is taking place at home environment and with family presence?



The goal of this question is to know whether home learning gives the student some psychological comfort because he is learning in his home environment and his family around him without being bound by the requirements of the school environment, with the touch of a button the student can enter easily his virtual lesson with his teachers and colleagues, but most of the responses expressed their rejection of this idea where 53.4% (22 disagree and 10 strongly disagree) of the parents rejected this idea, and in return, 13.3 % (8 parents) were not sure, and 33.3 % (16 agree and 4 strongly agree) agreed with this opinion as its displayed in the above chart. From this result, it is clear that the majority of the parents participating in this research believe that the psychological state of their children is better in the atmosphere of the school study and not the home study.

2-Is your child exposed to psychological pressure during distance learning from the following reasons?



Here as you can see in the below table that we listed all the reasons may cause stress for the students during the distance learning with their frequency and percentage:

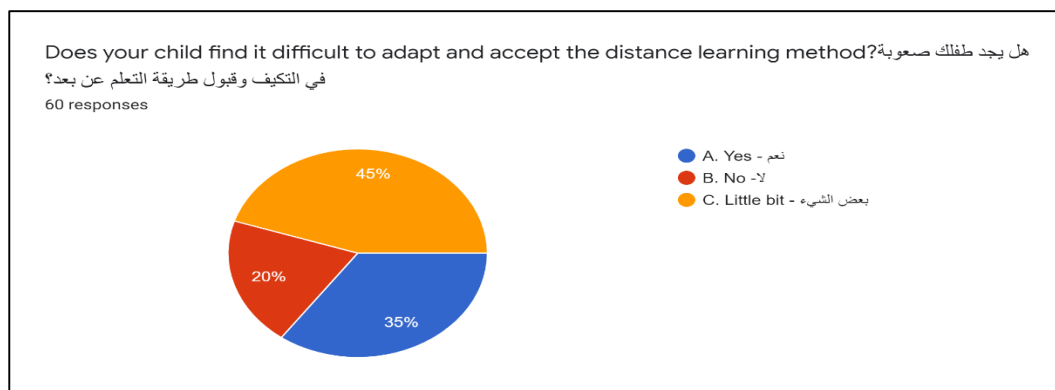
Table:1

No	Reasons for Stress	Frequency	Percentage
1	The length of online classes.	3	5 %
2	The length and difficulty of online exams.	1	1.7 %
3	The large number of online assignments.	2	3.3 %
4	Internet outages.	5	8.3 %
5	Educational application malfunction.	3	5 %
6	Difficulty in understanding the virtual lessons.	11	18.3 %

7	Not responding to students inquiries.	1	1.7 %
8	Lack of social contact.	2	3.3 %
9	All of the above.	28	46.7 %
10	Others.	1	1.7 %
11	No stress experienced at all	3	5 %

From the numbers displayed in the table, we can say that students are subjected to psychological pressures during the distance learning process due to these reasons presented in this table. Nearly fifty percent of parents indicated that the cause of psychological stress is all these causes combined, the most important of which is the difficulty of understanding virtual lessons, which constitute 18.3% of Opinions are followed by the internet disruption problems that 8.3 % of parents reported although 5% of the participants indicated that there were no psychological pressures due to this educational method as it is shown in the above chart.

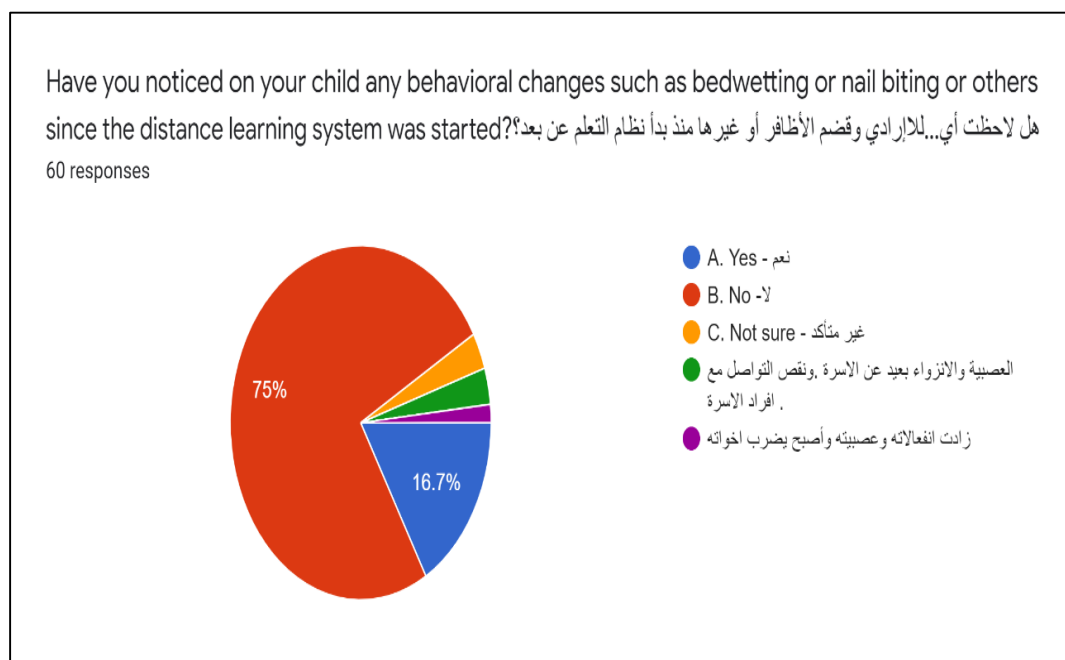
3-Does your child find it difficult to adapt and accept the distance learning method?



Here, our goal is to see the extent to which the students have adapted to this method, whether they accept this method and psychologically adapt to it or not. The answer to this

question is important to see if adapting to the method in itself constitutes psychological pressure on the student, as the inability to adapt makes the student psychologically disturbed and anxious about his academic performance, which negatively affects his health. From the chart shown above, and according to the results presented, we can assert that students find it difficult to adapt and get used to this method, and this, as we mentioned, constitutes psychological pressure on the students, and this may negatively affect their health. 80 % of the participants (21 face difficulties and 27 indicates little difficulties in adapting to the method) have not yet been able to adapt to the method of distance learning. Few of them 20 % (12 parents) indicated that they had no difficulties adapting to this method.

4-Have you noticed on your child any behavioural changes such as bed wetting or nail biting or others since the distance learning system was started?



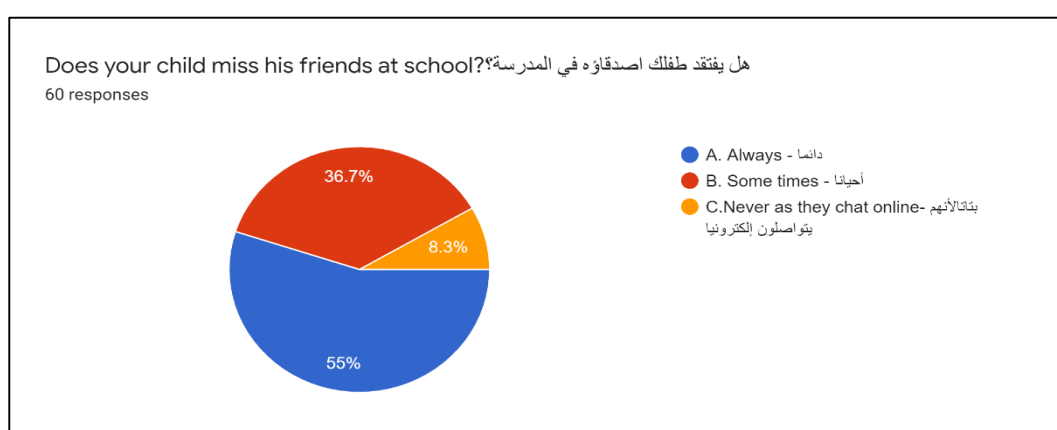
Most parents 75% (45 parents) reported that there were no behavioural changes on their children since the distance learning system began. However, some parents 16.7 % (10 parents) indicated that their children had behavioural changes as a result of distance

learning, such as voluntary urination and nail biting. A few of them 1.7 % (1 participant) indicated that they noticed nervous and emotional behaviour on their children and some of parents 3.3% (2 parents) said they also observed the behaviour of introversion and isolation on their children, and another 3.3% (2 parents) are not sure if the distance learning had effects on their children behaviour. From these numbers we can say that only a small percentage noticed some negative behavioural changes on their children, while the majority did not find this method had an effect on the behaviour of their children.

The social effect of virtual learning on student's health:

In this section, we put some questions related to the social aspect to see if there are negative social effects of the distance learning method on student or not. It was important to ask questions related to the nature of students' daily social life, such as communicating with others, the nature of the activities they usually practice and their communication with their friends during the school day and whether they would prefer to meet again with their colleagues and teachers at the school or not.

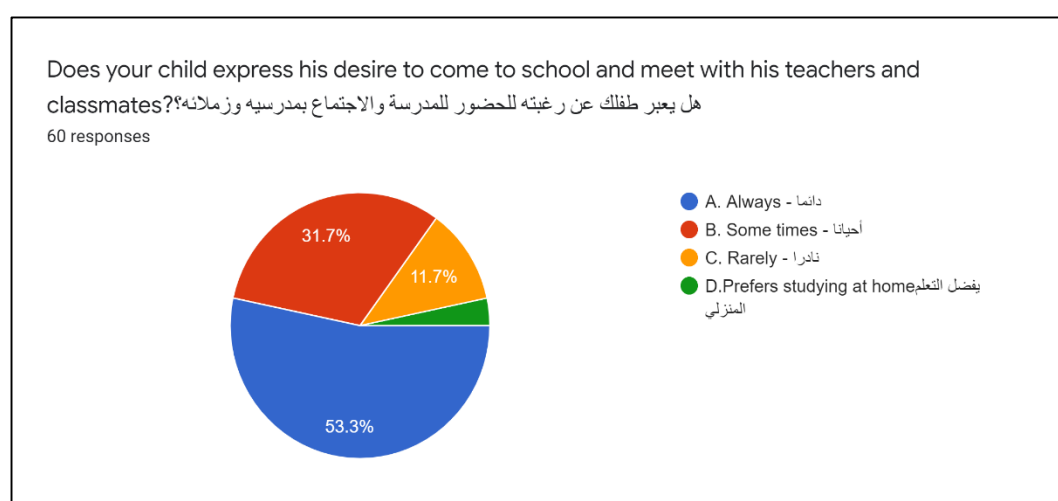
1- Does your child miss his friends at school?



Most of the participants 91.7 % (33 said always and 22 said sometimes) indicated that their children are missing their classmates at school; as majority 55% said always they miss their friends and others said some times (36.7%), on the other hand small

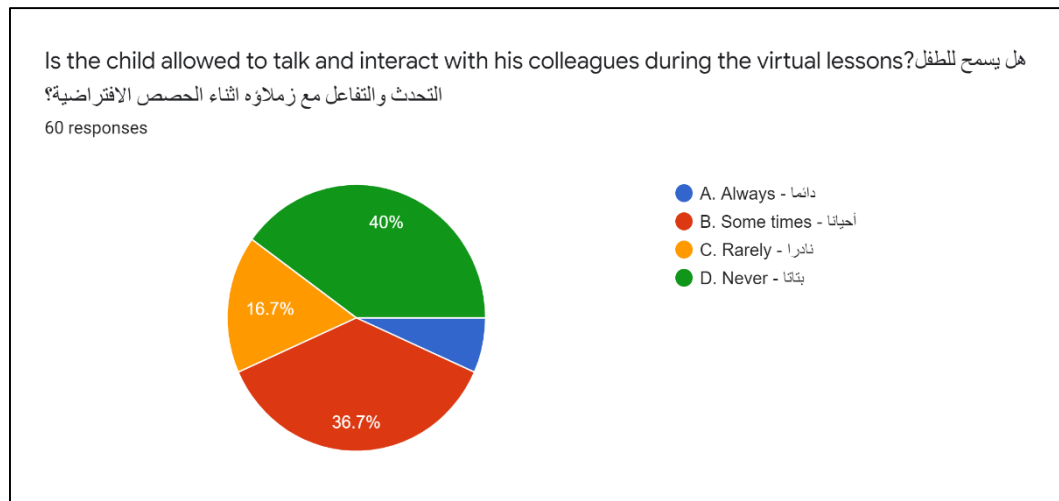
percentage of parents 8.3 % (5 parents) indicated that their children do not miss their classmates because they are chatting together on social media. From here we conclude that this method reduced social communication among students, which is what the children miss much as we can see it clearly in the results presented in the following chart.

2- Does your child express his desire to come to school and meet his teachers and classmates?



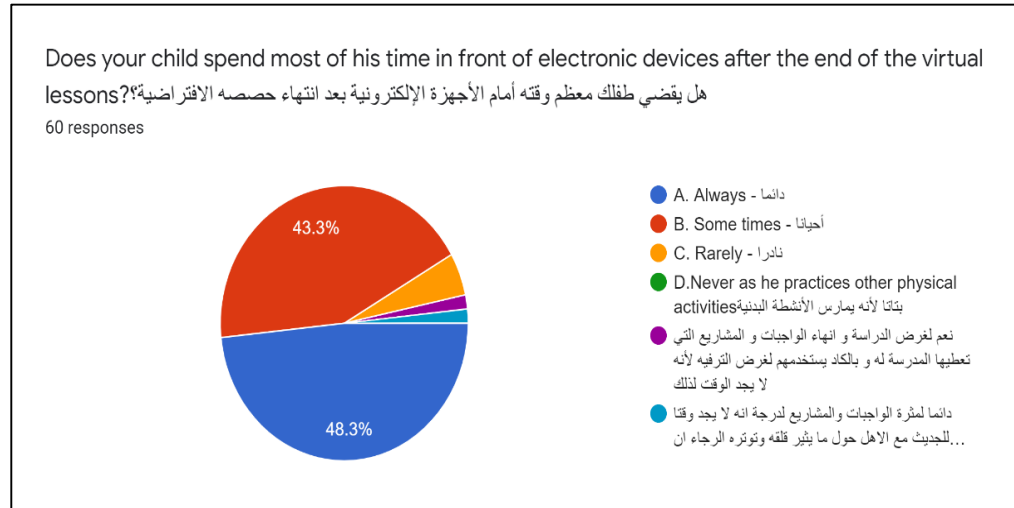
This question came to confirm the result of the question that preceded it, the difference here is that the parent transmits what the child expresses, and not what he notices is his child's longing for his friends and teachers in the school, and the result came close to the result of the previous question, as most of the parents 85 % (32 said always and 19 of parents said sometimes) indicated that their children express their desire to return To school, some of them always express this (53.3 %), and some of them sometimes (31.7 %) and a small percentage of parents 11.7 % said that it is rare for our children to express their desire to return to school, and also a small percentage 3.3 % said that their children prefer the method of home learning. We conclude from this as shown in the above chart that students suffer from a social vacuum due to their absence from the school environment that brings them together with their colleagues and teachers.

3- Is the child allowed to talk and interact with his colleagues during the virtual lessons?



We do not find, through the results of the answer to this question, a compensation for the social void that students miss during distance learning, which we deduced from the answers to the previous two questions. More than half of the participants 56.7 % (10 said rarely and 24 said never) indicated that their children are not allowed to speak and communicate with their colleagues during virtual classes. Some said that it is rarely permitted (16.7 %) and other 40 % said that it is not permitted at all. A 37.6 % of the participants also indicated that they were allowed to do so at some times, and very few of them 6.6 % said that it was permitted for them in most as it is shown in the below chart. Here we say that neglecting social communication and teamwork for students during the virtual classes may inevitably affect the development of the social aspect in their lives, and then of course negatively affect their health.

4- Does your child spend most of his time in front of electronic devices after the end of the virtual lessons?

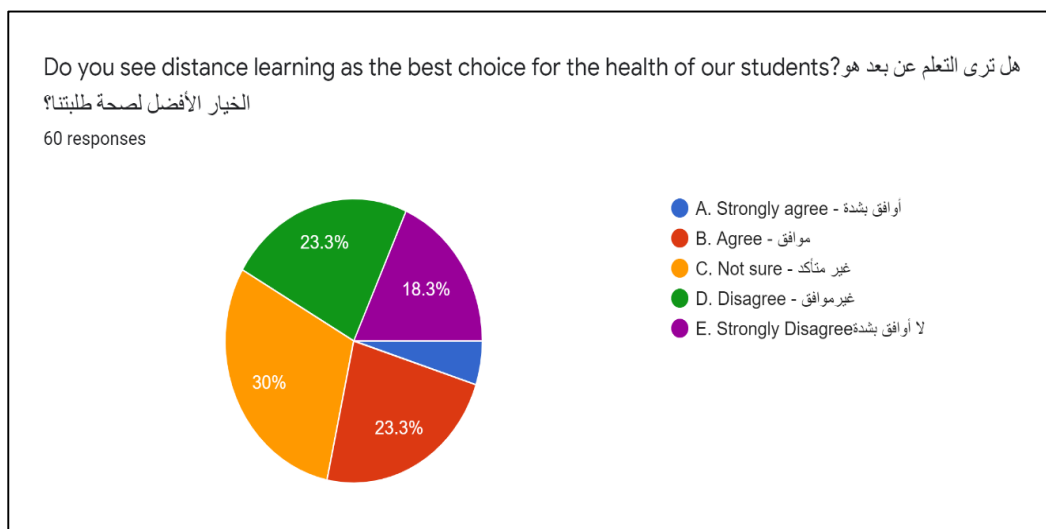


This question came to see the nature of the activities that the students performs during their day after the end of their virtual lessons, and we found that most students 91.6% spend the rest of their day also on electronic devices, especially on video games, so 48.3 % (29 participants) said that their kids are always on electronic devices, while 43.3 % (26 participants) said that their children are sometimes on their devices and few 5 % (3 participants) said that their children rarely spend a long time on electronic devices, but 1.7 % (1 person) refuted that their child uses these devices constantly for study and a similar percentage (1.7%) said that their children are always on devices to complete their homework and school projects. From this we conclude as it is shown in the above chart that there is no practice of physical activities such as sports and others, nor any social practices such as sitting with the families, going out with friends, and practicing any social activities in their daily lifestyle was mentioned by the parents, which really negatively affects the physical, psychological and social health of our children.

Opinions and suggestions:

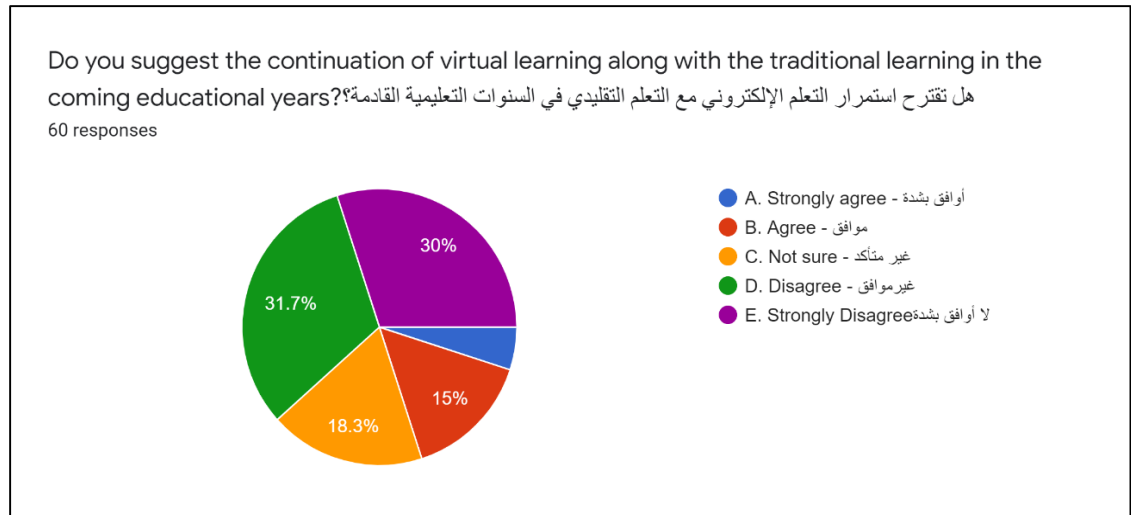
Our goal in this section was to get acquainted in general with the opinion of parents about distance learning and whether they support the idea of continuing it after the pandemic if they see it as the best way for the health of their children. At the end of the questionnaire, two open questions were asked for parents to express the most health problems they observed on their children which caused by the distance learning and what are the solutions that they suggest to solve such problems and avoid them in the future.

1-Do you see distance learning as the best choice for the health of our students?



Here we found that 41.6% (14 participants disagree and 11 strongly disagree) does not see it as the best approach for students' health compared to 28.3 % (14 participant agree and 3 strongly agree) of those who consider it the best for the health of our children, while 30 %, which is not a small percentage, did not give a definite opinion on the issue, which makes us conclude that the difference is not large between the two opinions, with a large number of participants confused in evaluating this method. It may be due to the ways used in presenting this method, which caused the health problems that the parents referred to previously in the results of this research.

2- Do you suggest the continuation of virtual learning along with the traditional learning in the coming educational years?



Here the answer was clearer than the previous question, as the difference is big between the percentage of those who do not prefer to continue using this method with traditional learning, who are 61.7 % of the participants (19 disagree and 18 strongly disagree), and those who prefer to continue it, who are only 20 % (9 participant agree and 3 strongly agree); remaining 18.3 % (11 participants) remain unsure to give a clear opinion on this. We can clearly deduce from the figures presented in the above chart that the vast majority do not want this educational method to continue in the future.

4.3 Summary of the Quantitative Data

In the below data summary table, you can find the most significant results we got from all the previous questions answers:

Table:2

Data Sections	Analysed Area	Overall Results
Students physical health	<ul style="list-style-type: none"> Amount of time spent in front of screens. Virtual learning can prevent from infectious diseases. Virtual learning can lead to health problems. Time spent in virtual learning can affect student's health negatively. 	<p>71.6% not satisfied</p> <p>65% agreed</p> <p>90% agreed</p> <p>76.7% agreed</p>
Students psychological health	<ul style="list-style-type: none"> Percentage of students exposed to psychological pressure due to distance learning. Facing difficulties in adapting to the virtual learning. Any behavioural changes due to virtual learning. 	<p>95%</p> <p>80%</p> <p>75% no changes</p>
Students social health	<ul style="list-style-type: none"> % of students missing their classmates. % of students expressing their desire to go back to school. % of student who spend most of their time on electronic devises. % of students were not allowed to communicate with their classmates during the class. 	<p>91.7%</p> <p>85%</p> <p>91.6%</p> <p>56.7%</p>

Opinions	<ul style="list-style-type: none"> Continuation of virtual learning in the future. 	61.7% disagree
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In brief, we can say from the reality of the numbers that we presented in the previous table that there are clear negative effects on all three of the above-mentioned health aspects. Parents also have a feeling of dissatisfaction with this method and do not want this educational approach to continue in the future.

4.4 Analysis of Qualitative Data

Here are two open questions that complement the questions included in the opinions and suggestions section, to learn more about the most important health problems that parents notice resulting from the distance learning experience and what has been proposed by them in terms of solutions and proposals to solve the problems to which they have referred.

In the below table you will see the answer of the following two questions:

3- What are the main Health challenges your child was facing during his or her virtual learning experience?

4 - What changes you hope to see implemented in the coming years to overcome the challenges you stated above or other health problems caused by distance learning method?

Table:3

No	Health Problems and challenges	Suggestions and solutions
2	Vision problems, headache, neck pain, fingers pain due to typing and back pain due to long setting.	Reduce classes, assignments and the use of e-books.
3	Overweight, obesity and laziness.	Encourage physical activities and reduce the classes.
4	Study fatigue due to homework and exams.	Reduce study overload and train teachers on e-learning
5	Addiction to electronic devices.	Reducing the number and duration of classes and returning to traditional or hybrid education
6	Behavioural problems.	Return to traditional learning
7	Boredom and grumbling.	Reduce classes, assignments and modify the curriculums.
8	Fear, anxiety, and stress.	Provide psychological support and reduce classes, assignments and tests.
9	Lack of concentration	Return to traditional learning
10	Nervousness.	Reduce the use of electronic devices.
11	Aggressiveness	Return to traditional learning

12	Isolation and lack of social contact.	Pay attention to mental health, encourage physical activity, and reduce the use of electronic devices.
13	There are no problems	Continuation of distance learning; no suggestions.

As shown in the above table, health problems included all aspects that we had previously targeted with questions, the physical, psychological and social aspect. The majority believe that the solution lies in the return to traditional education, as the participants repeatedly mentioned within the points of suggestions and solutions, and some referred in their written notes to proposals dealing with development and modification in the techniques of presenting this educational method, such as training teachers on the tools of this method and modifying the curriculum with what is suitable for the method of distance learning in addition to the repeated claim shortening the school day, the number of lessons and their duration, as well as reducing homework and tests to reduce psychological pressure on students and their families.

4.5 Summary of the Qualitative Results

In short, we can say that there are many health problems for the distance learning method, as we mentioned earlier, on the physical, psychological and social levels. To overcome these problems, we must take into account the proposals of parents that we explained in the previous table in order to develop this method and avoid these problems in the future, especially if the use of this method is inevitable due to the pandemic, it must be developed and modified to meet the requirements and needs of students and their families and present

it in a way that takes in to account the physical, psychological and social health of our students.

4.6 Triangulation of the Data

We found here that the results in both sections of the questions were consistent with each other, especially the point that indicates that there are negative health effects of the distance learning system, so we found the answer to the question that clarifies the participants' opinion about the possibility of this method causing health problems. 90%, agree with that which confirms what the parents listed in the two open questions in the opinions and suggestions section of the qualitative data, in which the participants listed a large and frequent list of diseases and health, physical and psychological problems that this method caused to their children, according to what was previously presented in the data table of health problems of this method, suggestions and solutions to avoid them.

Chapter 5: Conclusion

5.1 Overview of the Chapter

In this chapter, we present the summary of this research paper and the results we have reached indicated that there is a negative impact of the distance learning method on the physical, psychological and social health of our students from the point of view of the student's parents in one of private schools in Dubai, in which the research questionnaire was presented in the school parent's WhatsApp group, as we have indicated in this chapter to the recommendations that have been proposed to obtain strong results that can be built upon in the future to develop the method of distance learning and the techniques of presenting it for the sake of the health of our students who use this educational method. We have also included in this chapter the most important obstacles that the study was exposed to, the reasons for these obstacles, and the proposals put forward to overcome such obstacles in future research in this field.

5.2 Summary of the Study

In summary, we can say in short about the result of our research that the overwhelming majority do not find in learning virtually the best way for our children health, as 62% of the study sample do not want to apply this educational method in the future and a large number of them 77% expressed dissatisfaction with this method because it is associated with many physical and psychological health problems that they have observed on their children like headache, problems of vision and backache as well as stress, anxiety and weight gain caused by prolonged sitting in front of electronic devices and other problems we listed in the data analysis chapter.

5.3 Key Findings

We found that the results of this research paper came in line with the results of some studies that were referred to earlier in the chapters of this research, which consider that e-learning has negative effects on the student's health although 65% of our sample believed that this method preventing their kids from getting infectious diseases but in our research we have highlighted different entities that are involved in the context of student health, which are the social and psychological aspects in addition to the physical health of students, here we discussed the impact of virtual learning on these three areas from the point of view of parents following their children undergoing e-learning and we found that 47% of participants pointed that their kids psychologically affected negatively as their children suffered from stress due to many reasons like internet connection problems, difficulty to understand the virtual lessons and other factors which was mentioned earlier in this paper.

Regarding the social effect of virtual learning, we found that this method created a big social impact on the students since 85% expressed their desire to go back to schools as 91% are missing their friends and the school environment as per the input of their parents; also, some parents document that they notice that their kids started to introvert and unsocial since the virtual learning started and they presented as a negative impact of this method on the social health of their children.

5.4 Recommendations

Based on what I learned from my experience in this research, I realized that there are important aspects that must be evaluated in this area in order to extract rules that we can benefit from in the future to improve and develop the method of distance learning so that it is applied in a way that takes care of student's health and does not lead to health problems

as we saw in the results of this research especially since this method may necessitate its use for a long period due to the pandemic, or it may be adopted permanently in the future of education.

Therefore, I think that it is important to consider the following in order to produce useful results in this field and increase the effectiveness and positivity of this educational method with regard to its impact on the health of our students:

Conducting this research on a large number of schools in all cities and regions

That the research includes everyone who is in the teaching environment, such as teachers, administrators, students and their parents. This will enrich the results by including the opinions of all partners in the educational process.

Using a variety of research methods and more in-depth methods of data analysis

Taking future results of research in this field to develop and improve methods of presenting the style of distance learning for the sake of health and safety of our students.

5.5 Implications

Most parents pointed out that getting out of these health problems can be achieved by introducing some changes in the implementation techniques of this method such as reducing the number of classes during the academic day and reducing the time of those classes to minimize the amount of time spent by students in front of screens, some suggested also that students do some physical activity during classes and pay more attention to sports classes, other important issue they mentioned is the need to reduce stress by reducing the number of exams and school duties. Others pointed to the importance of training and teaching teachers to provide distance learning method in better way as some teachers don't have experience in this field

In addition to that we discussed some of the techniques of this method and the way it is presented to students to see if these are factors of negative impact on the health of students, we found that the extent of the parents' satisfaction with this method has been influenced by the negative effects noted by parents because of the way this method is presented, such as the length of classes and the many duties and tests to which students are subjected. Parents expressed the possibility of reducing these negative effects by making some adjustments to the way this educational method is presented and made proposals that could reduce the health problems that may occur which were raised and discussed in the previous chapter.

5.6 Limitations

The biggest challenge that I faced during this research is to get a large number of participants in the study, because this research, unfortunately, was during the pandemic period, which changed a lot in the way institutions services in general and the educational sector in particular, where due to social distancing, the main method of communication became via Social media channels, so it was very difficult to convince parents to participate in a questionnaire due to the large number of questionnaires and information that are on the side of the school and which they have to respond to from time to time.

5.7 Scope for Future Study

I think that there is an urgent need to conduct several similar studies in which a greater number of schools are included and to take the opinion of all groups that deal with the method of distance learning, such as teachers, administrators, students and their parents, so that the whole picture becomes clear to us and get more comprehensive and accurate results. Also, studies are concerned with methods and methods. Providing a distance learning

method would improve the level of providing this service to students, thus raising the rates of satisfaction with this method for parents and students.

5.8 Concluding Note

briefly we can say that there is a negative effect of virtual learning on the health of students from a parent's point of view either because of the method itself or due to the implementation techniques in applying this method so farther studies need to be done on this field to give us clearer idea on this topic.

A large percentage of the participants confirm various health problems that their children suffered from as a result of the distance learning experience, and these problems varied between physical, psychological and health. They also expressed them in the open-ended questions that were asked to them at the end of our research survey and the majority confirmed their unwillingness to continue this method and adopt it in the future because of these problems they listed and included a return to traditional education as a basic solution in the proposals that they put forth to avoid these problems in the future.

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Appendix

Questions Responses 60



Section 1 of 7

٥ : أثر التعلم عن بعد (التعلم الإلكتروني) على صحة الطلبة

Effects of Virtual Learning (e-learning) on Student Health.

نموذج الموافقة / Informed Consent

السيد / السيدة وفي الأمر المحترم.. يتناول هذا البحث أثر التعلم عن بعد على صحة أطفالنا الجسدية والنفسية والاجتماعية لذا سأكون ممتنة إذا شاركت في هذا البحث من خلال الإجابة على الاستبيان الخاص بهذا الاستطلاع

نظراً للظروف الحالية، أصبح التعلم عن بعد ممارسة شائعة في جميع المدارس، والهدف من هذا البحث هو إلقاء الضوء على تأثيره الصحي على الطلاب من خلال ملاحظتك لتحسين هذه الطريقة التعليمية من خلال اقتراحاتك القيمة التي تقدمها. تمت الموافقة على هذه الدراسة من قبل لجنة أخلاقيات مستقلة في الجامعة البريطانية في دبي، ولا يحتوي البحث على أسئلة شخصية أو خاصة ومع ذلك سيتم تقييم جميع ردودك دون الكشف عن هويتك وسيتم تقديم البيانات بشكل إجمالي فقط. يمكن إعادة استخدام البيانات المستخلصة في مرحلة لاحقة لأغراض بحثية أخرى في المستقبل وبضمان نفس طريقة معالجة البيانات

إن يستغرق الأمر أكثر من 5-10 دقائق للإجابة على الاستبيان وإذا كان لديك أي أسئلة أو تعليقات بخصوص الاستبيان، يمكنك إرسال استفساراتك عبر البريد الإلكتروني إلى umalbaneen74@yahoo.com.

وتفك ومساهمته محل تقدير كبير

Mr. / Mrs. Respected Guardian .. This research deals with the effect of distance learning on the physical, psychological and social health of our children, so I would be grateful if you participated in this research by answering the questionnaire for this poll.

Due to the current circumstances, distance learning has become a common practice in all schools, and the goal of this research is to shed light on its health impact on students through your observations to improve this educational method through your valuable suggestions that you provide. This study has been approved by an independent ethics committee at the British University in Dubai and this research does not contain personal or private questions but still all your responses will be evaluated anonymously and data will be presented in aggregate only. Your data can be reused at a later stage for other research purposes and we guarantee the same careful handling of the data provided as with the initial collection.

It will take no more than 5-10 minutes to answer the survey and if you have any questions or comments concerning the survey, you can send an email to umalbaneen74@yahoo.com.

Your time and contribution are highly appreciated.

أوافق على المشاركة في الاستطلاع / Agree to participate in the survey *

Section 2 of 7

☐ C. Other relatives / أحد الأكارب

F. I have children at different grades / لدى عدة أبناء في صفوف مختلفة

Effects of virtual learning on physical health

آثار التعلم الإلكتروني على الصحة البدنية /

Description (optional)

Are you satisfied with the amount of screen time your child was spending for the sake of school work? *
هل أنت راضٍ عن مقدار الوقت الذي يقضيه طفلك أمام الشاشة من أجل العمل المدرسي؟

- ☐ A. Strongly satisfied / راضٍ جداً
- ☐ B. Satisfied / راضٍ
- ☐ C. Neutral / محايد
- ☐ D. Dissatisfy/ غير راضٍ
- ☐ E. Strongly dissatisfied/ غير راضٍ بشدة

Do you think virtual learning might prevent your child from getting seasonal health problems or infectious diseases? *
هل تعتقد أن التعلم الإلكتروني قد يمنع طفلك من الإصابة بمشاكل صحية موسمية أو أمراض معدية؟

- ☐ A. Strongly agree / أوافق بشدة
- ☐ B. Agree / موافق
- ☐ C. Not sure / غير متأكد
- ☐ D. Disagree/ غير موافق
- ☐ E. Strongly Disagree/ لا أوافق بشدة

Do you think that learning at home is safer for your child and can prevent him from trauma, fall, injuries and other accidents which may occur in the school environment? *
هل تعتقد أن التعلم في المنزل هو أكثر أمانًا لطفلك ويمكن أن يمنع من الصدمات والسقوط والإصابات والحوادث الأخرى التي قد تحدث في البيئة المدرسية؟

- ☐ A. Strongly agree / أوافق بشدة
- ☐ B. Agree / موافق
- ☐ C. Not sure / غير متأكد
- ☐ D. Disagree/ غير موافق
- ☐ E. Strongly Disagree/ لا أوافق بشدة

IT

Do you think that virtual learning can cause some health problems like headache or vision disturbance or others?هل تعتقد أن التعلم الإلكتروني يمكن أن يسبب بعض المشاكل الصحية مثل الصداع أو اضطراب الرؤية أو غيرها؟*

☐ A. Strongly agree / أوافق بشدة

☐ B. Agree / موافق

☐ C. Not sure / غير متأكد

☐ D. Disagree/غير موافق

☐ E. Strongly Disagree/لا أوافق بشدة

Do you see that the time your child spends daily in remote learning can negatively affect his health?هل ترى أن الوقت الذي يقضيه طفلك يوميًا في التعلم الإلكتروني يمكن أن يؤثر سلبيًا على صحته؟*

☐ A. Strongly agree / أوافق بشدة

☐ B. Agree / موافق

☐ C. Not sure / غير متأكد

☐ D. Disagree/غير موافق

☐ E. Strongly Disagree/لا أوافق بشدة

Section 4 of 7

Effects of virtual learning on psychological health / آثار التعلم الإلكتروني على الصحة النفسية

Description (optional)

Do you think that distance learning provides psychological comfort for your child as the learning is taking place at home environment and with family presence?هل تعتقد أن التعلم عن بعد يوفر الراحة النفسية لطفلك حيث أن التعلم يتم في بيئة منزلية وبحضور عائلتي؟*

☐ A. Strongly agree / أوافق بشدة

☐ B. Agree / موافق

☐ C. Not sure / غير متأكد

☐ D. Disagree/غير موافق

☐ E. Strongly Disagree/لا أوافق بشدة

Is your child exposed to psychological pressure during distance learning from the following reasons?
هل يتعرض طفلك لمضغوط نفسية أثناء التعلم عن بعد للأسباب التالية؟ *

☐ A. The length of online classes طول مدة الحصص الدراسية

☐ B. The length and difficulty of online exams طول أو صعوبة الاختبارات الإلكترونية

☐ C. The large number of online assignments and projects كثرة الواجبات الإلكترونية والمشاريع

☐ D. Internet outages انقطاع الإنترنت

☐ E. Educational application malfunction خلل في البرنامج

☐ F. Difficulty in understanding the virtual lessons صعوبة فهم الدروس عن بعد

☐ G. Not responding to student's inquiries عدم الرد على الاستفسارات

☐ H. All of the above كل ما سبق ذكره

☐ I. Others غير ذلك

☐ J. No stress experienced at all لا توجد مضغوطات

☐ Other...

Does your child find it difficult to adapt and accept the distance learning method?
هل يجد طفلك صعوبة في التكيف وقبول طريقة التعلم عن بعد؟ *

☐ A. Yes - نعم

☐ B. No - لا

☐ C. Little bit - بعض الشيء

☐ Other...

Have you noticed on your child any behavioral changes such as bedwetting or nail biting or others since the distance learning system was started?
هل لاحظت أي تغيرات سلوكية على طفلك كاللتبول أو غيرها منذ بدأ نظام التعلم عن بعد؟ *

☐ A. Yes - نعم

☐ B. No - لا

☐ C. Not sure - غير متأكد

☐ Other...

Section 5 of 7

The Social effect of virtual learning on students / الأثر الاجتماعي للتعلم الإلكتروني على الطلبة

Description (optional)

Does your child miss his friends at school?
هل يفقد طفلك أصدقائه في المدرسة؟ *

☐ A. Always - دائما

☐ B. Some times - أحيانا

☐ C. Never as they chat online - أبدا لأنهم يتواصلون إلكترونيا

☐ Other...

Does your child express his desire to come to school and meet with his teachers and classmates?
هل يعبر طفلك عن رغبته للحضور للمدرسة والاجتماع بمدرسيه وزملائه؟*

☐ A. Always - دائما

☐ B. Some times - أحيانا

☐ C. Rarely - نادرا

☐ D. Prefers studying at home - يفضل التعلم المنزلي

☐ Other...

Is the child allowed to talk and interact with his colleagues during the virtual lessons?
هل يسمح للطفل بالتحدث والتفاعل مع زملائه أثناء الحصص الافتراضية؟*

☐ A. Always - دائما

☐ B. Some times - أحيانا

☐ C. Rarely - نادرا

☐ D. Never - أبدا

Does your child spend most of his time in front of electronic devices after the end of the virtual lessons?
هل يقضي طفلك معظم وقته أمام الأجهزة الإلكترونية بعد انتهاء حصصه الافتراضية؟*

☐ A. Always - دائما

☐ B. Some times - أحيانا

☐ C. Rarely - نادرا

☐ D. Never as he practices other physical activities - أبدا لأنه يمارس الأنشطة البدنية

☐ Other...

After section 5 Continue to next section

Section 6 of 7

Opinion and suggestions / الآراء والمقترحات

Description (optional)

Do you see distance learning as the best choice for the health of our students?
هل ترى التعلم عن بعد هو الخيار الأفضل لصحة طلابنا؟*

☐ A. Strongly agree - أوافق بشدة

☐ B. Agree - موافق

☐ C. Not sure - غير متأكد

☐ D. Disagree - غير موافق

☐ E. Strongly Disagree - لا أوافق بشدة

Do you suggest the continuation of virtual learning along with the traditional learning in the coming educational years? هل تقترح استمرار التعلم الإلكتروني مع التعلم التقليدي في السنوات التعليمية القادمة؟ *

☐ A. Strongly agree - أوافق بشدة

☐ B. Agree - موافق

☐ C. Not sure - غير متأكد

☐ D. Disagree - غير موافق

☐ E. Strongly Disagree - لا أوافق بشدة

What are the main Health challenges your child was facing during his or her virtual learning experience? ما هي التحديات الصحية الرئيسية التي واجهها طفلك أثناء تجربة التعلم عن بعد؟ *

Long-answer text

What changes you hope to see implemented in the coming years to overcome the challenges you stated above or other health problems caused by distance learning method? ما هي التغييرات التي تأمل في حدوثها في السنوات القادمة للتغلب على التحديات الصحية التي ذكرتها أعلاه أو غيرها من المشكلات الصحية الناجمة عن أسلوب التعلم عن بعد؟ *

Long-answer text

After section 6 Submit form

Section 7 of 7

Participation Declined / رفض المشاركة

you have elected not to participate in the survey; you can click on submit or simply close your browser.

لقد اخترت عدم المشاركة في الاستبيان ؛ يمكنك النقر فوق إرسال أو ببساطة إغلاق متصفحك

60 responses



Accepting responses



Summary

Question

Individual

Informed Consent / نموذج الموافقة

أوافق على المشاركة في الاستطلاع / Agree to participate in the survey

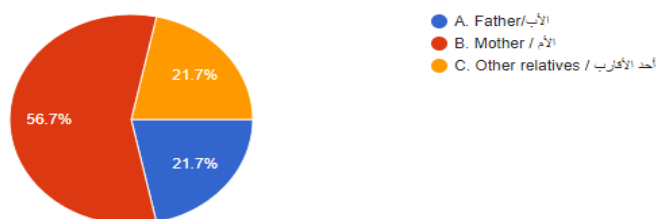
60 responses



Demographic Data / بيانات أساسية

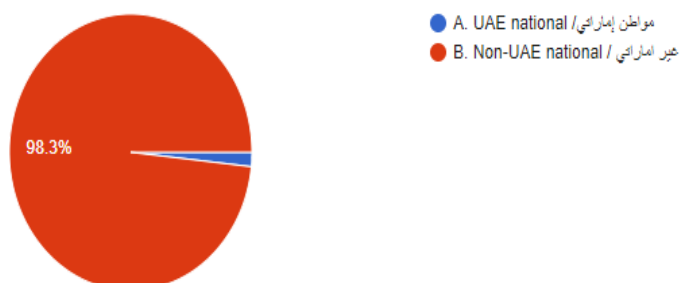
الرجاء تحديد علاقة ولي الأمر: / Please select the guardian relationship

60 responses



ما هي جنسيتك؟ / What is your nationality?

60 responses



What is the grade of your children who were practicing distance learning?
ما هي صفوف أبنائك الذين يمارسون التعلم عن بعد؟

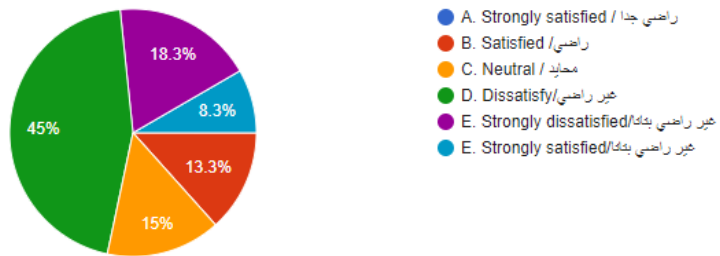
60 responses



Effects of virtual learning on physical health / آثار التعلم الإلكتروني على الصحة البدنية

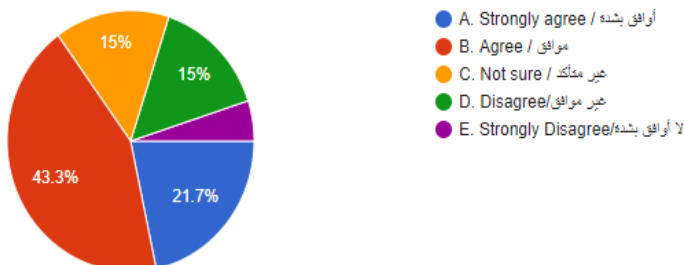
Are you satisfied with the amount of screen time your child was spending for the sake of school work?
هل أنت راضٍ عن مقدار الوقت الذي يقضيه طفلك أمام الشاشة من أجل العمل المدرسي؟

60 responses



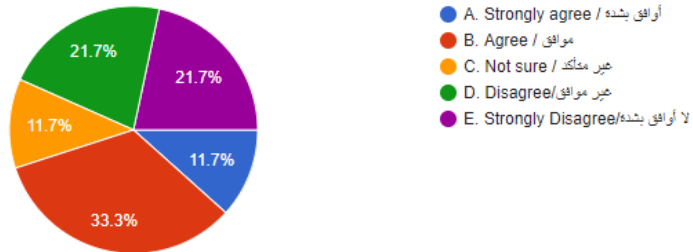
Do you think virtual learning might prevent your child from getting seasonal health problems or infectious diseases?
هل تعتقد أن التعلم الإلكتروني قد يمنع طفلك من الإصابة بمشاكل صحية موسمية أو أمراض معدية؟

60 responses



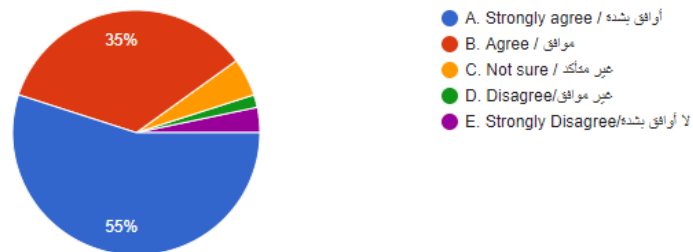
Do you think that learning at home is safer for your child and can prevent him from trauma, fall, injuries and other accidents which may occur in the school environment? هل تعتقد أن التعلم في المنزل أكثر أمانًا لطفلك ويمكن أن يمنعه من الصدمات والسقوط والإصابات والحوادث الأخرى التي قد تحدث في البيئة المدرسية؟

60 responses



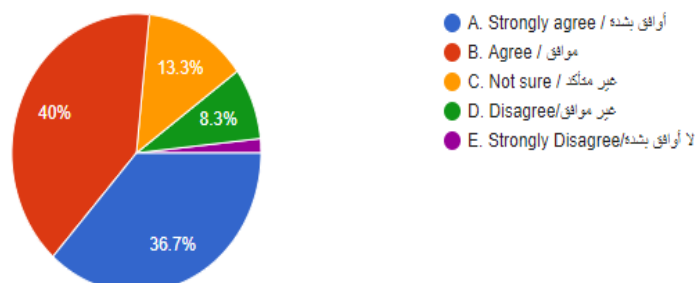
Do you think that virtual learning can cause some health problems like headache or vision disturbance or others? هل تعتقد أن التعلم الإلكتروني يمكن أن يسبب بعض المشاكل الصحية مثل الصداع أو اضطراب الرؤية أو غيرها؟

60 responses



Do you see that the time your child spends daily in remote learning can negatively affect his health? هل ترى أن الوقت الذي يقضيه طفلك يوميًا في التعلم الإلكتروني يمكن أن يؤثر سلبيًا على صحته؟

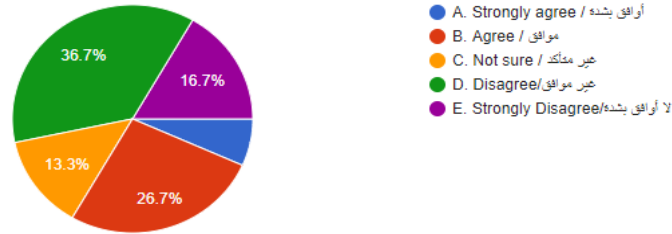
60 responses



Effects of virtual learning on psychological health / آثار التعلم الإلكتروني على الصحة النفسية

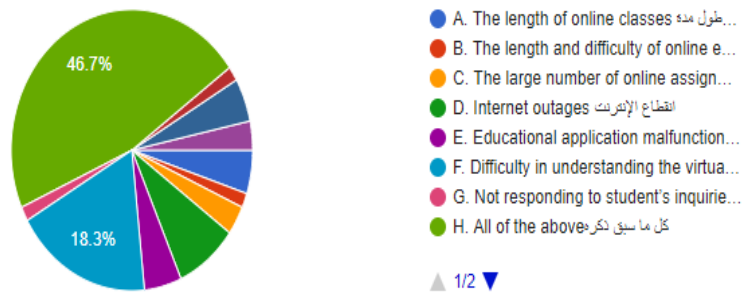
Do you think that distance learning provides psychological comfort for your child as the learning is taking place at home environment and with family presence? هل تعتقد أن التعلم عن بعد يوفر الراحة النفسية لطفلك حيث أن التعلم يتم في بيئة منزلية وبحضور عائلتي؟

60 responses



Is your child exposed to psychological pressure during distance learning from the following reasons? هل يتعرض طفلك لضغوط نفسية أثناء التعلم عن بعد للأسباب التالية؟

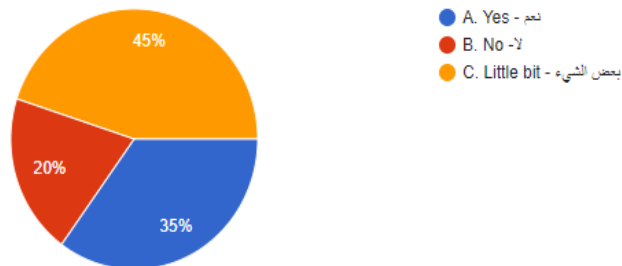
60 responses



▲ 1/2 ▼

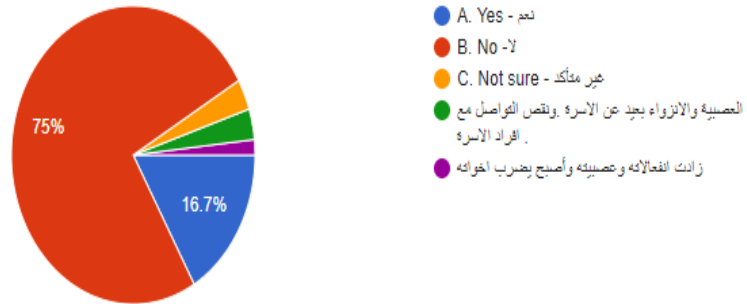
Does your child find it difficult to adapt and accept the distance learning method? هل يجد طفلك صعوبة في التكيف وقبول طريقة التعلم عن بعد؟

60 responses



Have you noticed on your child any behavioral changes such as bedwetting or nail biting or others since the distance learning system was started?
هل لاحظت أي تغيرات سلوكية على طفلك كالتيبول؟
اللاإرادي وقضم الأظافر أو غيرها منذ بدأ نظام التعلم عن بعد؟

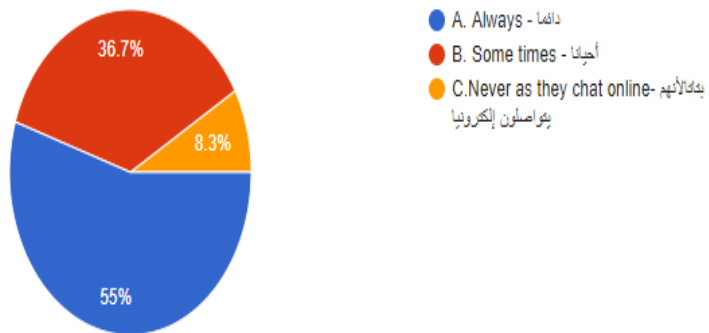
60 responses



The Social effect of virtual learning on students / الأثر الاجتماعي للتعلم الإلكتروني على الطلبة

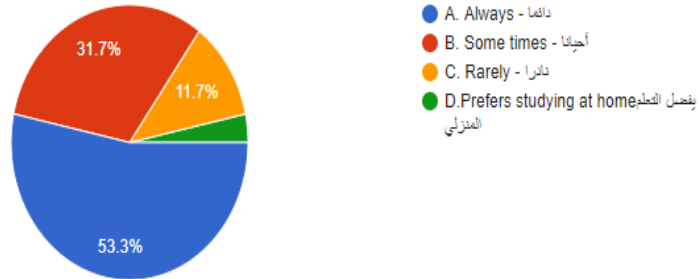
Does your child miss his friends at school?
هل يفتقد طفلك أصدقائه في المدرسة؟

60 responses



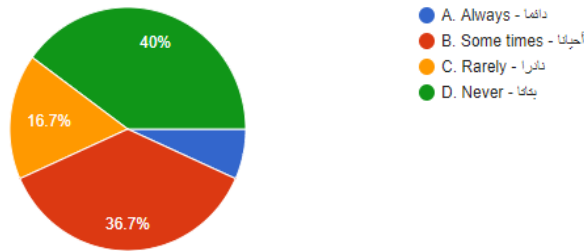
Does your child express his desire to come to school and meet with his teachers and classmates?
هل يعبر طفلك عن رغبته للحضور للمدرسة والاجتماع بمدرسيه وزملائه؟

60 responses



Is the child allowed to talk and interact with his colleagues during the virtual lessons?
هل يُسمح للطفل التحدث والتفاعل مع زملائه اثناء الحصص الافتراضية؟

60 responses



Does your child spend most of his time in front of electronic devices after the end of the virtual lessons?
هل يقضي طفلك معظم وقته أمام الأجهزة الإلكترونية بعد انتهاء حصصه الافتراضية؟

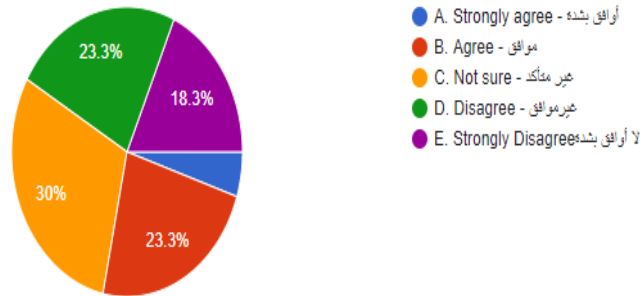
60 responses



Opinion and suggestions / الآراء والمقترحات

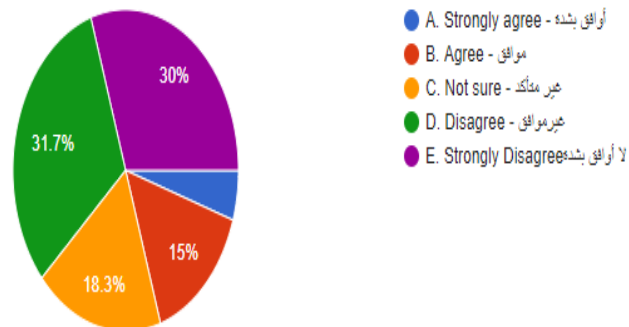
هل ترى التعلم عن بعد هو الخيار الأفضل لصحة طلابنا؟
Do you see distance learning as the best choice for the health of our students?

60 responses



هل تقترح استمرار التعلم الإلكتروني مع التعلم التقليدي في السنوات التعليمية القادمة؟
Do you suggest the continuation of virtual learning along with the traditional learning in the coming educational years?

60 responses



What are the main Health challenges your child was facing during his or her virtual learning experience? ماهي التحديات الصحية الرئيسية التي واجهها طفلك أثناء تجربة التعلم عن بعد؟

60 responses

لا يوجد

. ازدياد العصبية عند الاولاد زميلهم إلى العزلة وانخفاض مستوى التواصل الاجتماعي و ميلهم إلى الكسل والركون

لا شيء

مشاكل صحية متعلقة بالوحدة وعدم الاجتماع مع الاصدقاء والمدرسين

. الاكتئاب، عدم النوم والجلوس بشكل صحي ، الخوف والقلق

لا يوجد

التوتر

الجلوس المستمر،زيادة الوزن

مشاكل في نظر

What changes you hope to see implemented in the coming years to overcome the challenges you stated above or other health problems caused by distance learning method? ما هي التغييرات التي تأمل في حدوثها في السنوات القادمة للتغلب على التحديات الصحية التي ذكرتها أعلاه أو غيرها من المشكلات الصحية الناجمة عن أسلوب التعلم عن بعد؟

60 responses

.

لا بد من التركيز على الصحة النفسية للطلاب و إعطاء مزيد من الأنشطة البدنية من رياضة و نشاطات يدوية للتخفيف من ساعات الجلوس أمام الأجهزة الإلكترونية خاصة للطلاب الصغار

لا شيء

استمرار الدراسة مع الزام الطلبة من الصف الخامس فما فوق على تحمل مسؤولية وإدارة أنفسهم الصحية وعدم الاتكال التام على الطاقم المدرسي

التعلم التقليدي

الرجوع للتعليم التقليدي

اعداد الاطباء للمدارس

المشكلات التي شعرت بها هي الاتكال وعدم تحمل المسؤولية

العودة للمدارس، تعلم الفلندو،

Questionnaire Second Draft

أثر التعلم عن بعد على صحة الطلبة

نموذج الموافقة:

السيد / السيدة ولي الأمر المحترم.. يتناول هذا البحث تأثير التعلم عن بعد على صحة أطفالنا الجسدية والنفسية والاجتماعية لذا سأكون ممتنة إذا شاركت في هذا البحث من خلال الإجابة على الاستبيان الخاص بهذا الاستطلاع. نظرًا للظروف الحالية، أصبح التعلم عن بعد ممارسة شائعة في جميع المدارس، والهدف من هذا البحث هو إلقاء الضوء على تأثيره الصحي على الطلاب من خلال ملاحظتك لتحسين هذه الطريقة التعليمية من خلال اقتراحاتك القيمة التي تقدمها. تمت الموافقة على هذه الدراسة من قبل لجنة أخلاقيات مستقلة في الجامعة البريطانية في دبي، ولا يحتوي هذا البحث على أسئلة شخصية أو خاصة ومع ذلك سيتم تقييم جميع ردودك دون الكشف عن هويتك وسيتم تقديم البيانات بشكل إجمالي فقط. يمكن إعادة استخدام البيانات المستخلصة في مرحلة لاحقة لأغراض بحثية أخرى في المستقبل وبضمان نفس طريقة المعالجة الدقيقة للبيانات المقدمة في هذا البحث بإذن الله.

لن يستغرق الأمر أكثر من 5-10 دقائق للإجابة على الاستبيان وإذا كان لديك أي أسئلة أو تعليقات بخصوص الاستبيان، يمكنك إرسال استفساراتك عبر البريد الإلكتروني إلى umalbaneen74@yahoo.com.

وقتكم ومساهماتكم محل تقدير كبير.

☐ أؤكد أنني قد قرأت وفهمت المعلومات المذكورة أعلاه حول الدراسة البحثية وأوافق على المشاركة في هذا الاستطلاع.

بيانات أساسية / Demographic Data

Please select the guardian relationship:

الرجاء تحديد علاقة ولي الامر بالطالب:

- A. Father- الأب
- B. Mother- الأم
- C. Other relatives- أحد الأقارب

What is your nationality?

ما هي جنسيتك؟

- A. UAE national- مواطن إماراتي
- B. Non-UAE national- غير اماراتي الجنسية

What is the grade of your children who were practicing distance learning?

ما هي صفوف أبنائك الذين يمارسون التعلم عن بعد؟

- A. Kindergarten- رياض أطفال
- B. Grade 1-3- الصف الأول للثالث
- C. Grade 4-6- الصف الرابع للسادس
- D. Grade 7-9- الصف السابع للتاسع
- E. Grade 10-12- الصف العاشر للثاني عشر
- F. I have children at different grades- لدي عدة أبناء في صفوف مختلفة

آثار التعلم الإلكتروني على الصحة البدنية - Effects of virtual learning on physical health

Are you satisfied with the amount of screen time your child was spending for the sake of school work?

هل أنت راضٍ عن مقدار الوقت الذي يقضيه طفلك أمام الشاشة من أجل العمل المدرسي؟

- A. Strongly satisfied- راضي جدا
- B. Satisfied- راضي
- C. Neutral- محايد
- D. Dissatisfy- غير راضي
- E. Strongly satisfied- غير راضي بتاتا

Do you think virtual learning might prevent your child from getting seasonal health problems or infectious diseases?

هل تعتقد أن التعلم الإلكتروني قد يمنع طفلك من الإصابة بمشاكل صحية موسمية أو أمراض معدية؟

- A. Strongly agree- أوافق بشدة
- B. Agree- موافق
- C. Not sure - غير متأكد
- D. Disagree - غير موافق
- E. Strongly Disagree- لا أوافق بشدة

Do you think that learning at home is safer for your child and can prevent him from trauma, fall, injuries and other accidents which may occur in the school environment?

هل تعتقد أن التعلم في المنزل أكثر أمانًا لطفلك ويمكن أن يمنعه من الصدمات والسقوط والإصابات والحوادث الأخرى التي قد تحدث في البيئة المدرسية؟

- A. Strongly agree - أوافق بشدة
- B. Agree - موافق
- C. Not sure - غير متأكد
- D. Disagree - غير موافق
- E. Strongly Disagree - لا أوافق بشدة

Do you think that virtual learning can cause some health problems like headache or vision disturbance or others?

هل تعتقد أن التعلم الإلكتروني يمكن أن يسبب بعض المشاكل الصحية مثل الصداع أو اضطراب الرؤية أو غيرها؟

- A. Strongly agree - أوافق بشدة
- B. Agree - أوافق
- C. Not sure - غير متأكد
- D. Disagree - غير موافق
- E. Strongly Disagree - لا أوافق بشدة

Do you see that the time your child spends daily in remote learning can negatively affect his health?

هل ترى أن الوقت الذي يقضيه طفلك يوميًا في التعلم الإلكتروني يمكن أن يؤثر سلبيًا على صحته؟

- A. Strongly agree - أوافق بشدة
- B. Agree - موافق
- C. Not sure - غير متأكد
- D. Disagree - غير موافق
- E. Strongly Disagree - لا أوافق بشدة

Effects of virtual learning on psychological health- آثار التعلم الافتراضي على الصحة النفسية

Do you think that distance learning provides psychological comfort for your child as the learning is taking place at home environment and with family presence?

هل تعتقد أن التعلم عن بعد يوفر الراحة النفسية لطفلك حيث أن التعلم يتم في بيئة منزلية وبحضور عائلي؟

- A. Strongly agree - أوافق بشدة
- B. Agree - موافق
- C. Not sure - غير متأكد
- D. Disagree - غير موافق
- E. Strongly Disagree - لا أوافق بشدة

Is your child exposed to psychological pressure during distance learning from the following reasons?

هل يتعرض طفلك لضغوط نفسية أثناء التعلم عن بعد للأسباب التالية؟

- A. طول مدة الحصص الدراسية - The length of online classes
- B. طول أو صعوبة الاختبارات الإلكترونية - The length and difficulty of online exams
- C. كثرة الواجبات الإلكترونية - The large number of online assignments and projects والمشاريع -
- D. ضعف الشبكة أو انقطاع الإنترنت - Internet outages
- E. ضعف أو خلل في البرنامج المستخدم للتعليم - Educational application malfunction
- F. صعوبة فهم الدروس عن بعد - Difficulty in understanding the virtual lessons
- G. عدم التجاوب مع استفسارات الطلبة - Not responding to student's inquiries
- H. كل ما سبق ذكره - All of the above
- I. Others : غير ذلك - -----
- J. لا توجد أي ضغوطات نفسية على الإطلاق - No stress experienced at all

Does your child find it difficult to adapt and accept the distance learning method?

هل يجد طفلك صعوبة في التكيف وقبول طريقة التعلم عن بعد؟

- A. Yes - نعم
- B. No - لا
- C. Little bit - بعض الشيء

Have you noticed on your child any behavioral changes such as bedwetting or nail biting or others since the distance learning system was started?

هل لاحظت أي تغييرات سلوكية على طفلك كالتيبول اللاإرادي وقضم الأظافر أو غيرها منذ بدأ نظام التعلم عن بعد؟

- A. Yes - نعم
- B. No - لا
- C. Not sure - غير متأكد

الأثر الاجتماعي للتعلم الإلكتروني على الطلبة: The Social effect of virtual learning on students:

Does your child miss his friends at school?

هل يفتقد طفلك أصدقائه في المدرسة؟

- A. Always - دائما
- B. Some times - أحيانا
- C. Never as they chat online - لا يفتقدونهم بتاتا لأنهم يتواصلون إلكترونيا

Does your child express his desire to come to school and meet with his teachers and classmates?

هل يعبر طفلك على رغبته للحضور للمدرسة والاجتماع بمدرسيه وزملائه؟

- A. Always - دائما
- B. Some times - أحيانا
- C. Rarely - نادرا
- D. Prefers studying at home. - يفضل الدراسة الإلكترونية في المنزل

Is the child allowed to talk and interact with his colleagues during the virtual lessons?

هل يسمح للطفل للتحدث والتفاعل مع زملائه أثناء الحصص الافتراضية؟

- A. Always - دائما

- B. Some times - أحيانا
- C. Rarely - نادرا
- D. Never - غير مسموح بتاتا

Does your child spend most of his time in front of electronic devices after the end of the virtual lessons?

هل يقضي طفلك معظم وقته أمام الأجهزة الإلكترونية بعد انتهاء حصص الافتراضية؟

- A. Always - دائما
- B. Some times - أحيانا
- C. Rarely - نادرا
- D. Never as he practices other physical activities – بناتا لأنه يمارس الأنشطة البدنية المختلفة

الآراء والمقترحات - Opinion and suggestions

Do you see distance learning as the best choice for the health of our students?

هل ترى التعلم عن بعد هو الخيار الأفضل لصحة طلبتنا؟

- A. Strongly agree - أوافق بشدة
- B. Agree - موافق
- C. Not sure - غير متأكد
- D. Disagree - غير موافق
- E. Strongly Disagree - لا أوافق بشدة

Do you suggest the continuation of virtual learning along with the traditional learning in the coming educational years?

هل تقترح استمرار التعلم الإلكتروني مع التعلم التقليدي في السنوات التعليمية القادمة؟

- A. Strongly agree - أوافق بشدة
- B. Agree - موافق
- C. Not sure - غير متأكد
- D. Disagree - غير موافق
- E. Strongly Disagree - لا أوافق بشدة

What are the main Health challenges your child was facing during his or her virtual learning experience?

ما هي التحديات الصحية الرئيسية التي واجهها طفلك أثناء تجربة التعلم عن بعد؟

What changes you hope to see implemented in the coming years to overcome the challenges you stated above or other health problems caused by distance learning method?

ما هي التغييرات التي تأمل في حدوثها في السنوات القادمة للتغلب على التحديات الصحية التي ذكرتها أعلاه أو غيرها من المشكلات الصحية الناجمة عن أسلوب التعلم عن بعد؟

Questioner First Draft

Study questionnaire for student's parents:

1- Please select the guardian relationship:

- D. Father
- E. Mother
- F. Another caregiver

2- How many of your children were practicing distance learning?

- G. 1-2
- H. 3-4
- I. More than 4

3- How do you evaluate the experience of virtual learning for your kids?

- A. Strongly satisfied
- B. Satisfied
- C. Neutral
- D. Dissatisfy
- E. Strongly satisfied

4- Do you think that distance learning provides psychological comfort for your child as the learning is taking place at home environment and with family presence?

- F. Strongly agree
- G. Agree
- H. Not sure
- I. Disagree
- J. Strongly Disagree

5- Are you satisfied with the amount of screen time your child was spending for the sake of school work?

- F. Strongly satisfied
- G. Satisfied
- H. Neutral
- I. Dissatisfy
- J. Strongly satisfied

6- Do you think virtual learning might prevent your child from getting seasonal or infectious diseases?

- F. Strongly agree
- G. Agree
- H. Not sure
- I. Disagree
- J. Strongly Disagree

7- Do you think that learning at home is safer for your child than learning at the school environment?

- F. Strongly agree
- G. Agree
- H. Not sure
- I. Disagree
- J. Strongly Disagree

8- Do you think that virtual learning can cause some health problems like headache or vision disturbance?

- F. Strongly agree
- G. Agree
- H. Not sure
- I. Disagree
- J. Strongly Disagree

9- Do you suggest the continuation of virtual learning along with the traditional learning in the coming educational years?

- F. Strongly agree
- G. Agree
- H. Not sure
- I. Disagree
- J. Strongly Disagree

10- what changes you hope to see implemented to improve the virtual learning in the coming years?

Research and Grant Office



Research Ethics Form Research Candidate Self-Assessment

Application for Approval of Research Activity involving Human Participants, Human Data, or Human Material

This application form is to be used by researchers seeking approval from the Research Ethics Committee. All research associated with the British University in Dubai must not begin until ethical approval have been obtained.

Section I is a general research identification table.

Section II is the details of the ethical matters your research might involve and the necessary steps you are planning to take to address them.

Section III is an ethics checklist that will help you identify your research risk level. If you answer 'Yes' to at least any one of the high risk statements, then your research is High Risk. If you answer 'Yes' to at least any one of the medium risk statements, and 'No' to all high risk statements, then your research is Medium Risk. If you answer 'No' to all high risk and medium risk statements, then your research is Low Risk.

If you have documents related to the ethical considerations of the research such as, for example: a consent letter, evidence of external approval, questionnaire samples or interview questions, you can enclose them with this form before submission.

I. Research Identification

Research Candidate Name	Ebtesam Abdulwahid Saleh Ali
Faculty	Education (MED-MLP)
Research Candidate Contact Number	0557698572
Research Candidate Email	20173241@student.buid.ac.ae
Research Type	<input type="checkbox"/> Research Project <input checked="" type="checkbox"/> Doctoral/Maters Research <input type="checkbox"/> Module Assignment
Research Title	
Submission Date	28/10/2020 and the research must be submitted before 1/3/2021
Submitted to (Name)	<input type="checkbox"/> Faculty Nominated Member (Research Projects): <input type="checkbox"/> Director of Studies (Doctoral Research): <input checked="" type="checkbox"/> Dissertation Supervisor (Masters Research): Dr.Solomon Arulraj David <input type="checkbox"/> Module Coordinator (Module Assignment):

II. Research Ethics Details

Background and rationale for study (This should be sufficient to justify the proposed research). Aims and objectives of the research (or the research question/s) and Potential benefits of proposed research: Limit to 500 words

The effects of virtual learning on student's health from student's parents prospective?"

Purpose:

To evaluate the effects of virtual learning on our student's physical, psychological and social health and to find out from our findings if it is better approach for our student's wellbeing to consider in the future of the educational system.

1- To find out the negative and the positive impacts of virtual learning perceived by the student's parents

2- To collect suggestions from the sample on ways to improve the efficacy of virtual learning on student's wellbeing.

3-To find out at the end results whether this educational approach is recommended by the sample and how to improve it considering the students health aspect

Main Ethical Consideration(s) of the Research

(The ethical matters your research may involve)

No ethical matters or risk in this research

Methods of data collection:

Please outline in detail how data will be collected and **attach a copy of any questionnaires, interview schedules or observation guidelines** to be used. Limit = 400 words.

The data will be collected electronically using google forms questionnaire tool; the link of the questions will be sent to our sample through the social media sites for example WhatsApp to approach as much as possible numbers using convenient sampling approach. And once the participant opens the link and select to agree to participate in the research it means he or she is willing to participate with their feedback in our study and the answers once submitted it will go directly to the researcher who will be the only person having access to the sample feedback.

Please notice that there is no personal information of the sample was requested in the study questionnaire.

Recruitment of participants:

Please outline the number and type (it may be considered vulnerable) of participants involved; give details of how potential participants will be identified and invited to take part in the study; and how informed consent will be obtained. Limit = 300 words

I have targeted student's parents and as I mentioned above that I will approach the convenient sample for me who are available on my social media sites mainly my social WhatsApp groups through sharing the link of the study questionnaire survey. The informed consent will be included in the e-survey and it will be in the first page and parents can select to participate or no.

Please attach a copy of your information sheet(s), draft materials such as interview questions etc. and consent form as well as indication of planned time of issue/use. If you are not using a consent form, please explain why.

☐ Attached

Potential adverse effects on participants and steps to deal with them:

Please outline if you anticipate any potential harm or negative consequences including psychological stress, anxiety or upset which may be induced by the study and the steps to be taken to address them.

There are no potential adverse effects on participants in this study

Steps to be taken to ensure confidentiality of data:

Please outline steps if you are required to ensure confidentiality, privacy and anonymity of data during collection, storage and publication. Please specifically identify any confidential or personal information, and /or any other party's protected intellectual property which you need to use and safeguard.

There will not be any confidential or personal information required to be obtained from the sample and the survey feedback will be accessed by the researcher only electronically.

Steps to be taken to ensure financial and commercial propriety:

Please specifically identify if any external funding or significant third-party financial involvement with the research.

There is no any external funding or significant third-party financial involvement with this research.

Other plans to address a particular ethical matter not mentioned:

No other ethical matters.

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III. Research Ethics Checklist

If you answer 'Yes' to at least any one of the high risk statements, then your research is High Risk. If you answer 'Yes' to at least any one of the medium risk statements, and 'No' to all high risk statements, then your research is Medium Risk. If you answer 'No' to all high risk and medium risk statements, then your research is Low Risk.

High Risk		
Will consent possibly be coerced out of participants by those whom would likely benefit from the research?	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Will it be necessary for participants to take part in the study without their knowledge and consent at the time?	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Will the study involve some form of invasion of privacy?	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Is discomfort or harmful impact to participants likely to result from the study?	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Is there a possibility that the safety of the researcher may be in question?	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Will the research require the researcher to be deceptive or dishonest to the participants?	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Will financial inducements (other than reasonable expenses and compensation for time) be offered to participants?	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Will the research have negative intrusive physical or psychological effects on the participants?	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Will the names of the participants or the institution appear in the research?	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Medium Risk		
Will the research involve governmental institutions or participants such as, for example, the army or the judiciary?	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Will the study involve discussion of sensitive or potentially sensitive topics and issues?	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Does the research involve potentially vulnerable participants (for e.g. children, prisoners, or people with disabilities)?	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Does the research involve participants that are unable to give consent?	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Will the research involve administrative or secure data that requires permission from the appropriate authorities before use?	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Will research involve the sharing of data or confidential information beyond the initial consent given?	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No

Risk Level Identified	<input checked="" type="checkbox"/> Low	<input type="checkbox"/> Medium	<input type="checkbox"/> High
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Declaration by the Researcher:

Having read the University's Research Policy I declare that the information contained herein, is to the best of my knowledge and belief, accurate.

I am satisfied that I have attempted to identify all risks related to the research that may arise in conducting this research and acknowledge my obligations as researcher and the rights of participants. I am satisfied that all researchers (including myself) working on the project have the appropriate qualifications, experience and facilities to conduct the research set out in the attached document and that I, as the lead researcher take full responsibility for the ethical conduct of the research in accordance with subject-specific and University

Ethical Guidelines (Policies and Procedures Manual), as well as any other condition laid down by the BUiD Ethics Committee. I am fully aware of the timelines and content for participant's information and consent.

Print name: _____ Ebtesam Abdulwahid Saleh _____

Signature:  _____ Date: __28/10/2020

FOR OFFICE USE ONLY
LOW RISK RESEARCH

Staff

Chair of Ethics Committee

Name: _____ ☐ Approved

Date: _____ ☐ Disapproved

Signature: _____

Students

Dean of Faculty

Name: _____ ☐ Approved

Date: _____ ☐ Disapproved

Signature: _____

Authorisation for conducting research (only if approval is obtained):

The Committee has confirmed that this project fits within the University's Policies for Research and I authorise the low risk research proposal on behalf of BUiD's Research Ethics Committee.

Print name: _____

Signature: _____ Date: _____

(Chair of the Research Ethics Committee)

FOR OFFICE USE ONLY
MEDIUM RISK RESEARCH

Staff and students

Endorsement by the Faculty's Research Ethics Committee member after electronic referral to all Research Ethics Committee members

Name: ☐ Approved

Date: ☐ Disapproved

Signature:

Authorisation for conducting research (only if approval is obtained):

The Committee has confirmed that this project fits within the University's Policies for Research and I authorise the medium risk proposal on behalf of BUiD's Research Ethics Committee.

Print name: _____

Signature: _____ Date: _____
(Chair of the Research Ethics Committee)

FOR OFFICE USE ONLY
HIGH RISK RESEARCH

Staff and students

Endorsement by the Faculty's Research Ethics Committee member after meeting of Research Ethics Committee members

Name: ☐ Approved

Date: ☐ Disapproved

Signature:

Authorisation for conducting research (only if approval is obtained):

The Committee has confirmed that this project fits within the University's Policies for Research and I authorise the high risk proposal on behalf of BUiD's Research Ethics Committee.

Print name: _____

Signature: _____ Date: _____
(Chair of the Research Ethics Committee)