


КРЪГЛА МАСА



Представяне на резултатите от проучване на оценката на нагласите към
благосъстоянието и психичното здраве и последиците от
дистанционното обучение в електронна среда проведено сред учители,
ученици и обучителни организации

16-18 Май 2023

Подкрепа за благосъстоянието и психичното здраве на ученици и учители / HAS”, Еразъм+

- ❓ **Продължителност на проекта:** 01/11/2022 - 31/10/2024 (24 месеца). Кандидатстващата организация е Сдружение на младите психолози в България.
- ❓ **Партньорските организации** са ОУ „Христо Ботев“, България, IMS Private School, Кипър и WYKSZA SZKOŁA BIZNESU I NAUK O ZDROWIU, Полша.
- ❓ **Целевите групи** на проекта са: - ученици на възраст 7-20 години в училища от България, Полша и Кипър; - преподаватели от училища и университети и други образователни центрове от България, Полша и Кипър; - Непедагогически персонал/университетски персонал; - друг персонал: експерти, консултанти, педагогически съветници, психолози; - експерти, които работят с ученици, родители и учители.
- ❓ **Мисията на проекта и свързаните с нея цели** са модернизирани и укрепване на капацитета на системата за училищно образование и обучение към основните предизвикателства в съвременния свят, подобряване на психическото и физическото здраве и благосъстояние, насърчаване на социални, граждански и межкултурни компетентности, межкултурен диалог.
- ❓ Проектът включва **4 работни пакета:** РП1 Управление и изпълнение на проекта; РП2 Изграждане на общност сред партньорите чрез насърчаване на благосъстоянието и психичното здраве на ученици и учители; РП3 Повишаване на конкурентоспособността и заетостта в областта на училищното образование и РП4 Разпространение и публичност.

Подкрепа за благосъстоянието и психичното здраве на ученици и учители / HAS”, Еразъм+

- ❓ Проучване на нагласите на ученици, учители и образователни организации върху благосъстоянието и психичното им здраве и последиците от обучението в електронна среда.
- ❓
- ❓ Извършено е проучване сред три групи:
 - ❓ Учители – 50 участника
 - ❓ Ученици – 50 участника
 - ❓ Обучителни организации – 10 участника
- ❓ В проучванията са включени въпроси относно последиците от обучението в електронна среда.
- ❓
- ❓ Проучванията се проведеха анонимно и бяха разпространени на хартия сред участниците.

“Здрави в училище.

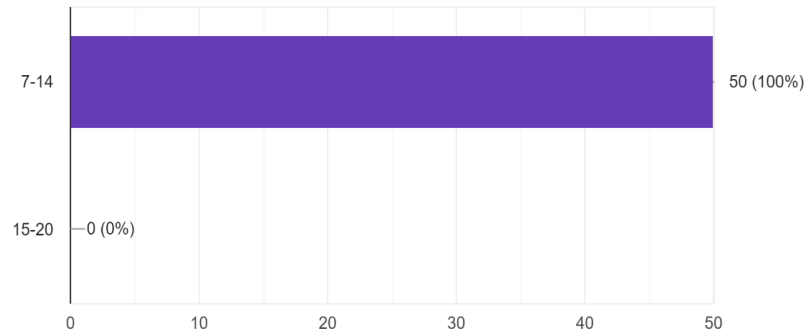
Подкрепа за благосъстоянието и психичното здраве на ученици и учители / HAS”, Еразъм+

- ❑ На всеки участник беше дадено време за попълване на въпросника.
- ❑
- ❑ Отговорите се въведоха в Google forms и след това бяха анализирани.
- ❑ Основни данни:
 - ❑ Учители – участниците са на възраст между 28 и 63 години.
 - ❑ Ученици – участниците са на възраст между 10 и 14 години.
- ❑
- ❑

РЕЗУЛТАТИ

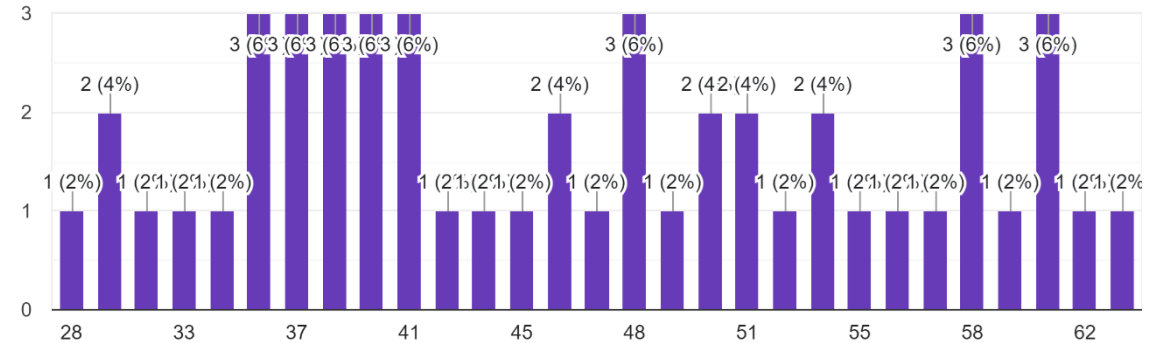
УЧЕНИЦИ

Age
50 отговора



УЧИТЕЛИ

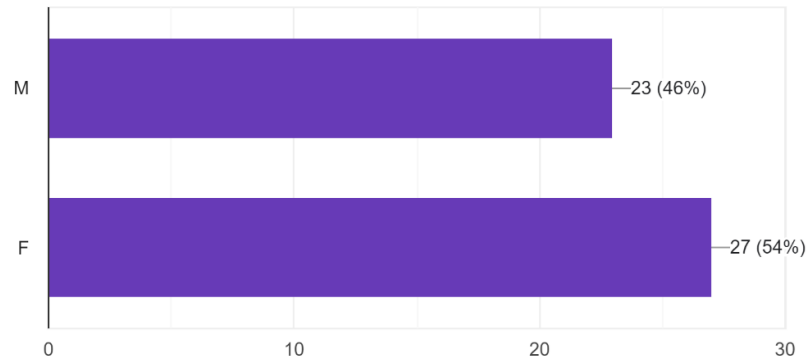
Age
50 отговора



РЕЗУЛТАТИ

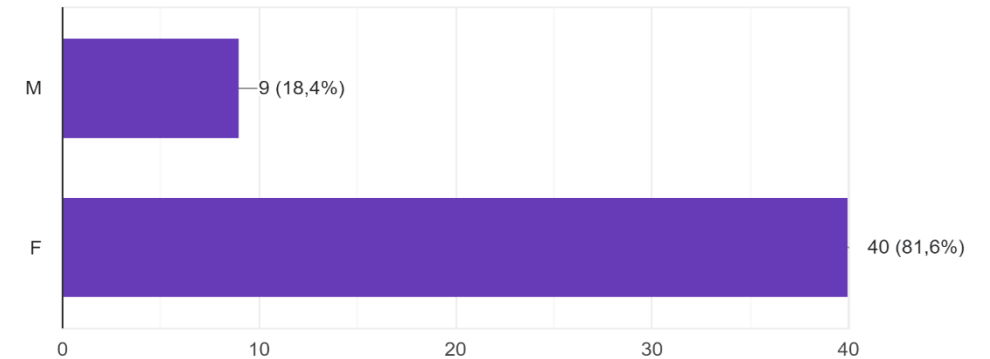
УЧЕНИЦИ

Gender
50 отговора



УЧИТЕЛИ

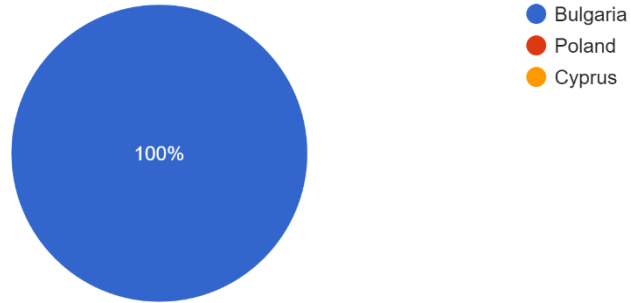
Gender
49 отговора



РЕЗУЛТАТИ

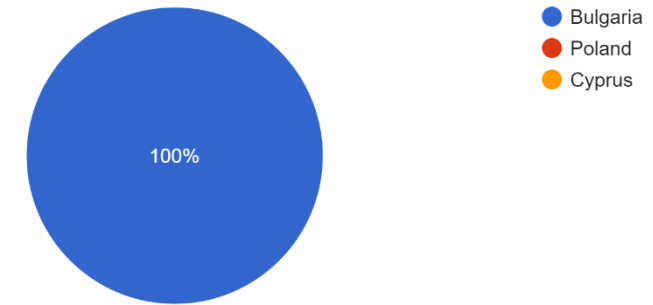
УЧЕНИЦИ

Country
50 отговора



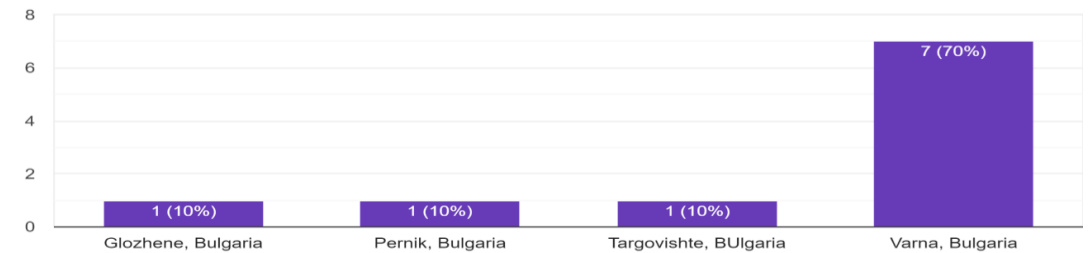
УЧИТЕЛИ

Country
50 отговора



ОБУЧИТЕЛНИ ОРГАНИЗАЦИИ

City and country
10 отговора

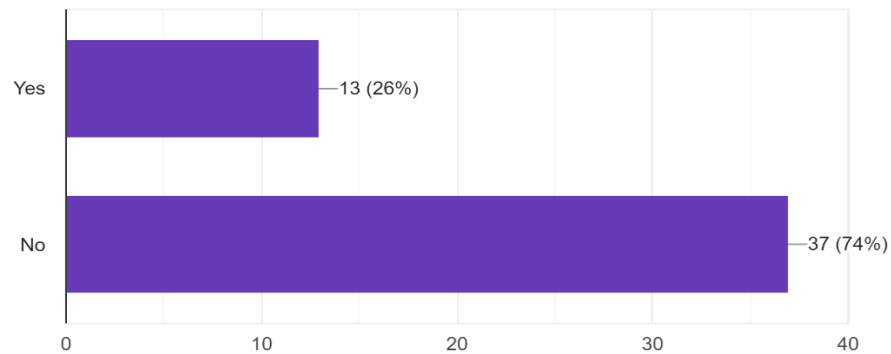


РЕЗУЛТАТИ

УЧЕНИЦИ

Did you feel more stressed during the pandemic?

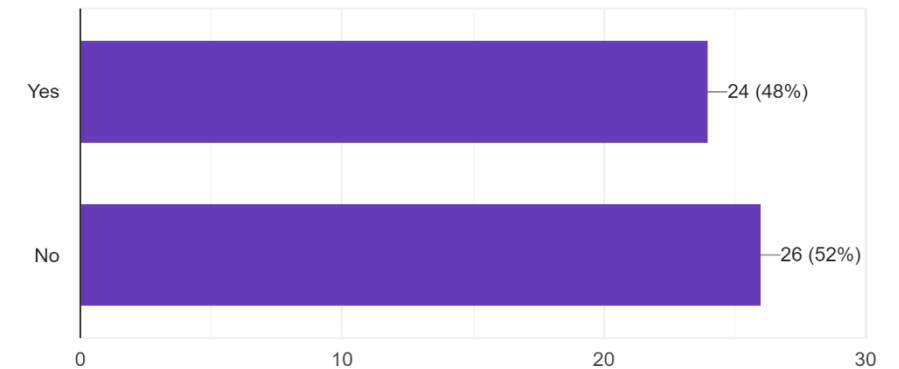
50 отговора



УЧИТЕЛИ

Do you think students were more stressed during online learning?

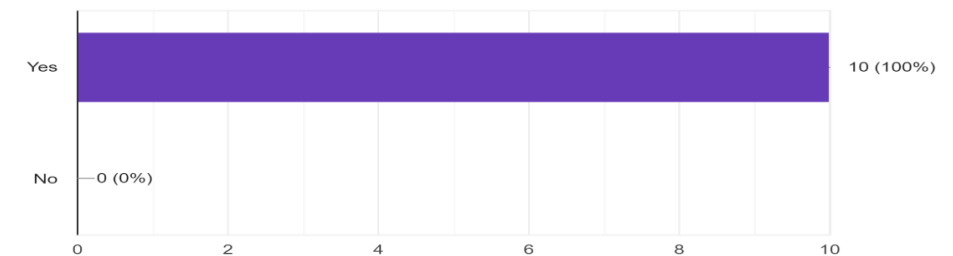
50 отговора



ОБУЧИТЕЛНИ ОРГАНИЗАЦИИ

Do you think your staff/teachers/trainers experienced increased stress and burnout when distance learning started?

10 отговора



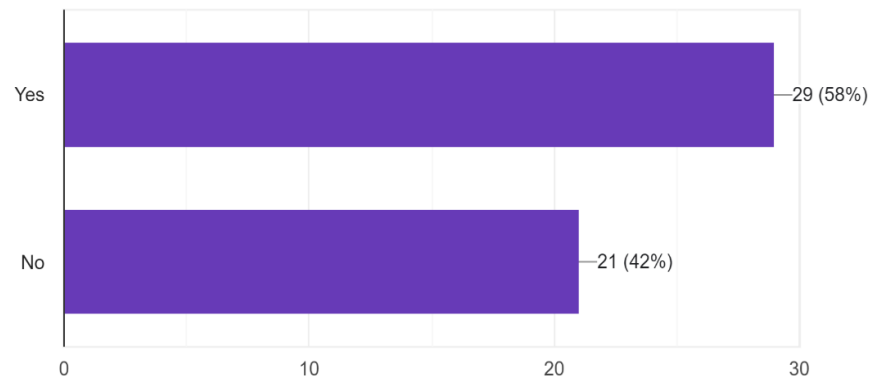
РЕЗУЛТАТИ

УЧЕНИЦИ

УЧИТЕЛИ

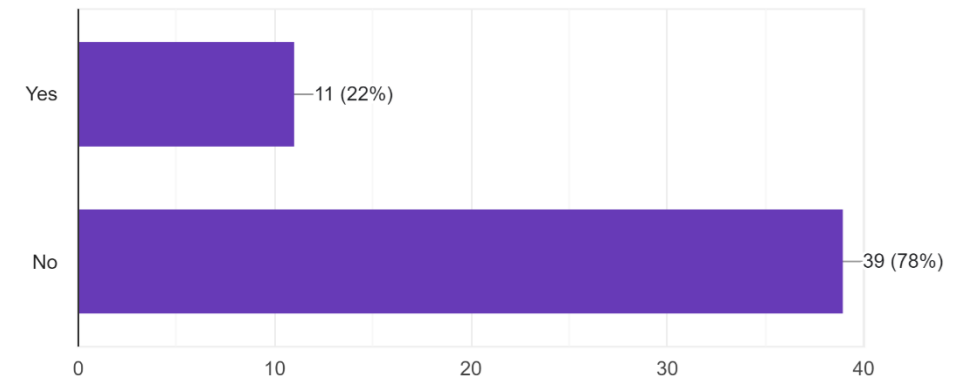
Do you find it hard to pay attention in class if it's online?

50 отговора



Have the consequences of the pandemic affected your self-esteem?

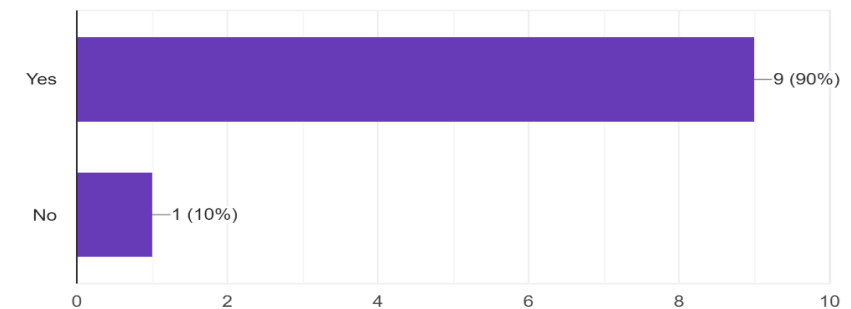
50 отговора



ОБУЧИТЕЛНИ ОРГАНИЗАЦИИ

Do your students/trainees find it difficult to pay attention in class if it is online?

10 отговора

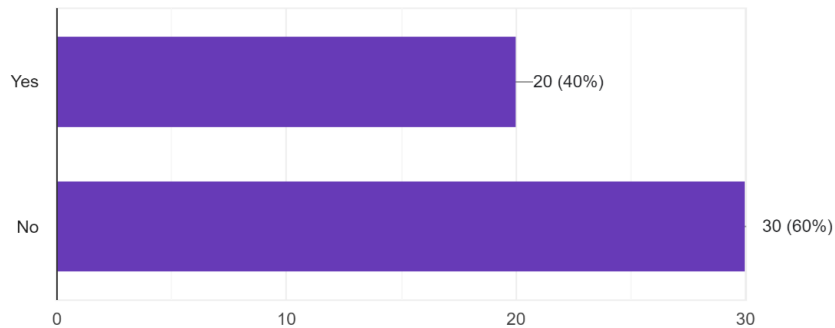


РЕЗУЛТАТИ

УЧЕНИЦИ

Do you feel more nervous now compared to before the pandemic?

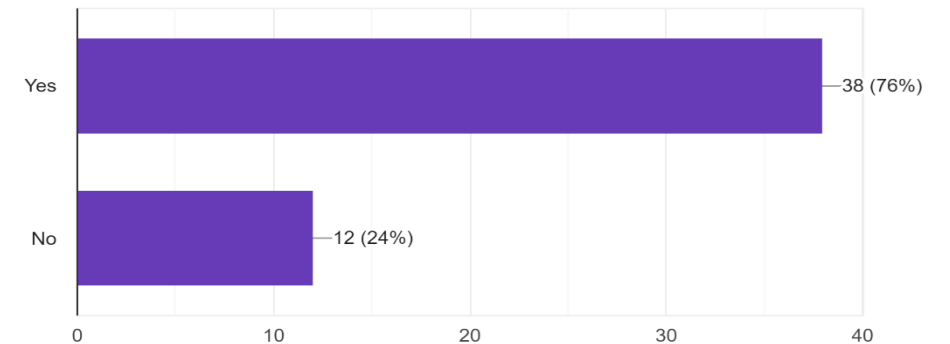
50 отговора



УЧИТЕЛИ

Have you experienced anxiety about your health during the pandemic?

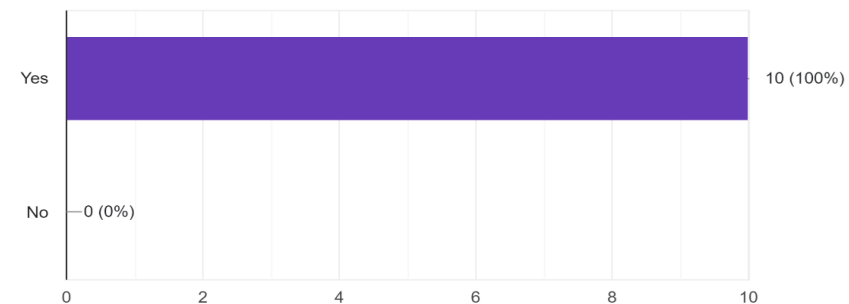
50 отговора



ОБУЧИТЕЛНИ ОРГАНИЗАЦИИ

Do you believe that many teachers/trainers experienced anxiety about doing their job during distance learning?

10 отговора

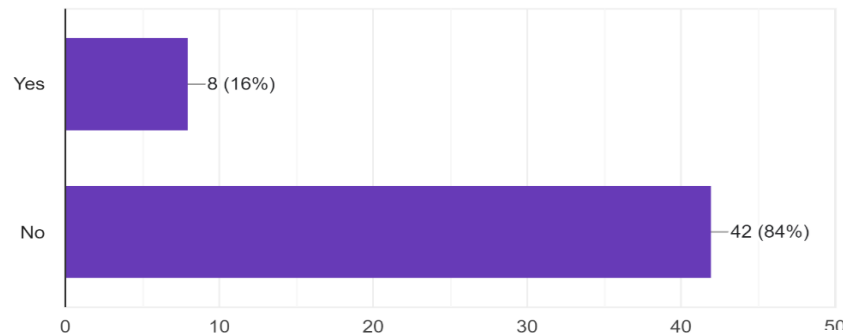


РЕЗУЛТАТИ

УЧЕНИЦИ

Are your grades lower than they were before the online learning?

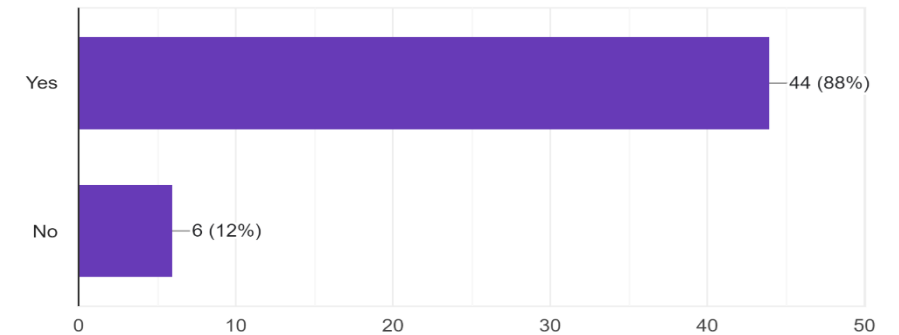
50 отговора



УЧИТЕЛИ

Do you think teachers experienced increased stress and burnout when online teaching started?

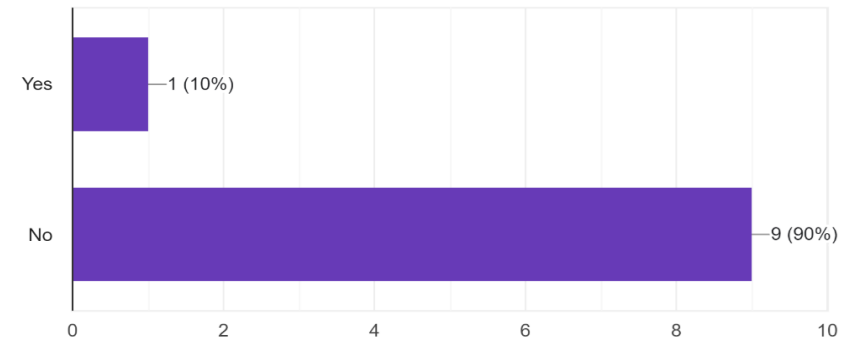
50 отговора



ОБУЧИТЕЛНИ ОРГАНИЗАЦИИ

Were the grades of your students/trainees lower than they were before distance learning?

10 отговора

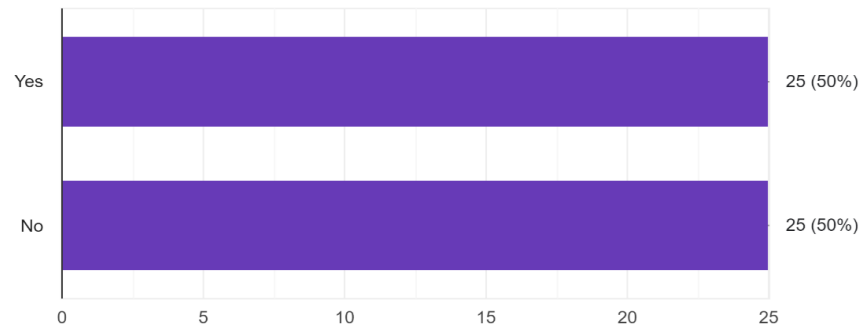


РЕЗУЛТАТИ

УЧЕНИЦИ

Did you feel more isolated from your friends at school during distance learning?

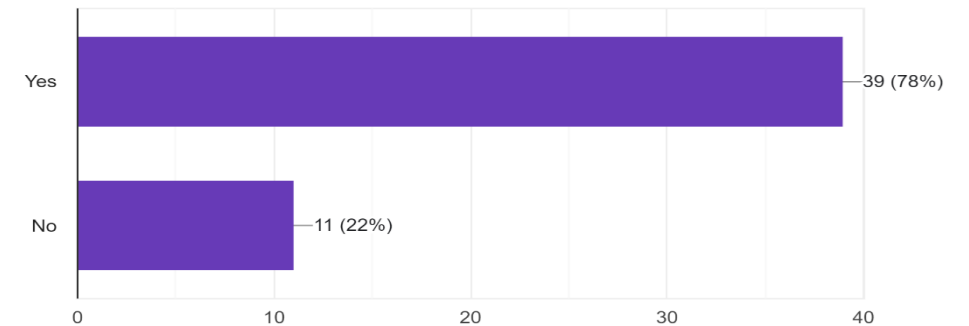
50 отговора



УЧИТЕЛИ

Did you feel more socially isolated during the pandemic?

50 отговора

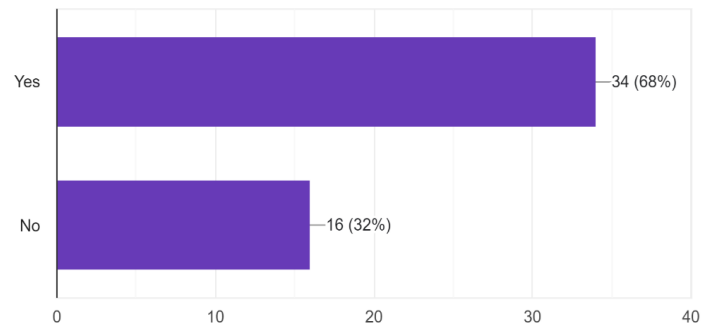


РЕЗУЛТАТИ

УЧЕНИЦИ

Did you exercise less during the pandemic?

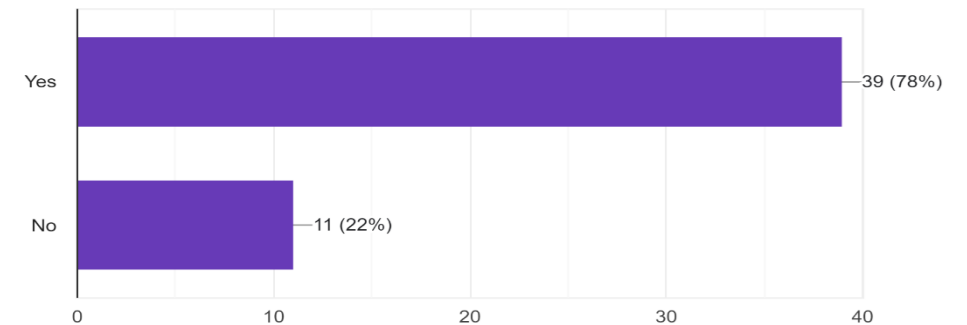
50 отговора



УЧИТЕЛИ

Were you less physically active during the pandemic?

50 отговора

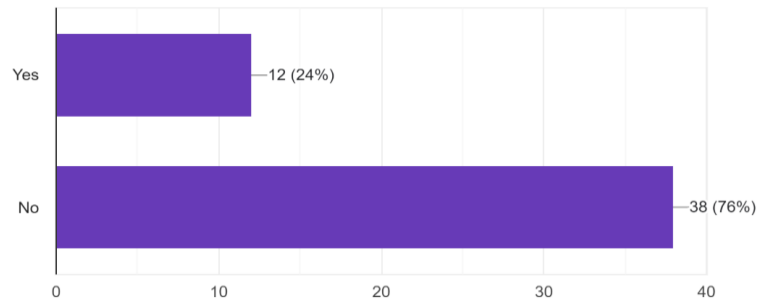


РЕЗУЛТАТИ

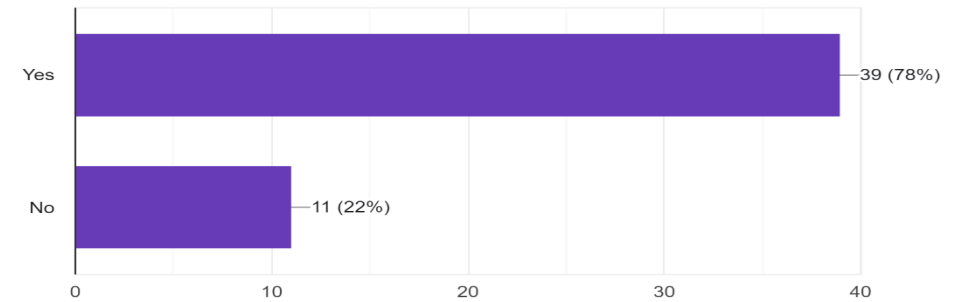
УЧЕНИЦИ

УЧИТЕЛИ

Are you eating more unhealthy foods than before the pandemic?
50 отговора



Were you less physically active during the pandemic?
50 отговора

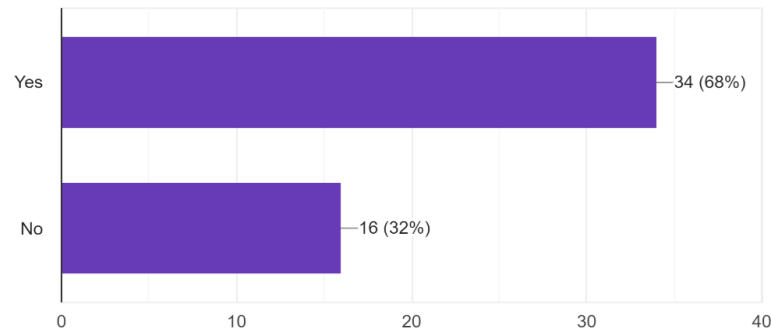


РЕЗУЛТАТИ

УЧЕНИЦИ

Did you have less desire to learn during online learning?

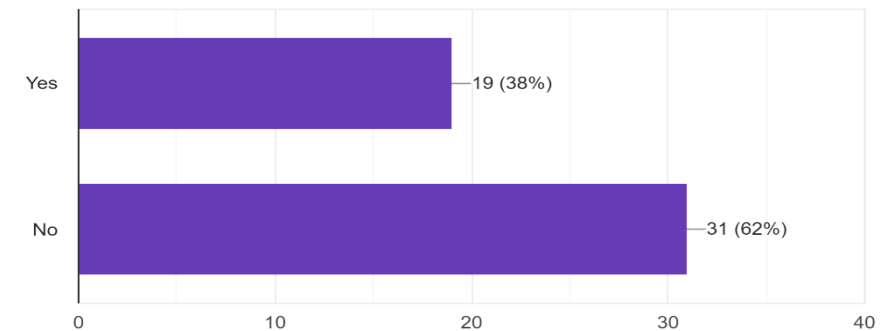
50 отговора



УЧИТЕЛИ

Was your motivation for professional development higher before the pandemic?

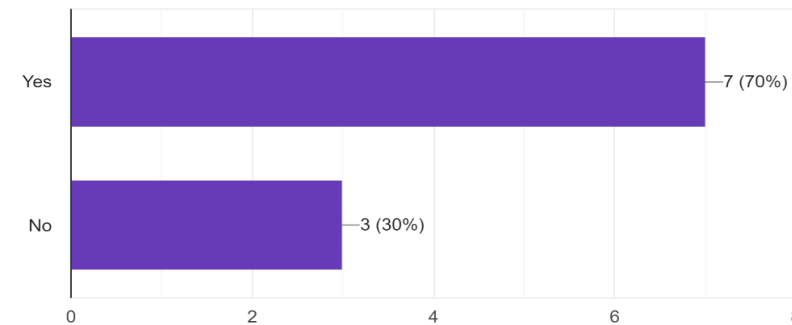
50 отговора



ОБУЧИТЕЛНИ ОРГАНИЗАЦИИ

Do you think your students/trainees were less eager to learn during distance learning?

10 отговора

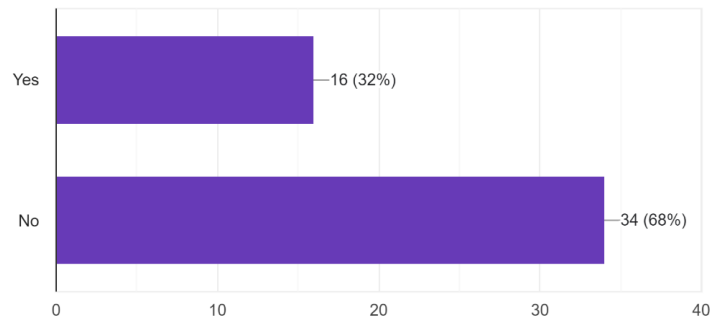


РЕЗУЛТАТИ

УЧЕНИЦИ

Did you experience more negative emotions during the pandemic?

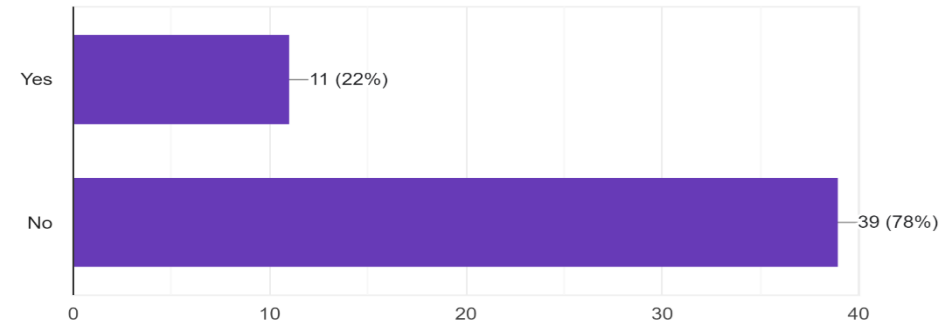
50 отговора



УЧИТЕЛИ

Do you think you experience more negative emotions now compared to before the pandemic?

50 отговора

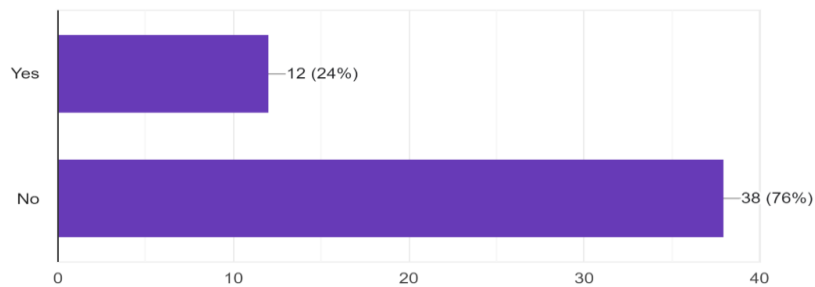


РЕЗУЛТАТИ

УЧЕНИЦИ

Do you feel that now you have a worse relationship and communication with your teachers compared to 2 years ago?

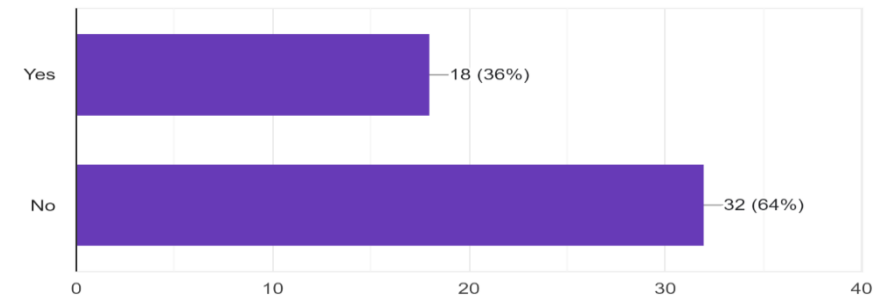
50 отговора



УЧИТЕЛИ

Did you feel sufficiently heard and understood by students during the online learning?

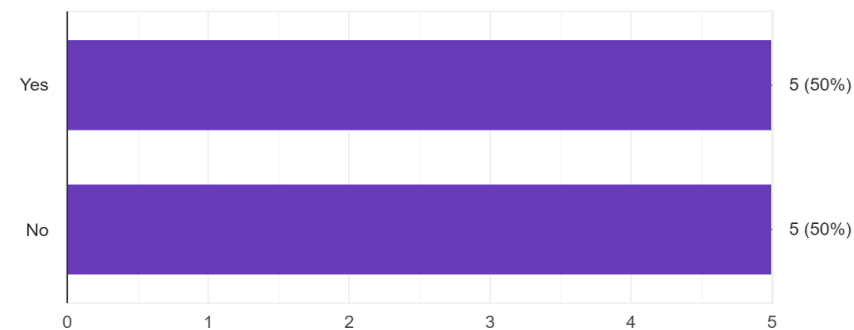
50 отговора



ОБУЧИТЕЛНИ ОРГАНИЗАЦИИ

Do you think the communication and relationship between teachers/trainers and students/trainees has deteriorated during distance learning?

10 отговора

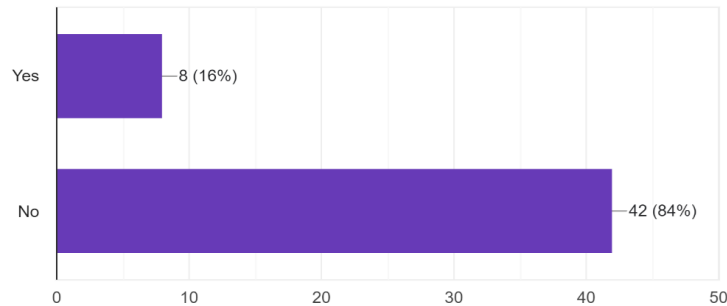


РЕЗУЛТАТИ

УЧЕНИЦИ

Do you feel that now you have a worse relationship and communication with your classmates compared to 2 years ago?

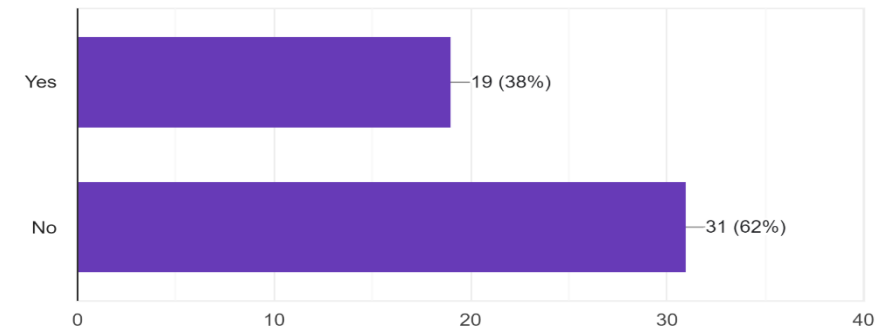
50 отговора



УЧИТЕЛИ

Do you think communication with colleagues has deteriorated during online learning?

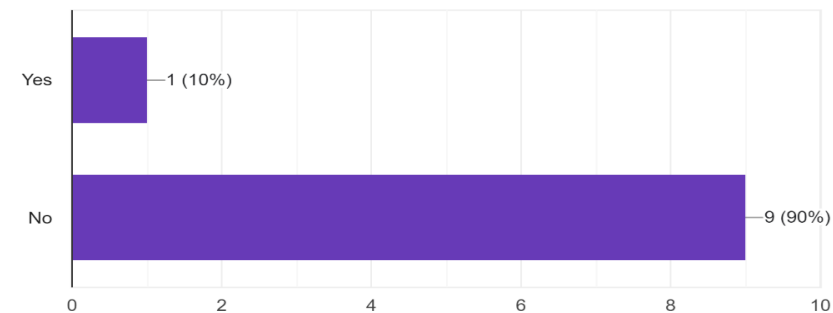
50 отговора



ОБУЧИТЕЛНИ ОРГАНИЗАЦИИ

Do you think communication between teachers/trainers has deteriorated during distance learning?

10 отговора

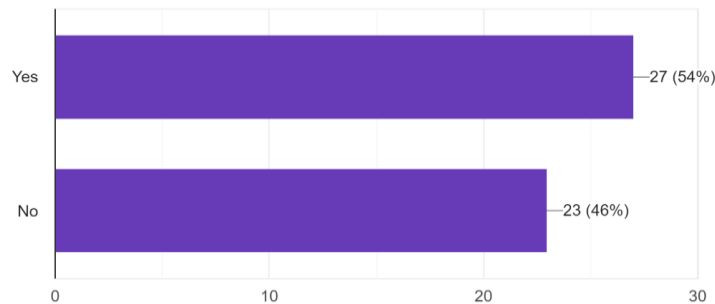


РЕЗУЛТАТИ

УЧЕНИЦИ

Did you worry more about your health during the pandemic?

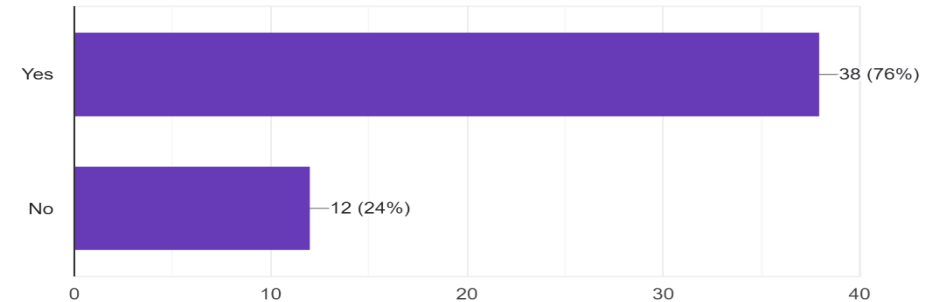
50 отговора



УЧИТЕЛИ

Have you experienced anxiety about your health during the pandemic?

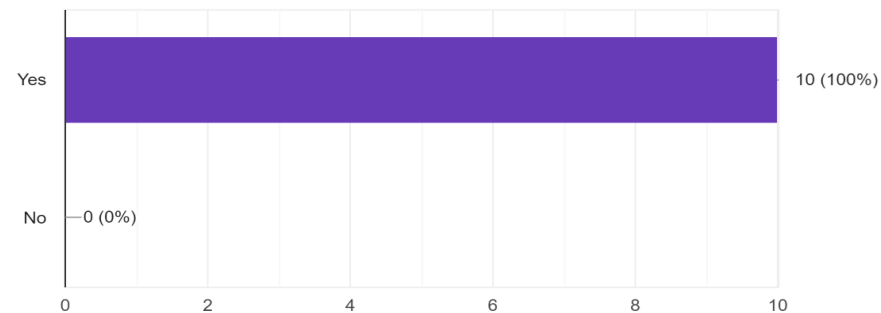
50 отговора



ОБУЧИТЕЛНИ ОРГАНИЗАЦИИ

Do you believe that many teachers/trainers experienced anxiety about doing their job during distance learning?

10 отговора

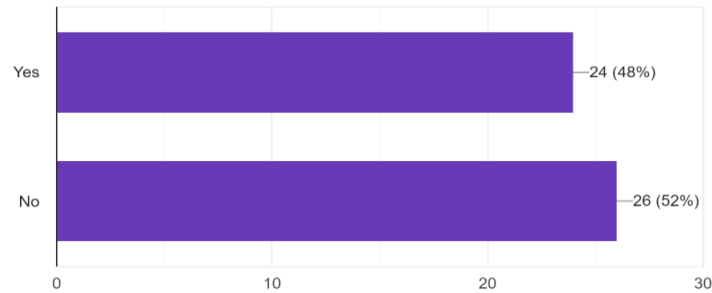


РЕЗУЛТАТИ

УЧЕНИЦИ

Did you worry about your grades during online learning?

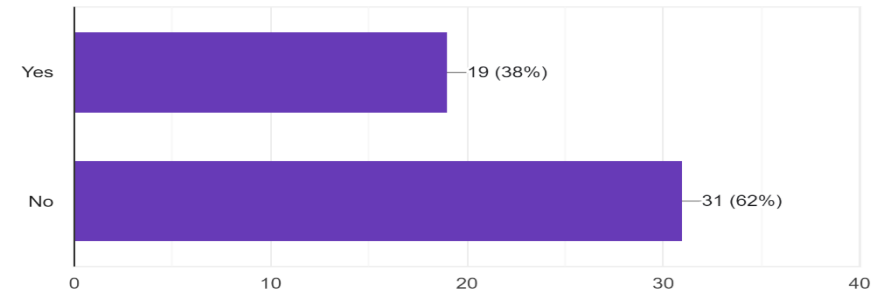
50 отговора



УЧИТЕЛИ

Was your motivation for professional development higher before the pandemic?

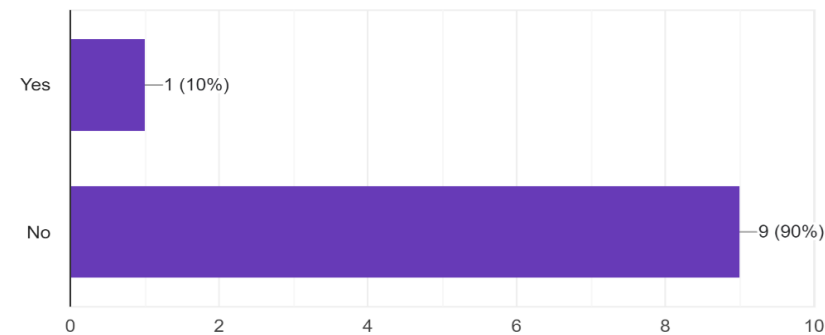
50 отговора



ОБУЧИТЕЛНИ ОРГАНИЗАЦИИ

Were the grades of your students/trainees lower than they were before distance learning?

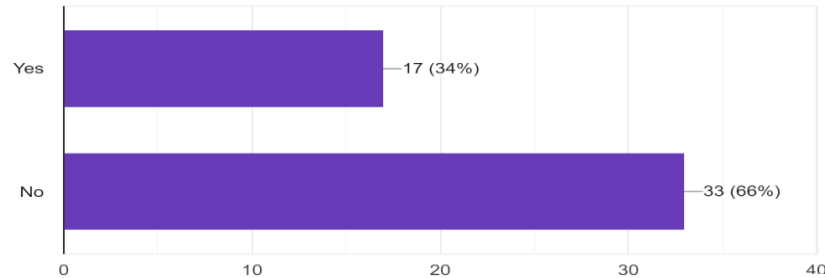
10 отговора



РЕЗУЛТАТИ

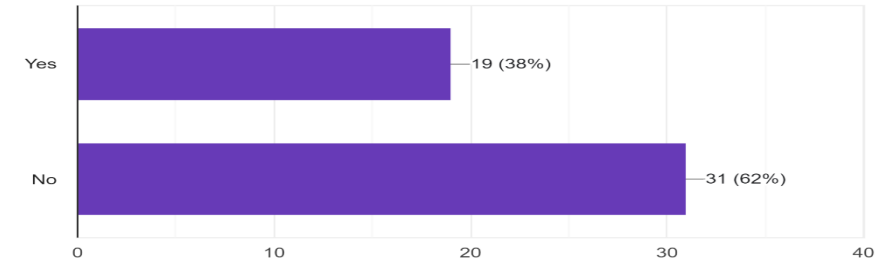
УЧЕНИЦИ

Did you lose contact with some of your friends during the pandemic?
50 отговора



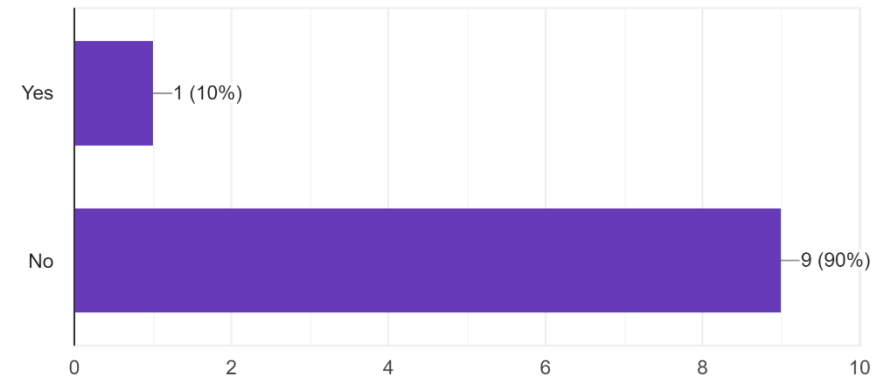
УЧИТЕЛИ

Do you think communication with colleagues has deteriorated during online learning?
50 отговора



ОБУЧИТЕЛНИ ОРГАНИЗАЦИИ

Do you think communication between teachers/trainers has deteriorated during distance learning?
10 отговора



КОМЕНТАРИ

Ученици

- Когато бяхме възрастни по време на Ковид пандемията не излизахме много и бяхме много изолирани.
- Беше ми страх да не се разболяя.
- По време на електронното обучение ми беше трудно да разбирам уроците и ми липсваха съучениците.
- Когато бяхме в дистанционно обучение не можех да спортувам.
- След пандемията промених живота си. Сега се храня по-здравословно и спортувам редовно.
- Не всеки имаше електронно устройство и не можеше да присъства в онлайн часовете. Освен това седенето пред електронните устройства уврежда зрението.
- Смятам, че обучението от разстояние е по-добре от никакво обучение. Ковид пандемията имаше отрицателно влияние, защото ни изолира от света.
- По време на пандемията не се притеснявах за здравето си, защото възрастни е безопасно.
- Според мен 20 минутни часове не са достатъчни.

Учители

- Пандемията направи хората затворени и някои все още не могат да общуват с другите както преди.
- Пандемията и онлайн обучението остави трайна следа в мен. Възстановяването ще бъде дълъг процес.
- Обучението от разстояние не беше ефективно, тъй като учителите нямаха контрол върху учениците.
- Обучението от разстояние според мен не беше добре. Надявам се, никога да не изпитваме повече тази така наречена „изоляция“. Не води до нищо добро, за никого!
- Обучението от разстояние беше безсмислено и стресиращо. Резултатите са близки до 0. Обучението от разстояние има бъдеще, но трябва време за учители и ученици.
- Само тези ученици, които искаха работеха по време на обучението от разстояние.
- Учителите не бяха обучени как да преподават онлайн.

PROJECT 2022-1-BG01-KA220-SCH-000085347 HEALTHY AT SCHOOL. SUPPORTING THE WELL- BEING AND MENTAL HEALTH OF STUDENTS AND TEACHERS / HAS, ERASMUS+



ROUNDTABLE DISCUSSION

26.05.2023

HOSTED BY IMS PRIVATE SCHOOL

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PROJECT PARTNERS

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- SCHOOL EDUCATION: Tackling learning disadvantage, early school leaving and low proficiency in basic skills
- HORIZONTAL: Inclusion and diversity in all fields of education, training, youth and sport
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Topics:

- Physical and mental health, well-being
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TARGET GROUPS

Direct project target groups:

- students aged 7-20 in schools and universities from Bulgaria, Poland, and Cyprus;
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- Increasing the knowledge of mental health, safety and management of psychosocial risks;
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A1. Research on the attitudes of students and teachers the well-being and mental health; A2. Events, round tables and workshops with experts; A3. Methodology for supporting the well-being and mental health

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1. Teachers – 50 participants
2. Students – 50 participants
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The surveys included questions about the consequences of distance/online learning.

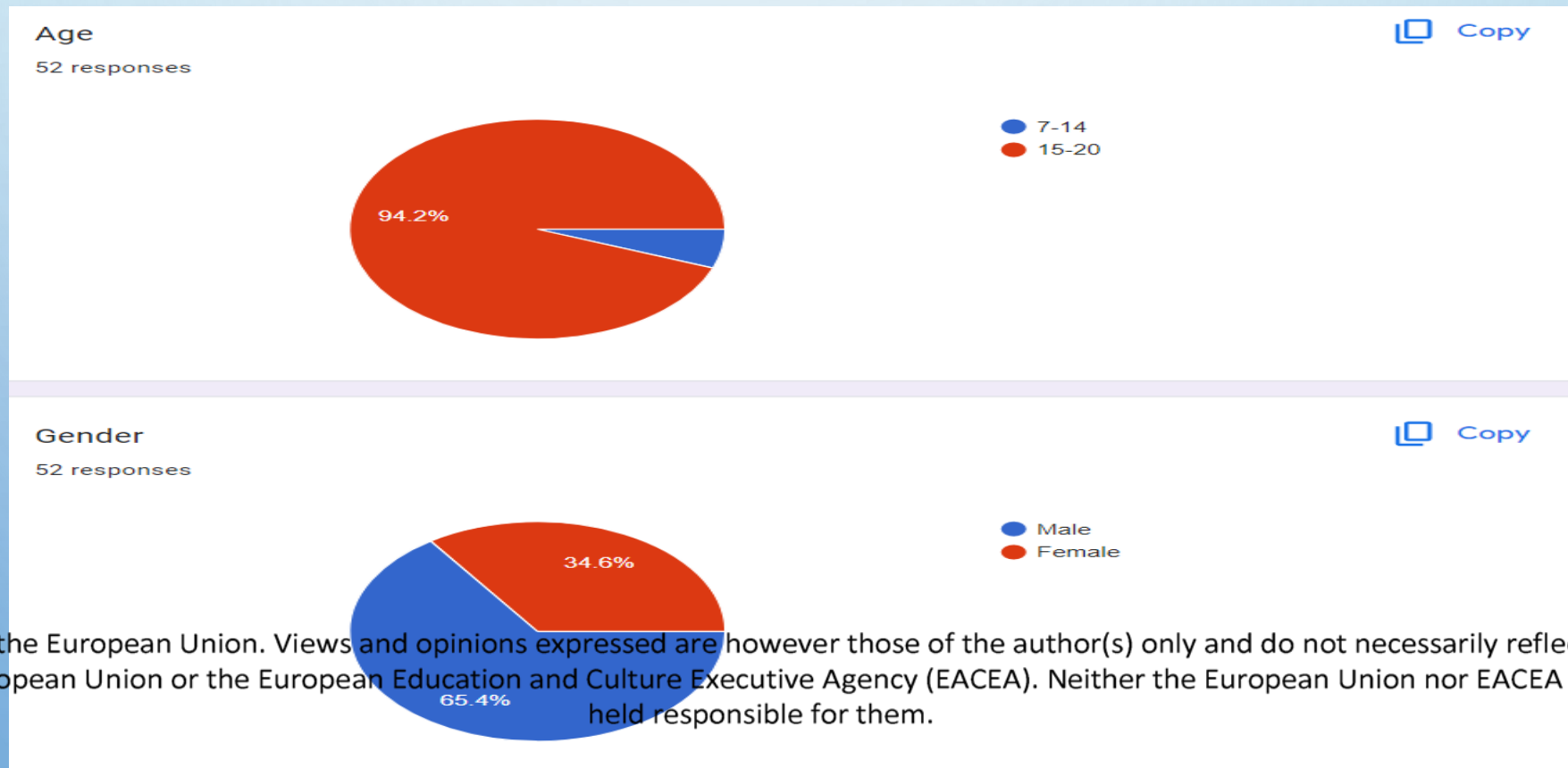
Surveys were conducted anonymously and distributed on paper to participants.

Questionnaire Results -Students

52 Students Responded

94.2% aged between 15-20

65.4 % were male students and 34.6 % were female students

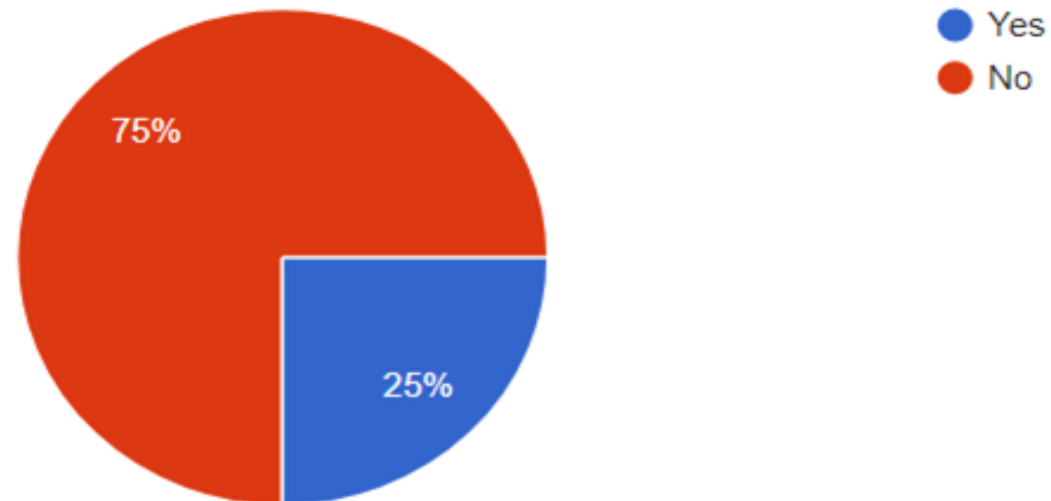


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Question 1

Did you feel more stressed during the pandemic?

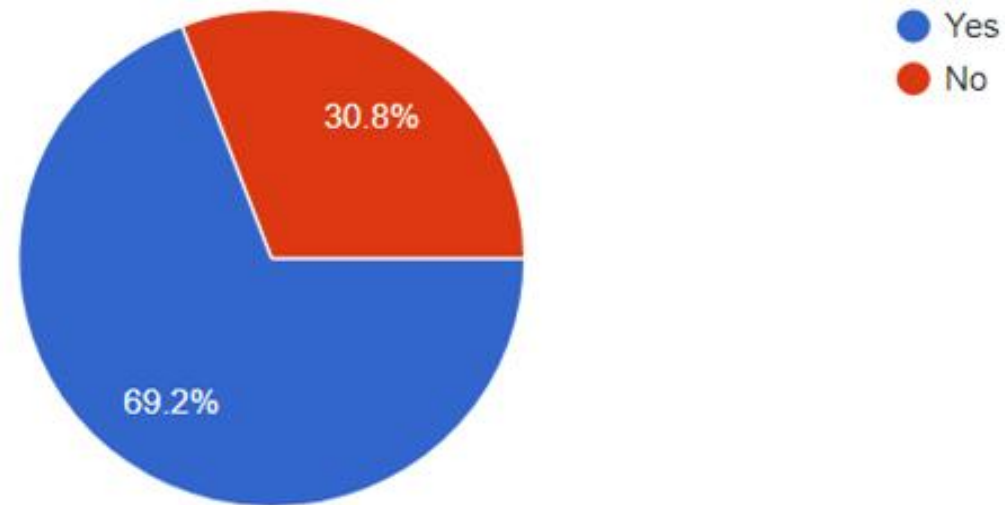
52 responses



Question 2

Do you find it hard to pay attention in class if it's online?

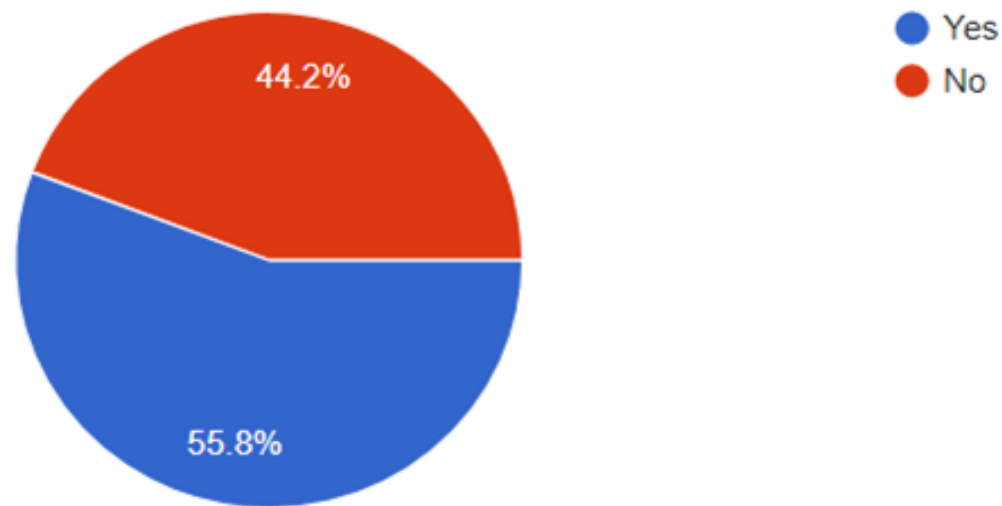
52 responses



Question 3

Do you feel more nervous now compared to before the pandemic?

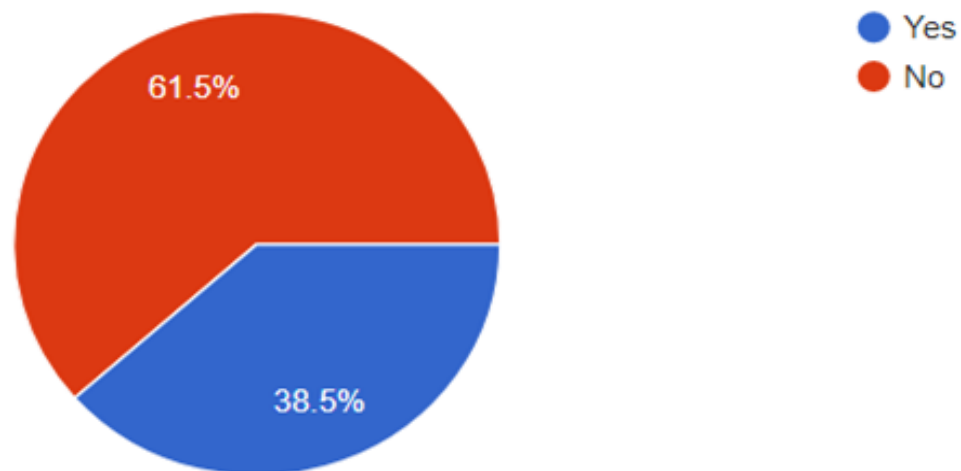
52 responses



Question 4

Are your grades lower than they were before the online learning?

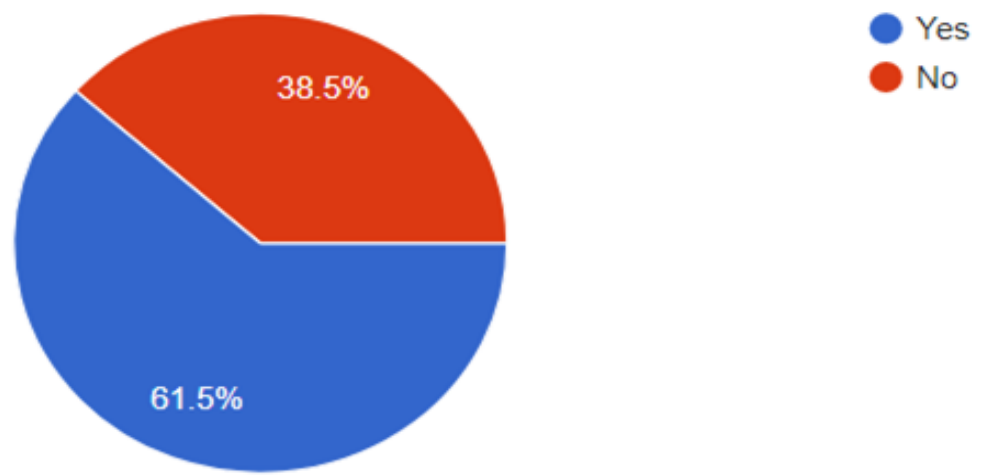
52 responses



Question 5

Did you feel more isolated from your friends at school during distance learning?

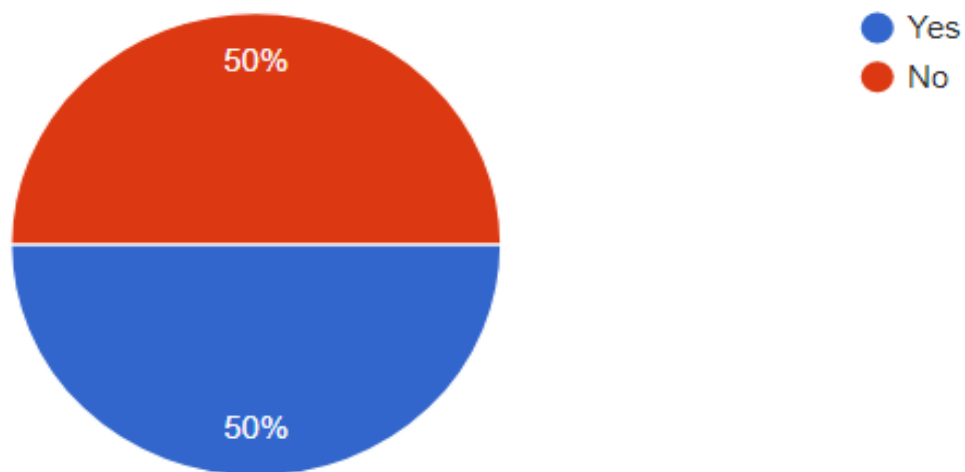
52 responses



Question 6

Did you exercise less during the pandemic?

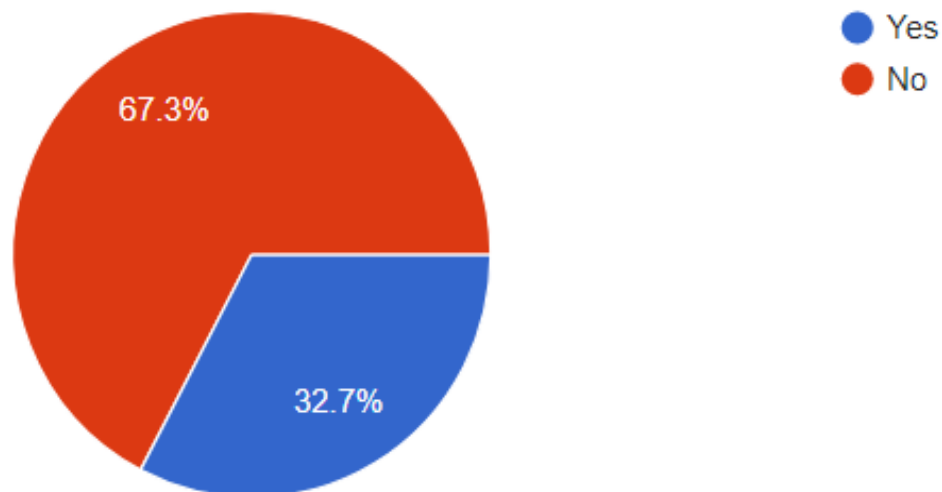
52 responses



Question 7

Are you eating more unhealthy foods than before the pandemic?

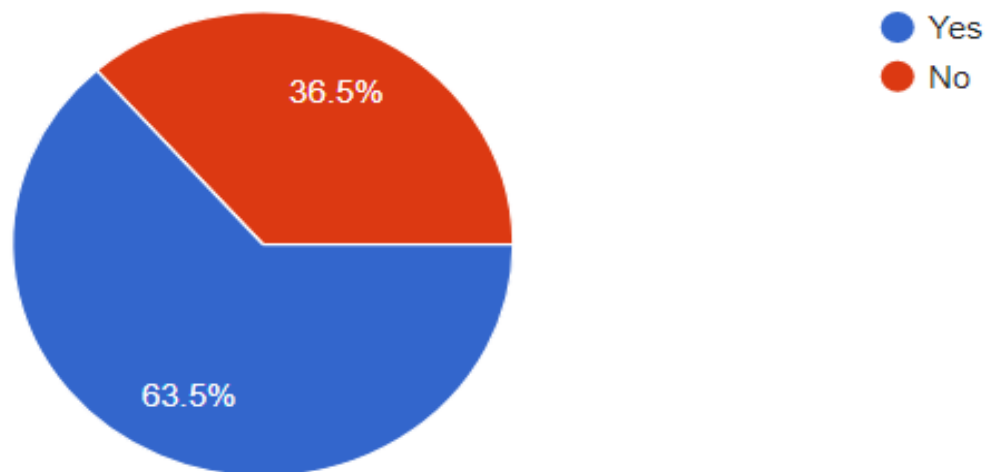
52 responses



Question 8

Did you have less desire to learn during online learning?

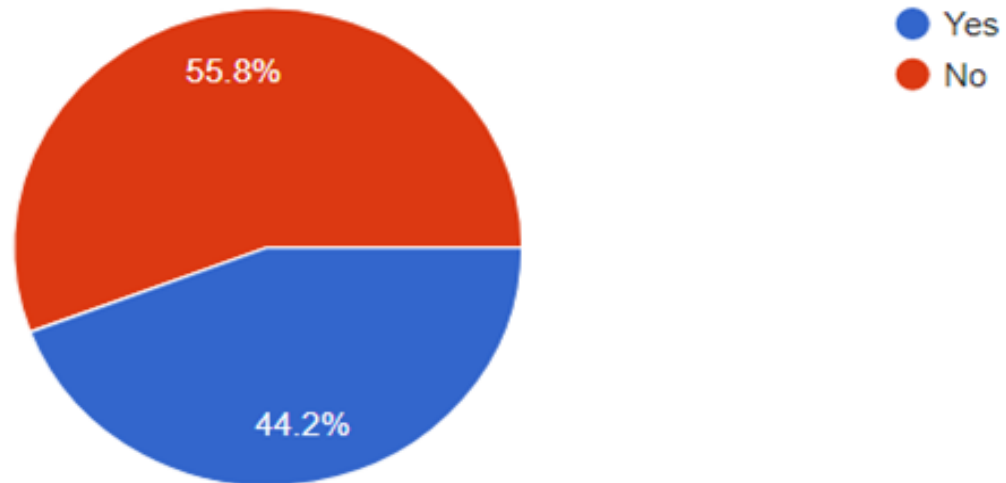
52 responses



Question 9

Did you experience more negative emotions during the pandemic?

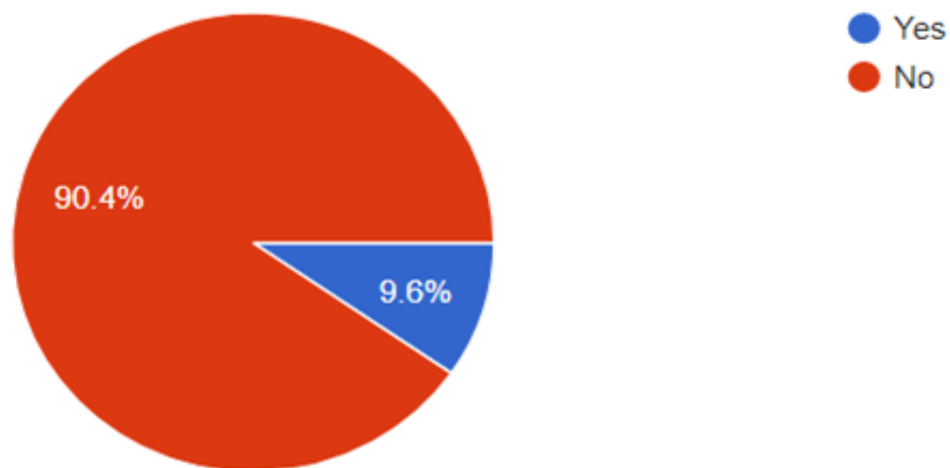
52 responses



Question 10

Do you feel that now you have a worse relationship and communication with your teachers compared to 2 years ago?

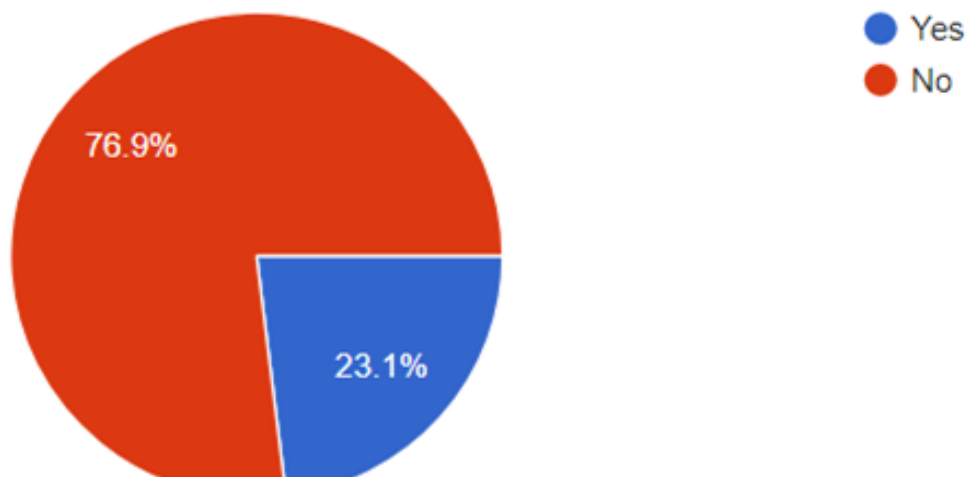
52 responses



Question 11

Do you feel that now you have a worse relationship and communication with your classmates compared to 2 years ago?

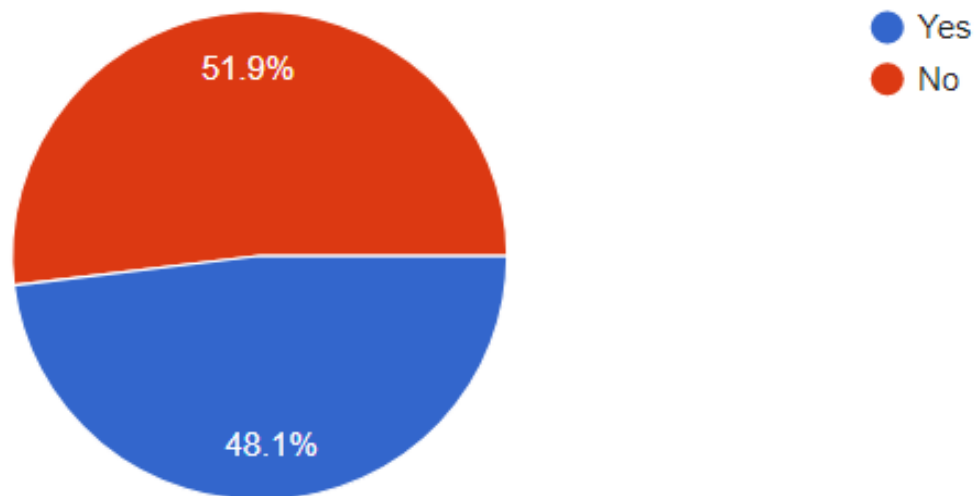
52 responses



Question 12

Did you worry more about your health during the pandemic?

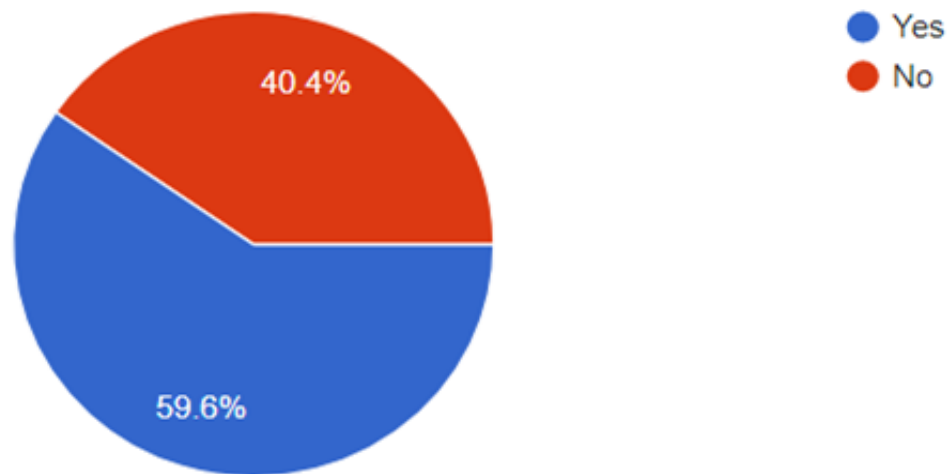
52 responses



Question 13

Did you worry about your grades during online learning?

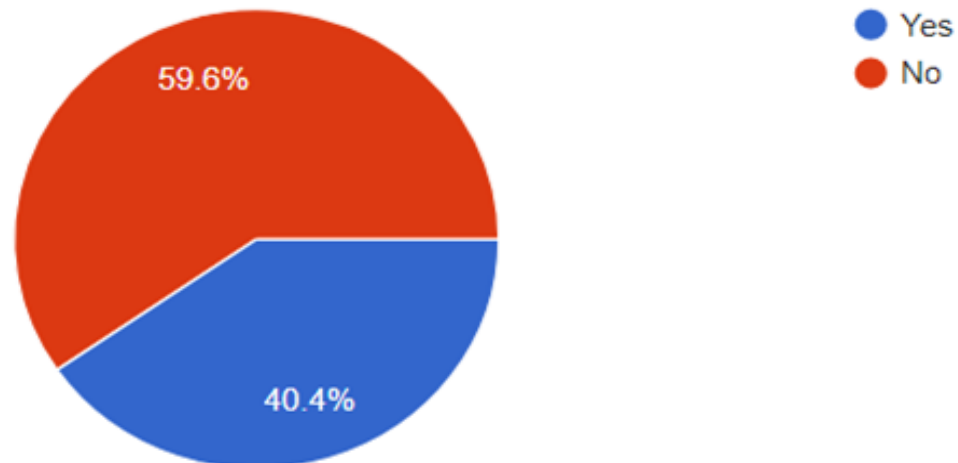
52 responses



Question 14

Did you lose contact with some of your friends during the pandemic?

52 responses



Please share if you have any additional comments related to distance learning and the impact of the COVID pandemic on you and your close ones.

10 responses

Massive waste of time

Had an effect on the economic situation of my family, causing us to live different lifestyle

The Covid pandemic and distance learning negatively affected my grades and my desire/ability to learn. However, it also gave me more time to focus on myself and to find some new interests in life

I had to return to my home country for a few months

Distance learning only works as an emergency measure. Hardly anyone could learn during it, so the grades went down. It is generally bad for students.

It was not pleasant

Conclusions from students' responses

- In conclusion, the analysis of the results in Cyprus from the Questionnaire for assessing the attitudes of **Students** on well-being and mental health and the consequences of distance learning in an electronic environment pinpoints some important issues that were encountered by students during the pandemic and online learning. As data reveal, students endured stress and anxiety in fear of lower grades since concentration during the online classes was low. The negative impact of the pandemic can also be seen in the attitudes of students regarding online learning, where they stated that they lost motivation and desire to learn and were under constant worry about grades and health.

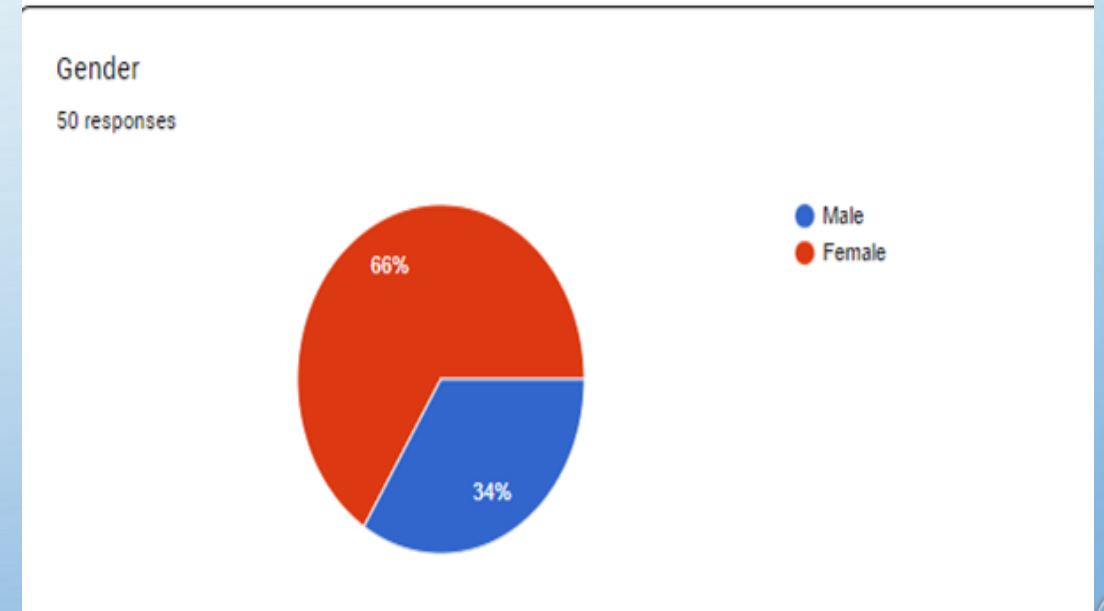
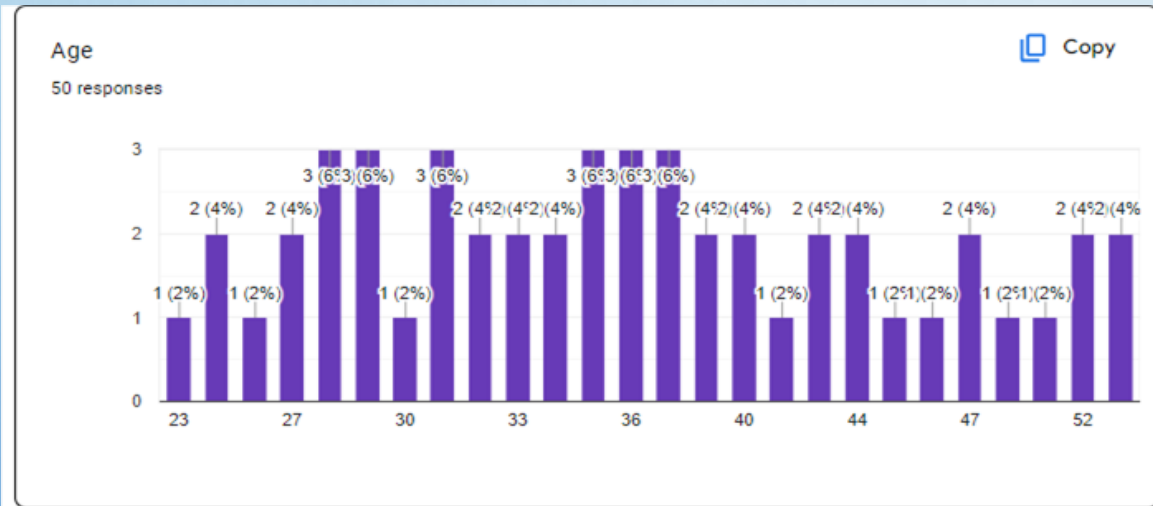
Questionnaire Results - Teachers

50 Teachers Responded

The age range was between 23-54

66 % were female teachers and 34 % were male teachers

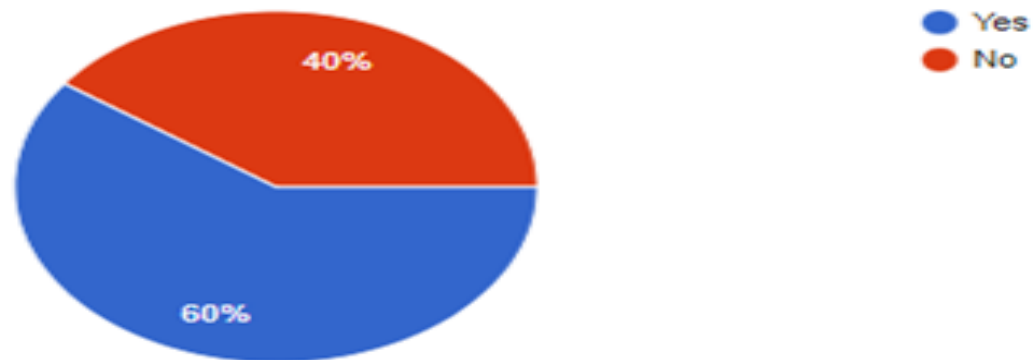
All respondents are from Cyprus



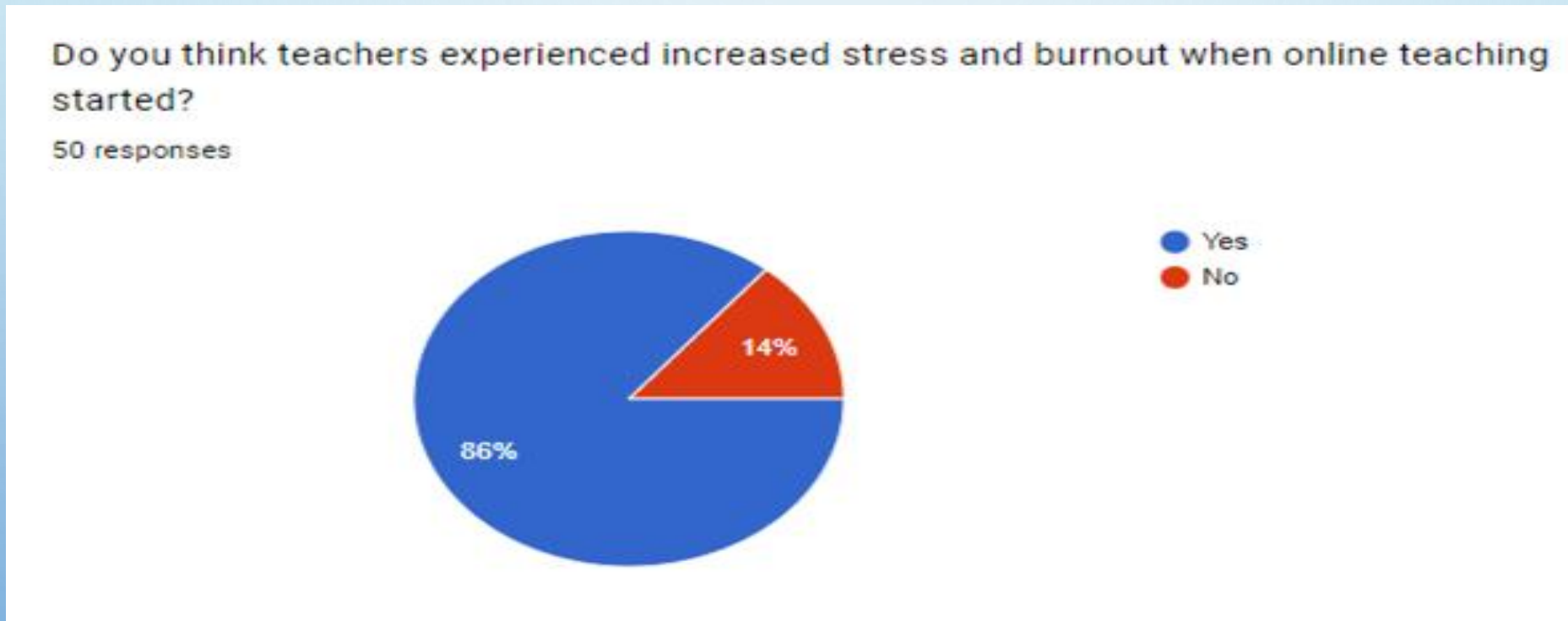
Question 1

During the pandemic, did you feel that your job was less fulfilling?

50 responses



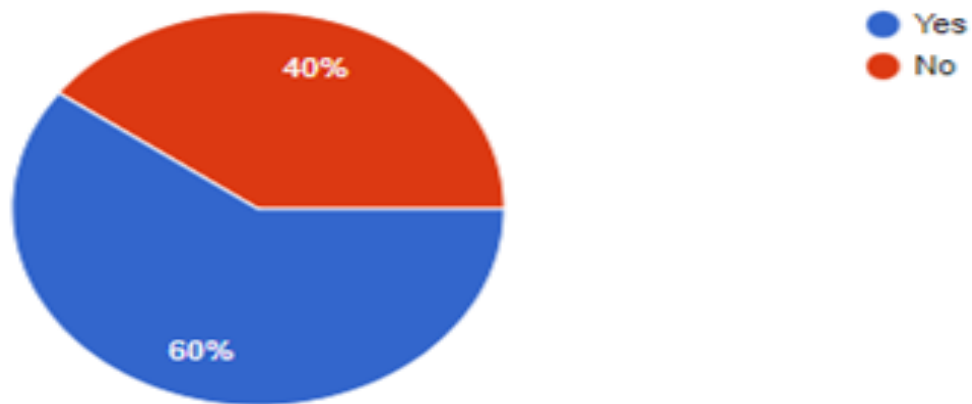
Question 2



Question 3

Do you think students were more stressed during online learning?

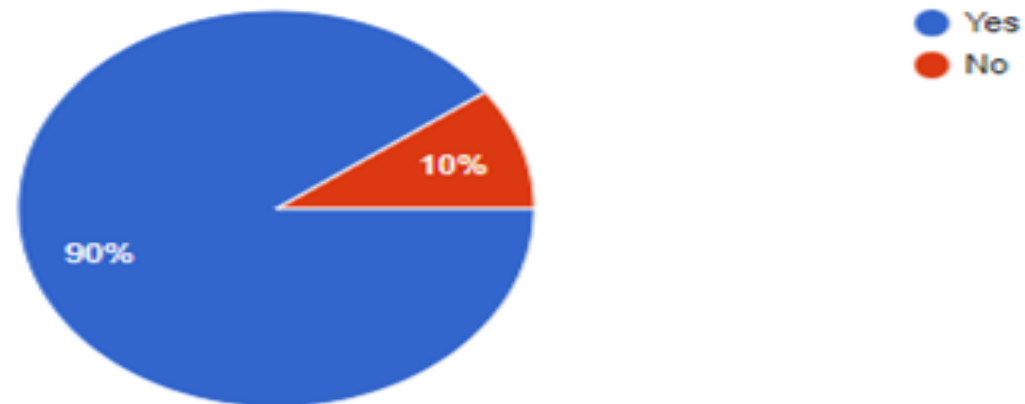
50 responses



Question 4

Did you feel more socially isolated during the pandemic?

50 responses

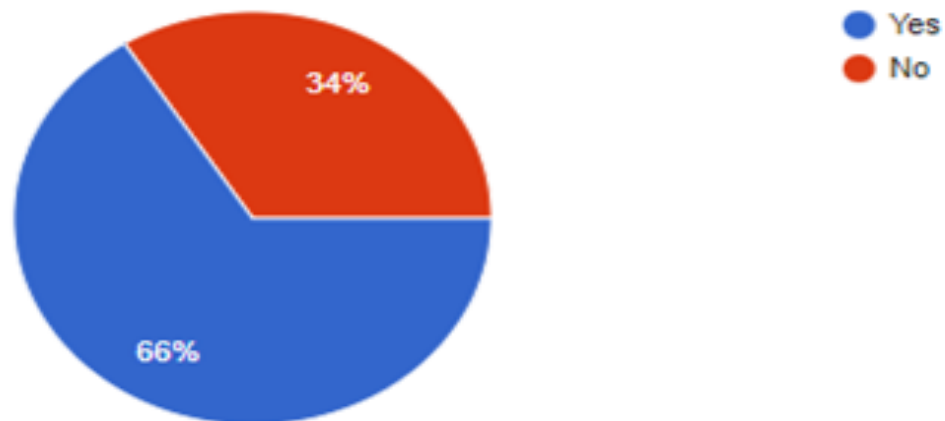


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Question 5

Were you less physically active during the pandemic?

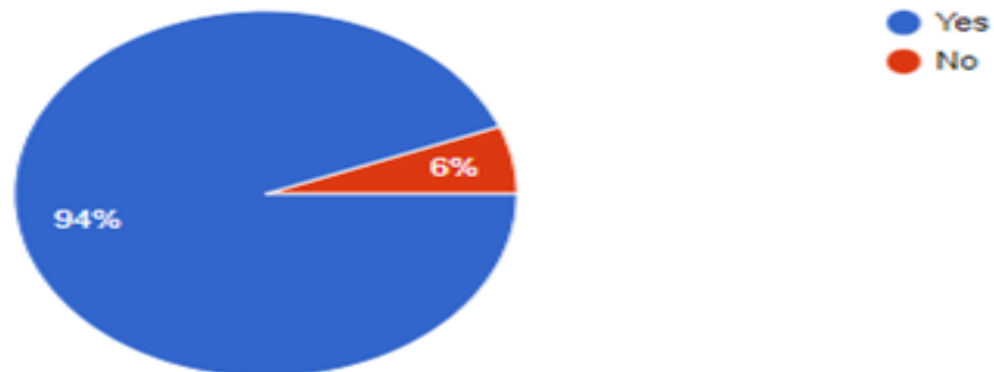
50 responses



Question 6

Do you think many colleagues experienced anxiety related to distance teaching?

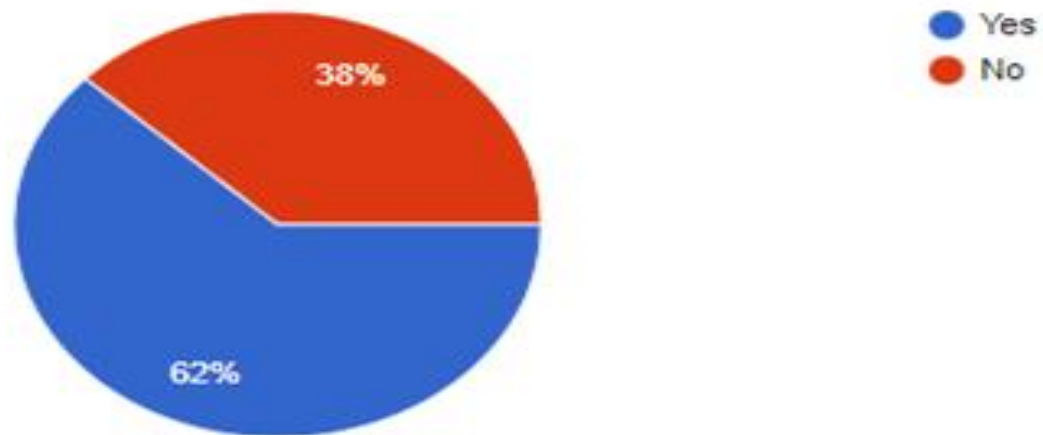
50 responses



Question 7

Do you think the communication and relationship with students has deteriorated during online learning?

50 responses

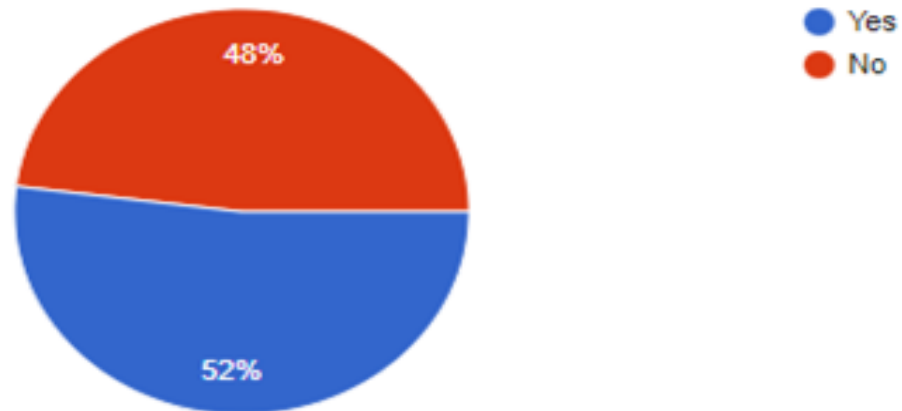


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Question 8

Did you find it difficult to manage your time during online learning?

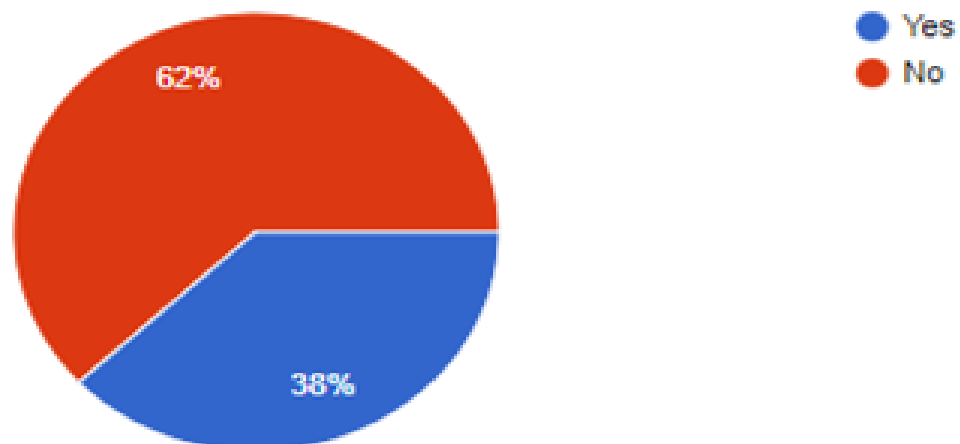
50 responses



Question 9

Do you feel you were given enough training when you had to start teaching online?

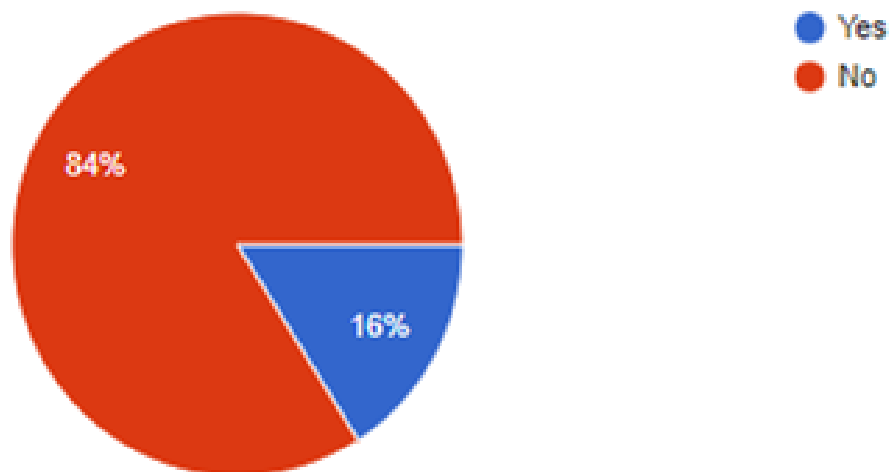
50 responses



Question 10

Have the consequences of the pandemic affected your self-esteem?

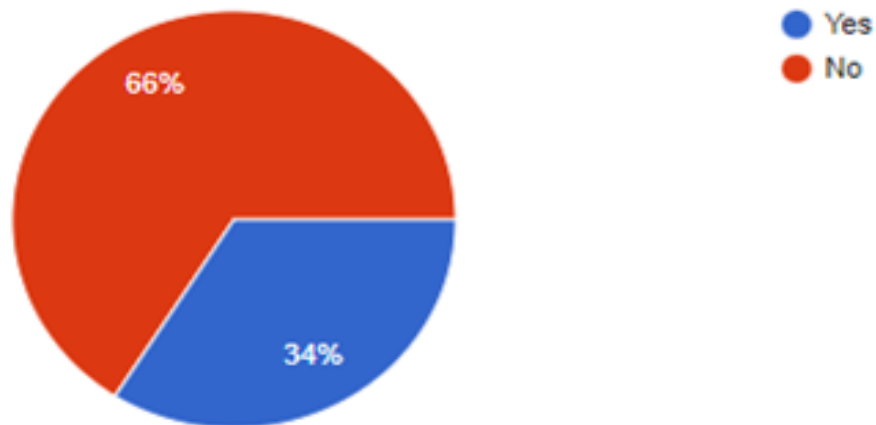
50 responses



Question 11

Was your motivation for professional development higher before the pandemic?

50 responses

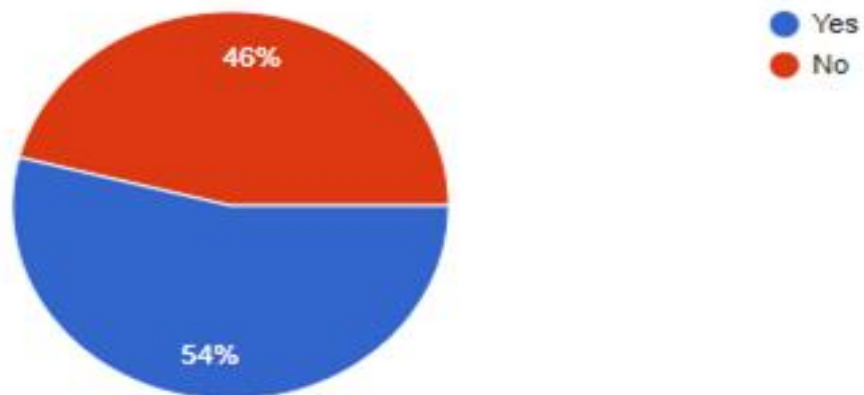


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Question 12

Do you think that the quality of life has deteriorated as a result of the isolation caused by the pandemic?

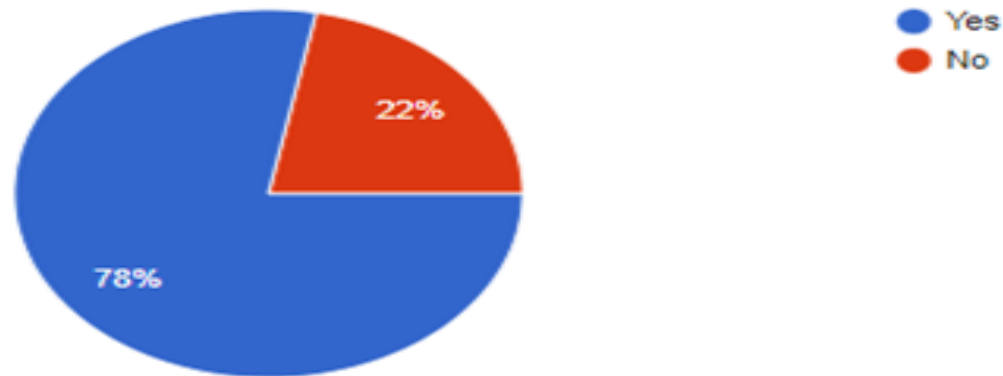
50 responses



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Have you experienced anxiety about your health during the pandemic?

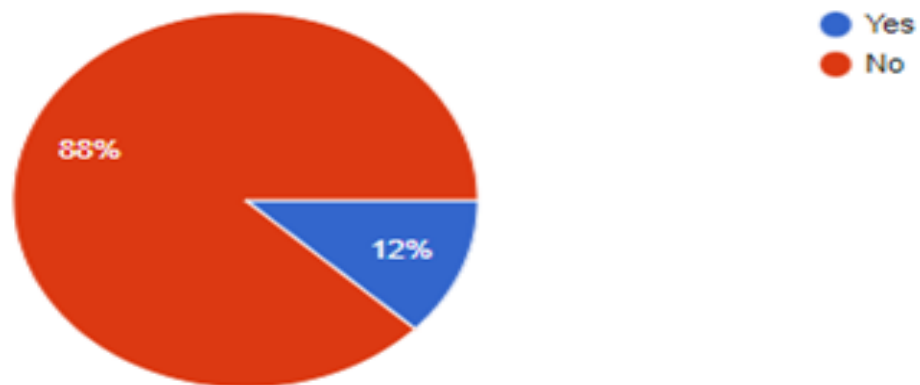
50 responses



Question 14

Do you think distance learning has contributed to an imbalance in your life now?

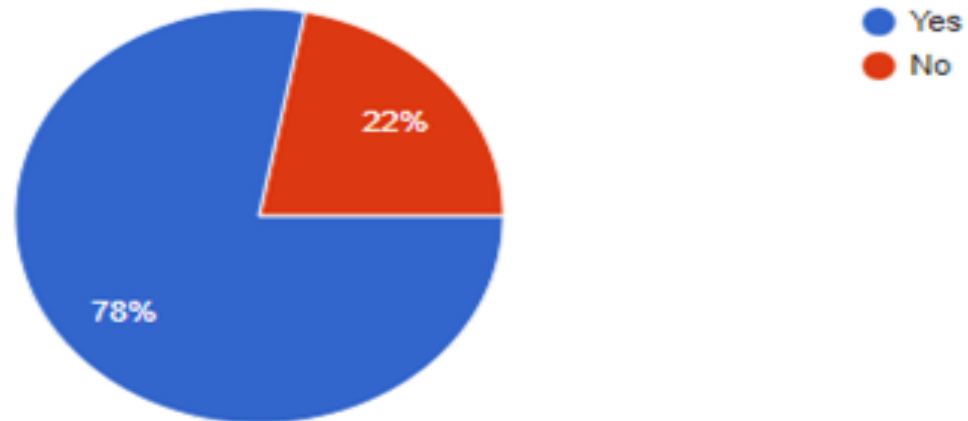
50 responses



Question 15

Did your colleagues feel more nervous and irritable when teaching online?

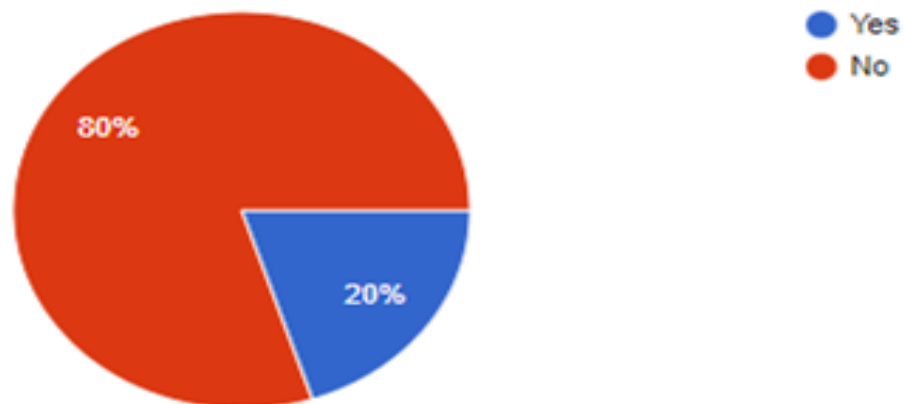
50 responses



Question 16

Do you think you experience more negative emotions now compared to before the pandemic?

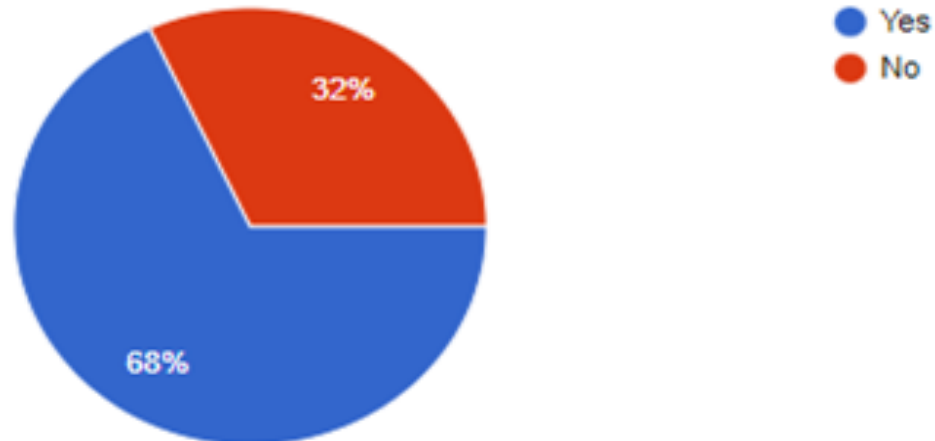
50 responses



Question 17

Do you think that your work is sufficiently appreciated by parents and students?

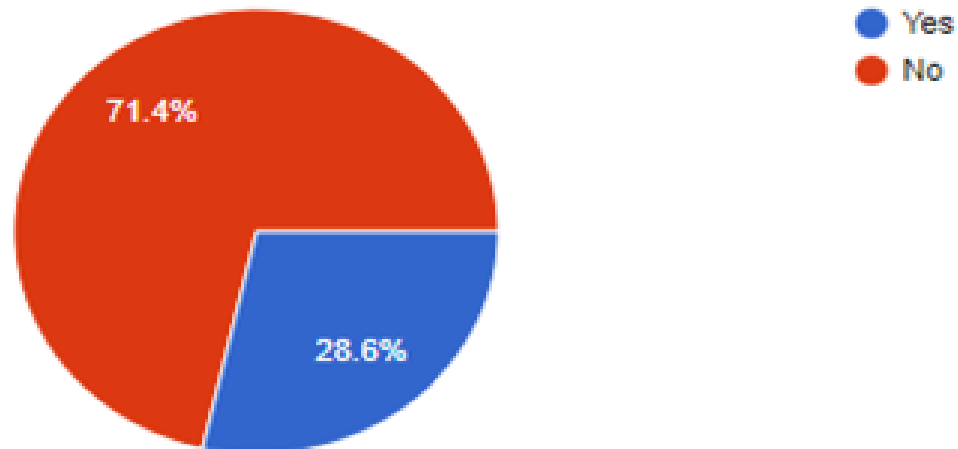
50 responses



Question 18

Did you feel sufficiently heard and understood by students during the online learning?

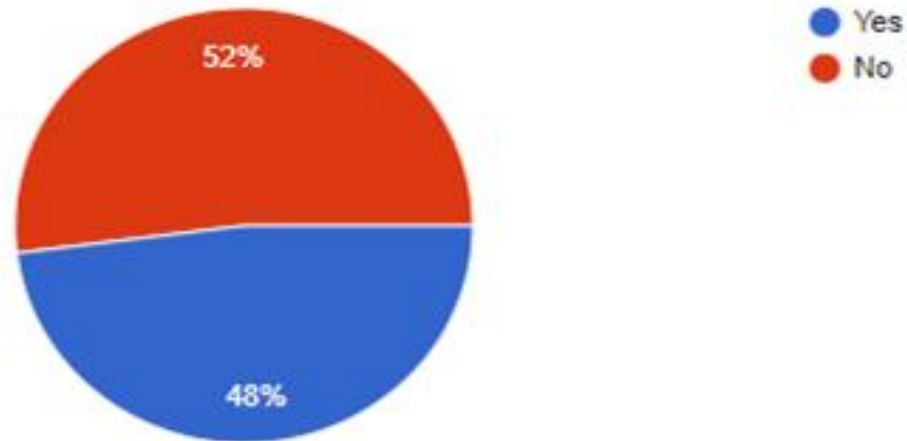
49 responses



Question 19

Do you think communication with colleagues has deteriorated during online learning?

50 responses



Please share if you have additional comments related to distance learning and the impact of the COVID pandemic on you and your close ones.

9 responses

Students have become more into technology and they are more easily distracted after this period. Also, it has been noticed that students don't have the stamina or the motivation to study as well as they don't know how to study. They need constantly support.

People are scared of much more things compared to before Covid. Bacterias are now a threat for people.

The students should keep their cameras on so they are more likely to engage in the procedure.

It was a challenging period

Teachers that are older and not tech savvy experienced more difficulties during the pandemic in my opinion.

Everybody tried their best to adopt to the consequences of pandemic, i think everybody did a good job!

I believe social isolation during the pandemic had a negative impact on everybody

Students struggled to follow the topics covered online, it is just not the same!

Conclusions from teachers' responses

- In conclusion, the analysis of the results in Cyprus from the Questionnaire for assessing the attitudes of **Teachers** on well-being and mental health and the consequences of distance learning in an electronic environment pinpoints some important issues that were encountered by educators during the COVID-19 pandemic and online learning. Data from the questionnaire highlight the negative impact of distance learning on the emotional, physical and psychological well being of educators and raise concerns about the readiness of such transition from traditional in-class teaching to an online environment. This does not only impact educators, but whole learning process itself and jeopardizes the effective education of students.

. Questions and Discussion

THANK YOU FOR YOUR ATTENTION!

PROJECT 2022-1-BG01-KA220-SCH-000085347 HEALTHY AT SCHOOL. SUPPORTING THE WELL- BEING AND MENTAL HEALTH OF STUDENTS AND TEACHERS / HAS, ERASMUS+

ROUNDTABLE DISCUSSION

10.05.2023

HOSTED BY WSBINOZ



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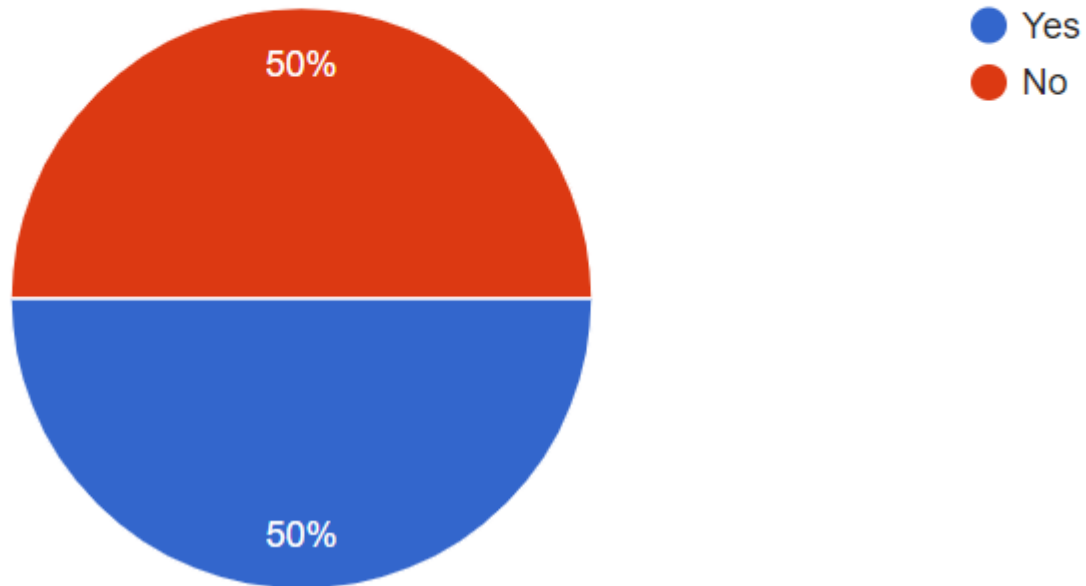
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60% were male students and 40% were female students

Question 1

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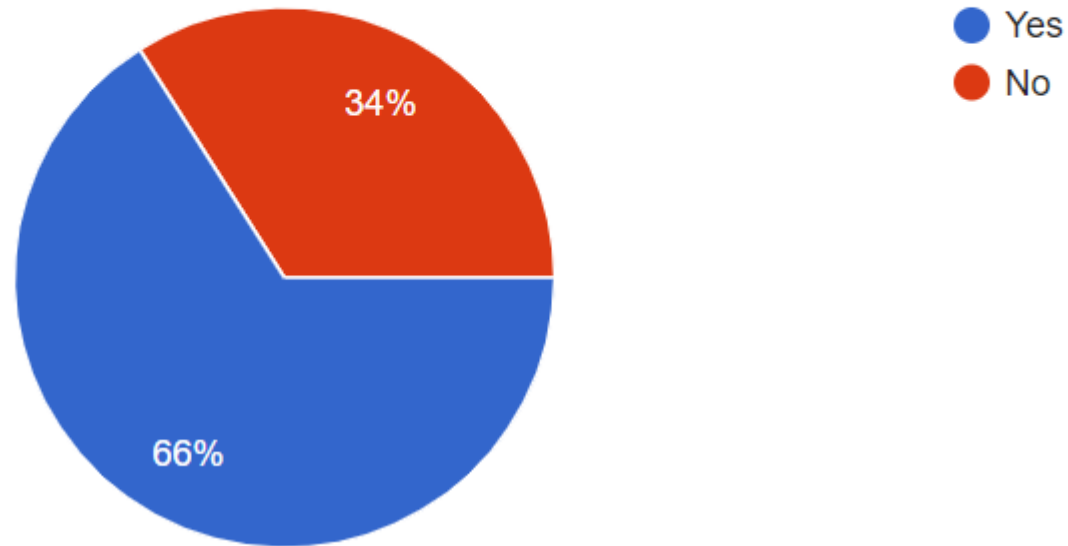
50 odpowiedzi



Question 2

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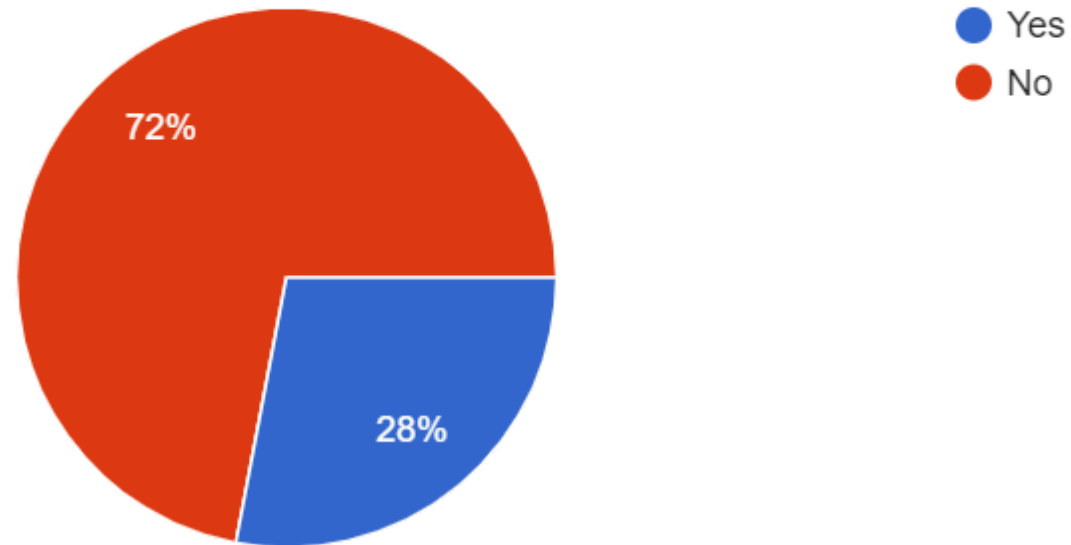
50 odpowiedzi



Question 3

3. Do you feel more nervous now compared to before the pandemic?

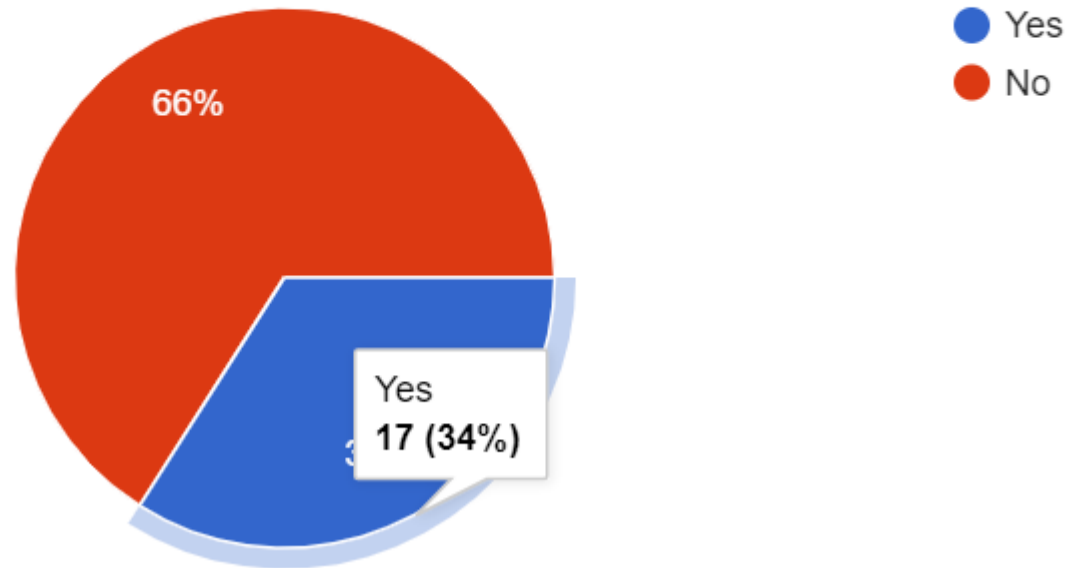
50 odpowiedzi



Question 4

4. Are your grades lower than they were before the online learning?

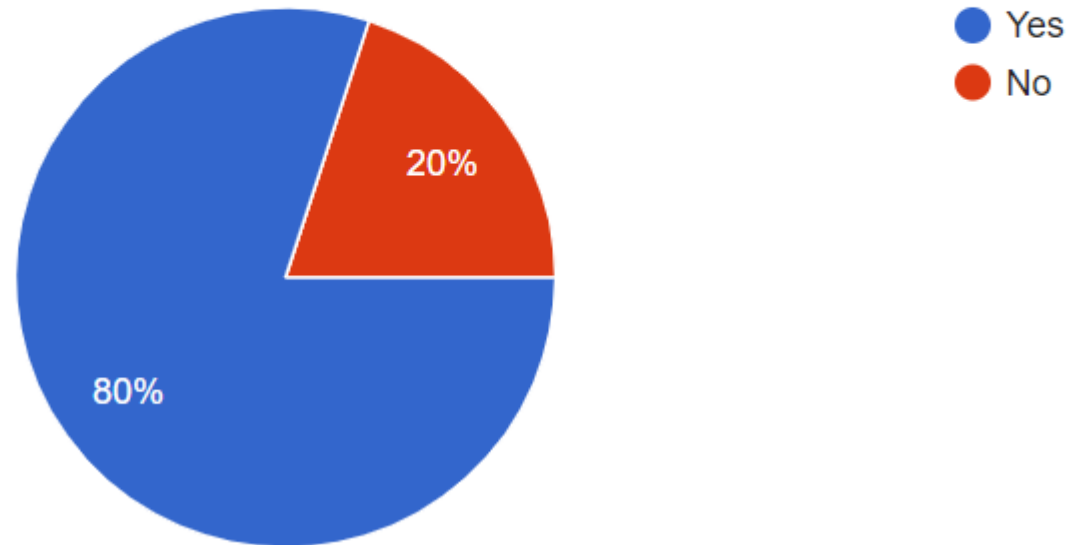
50 odpowiedzi



Question 5

5. Did you feel more isolated from your friends at school during distance learning?

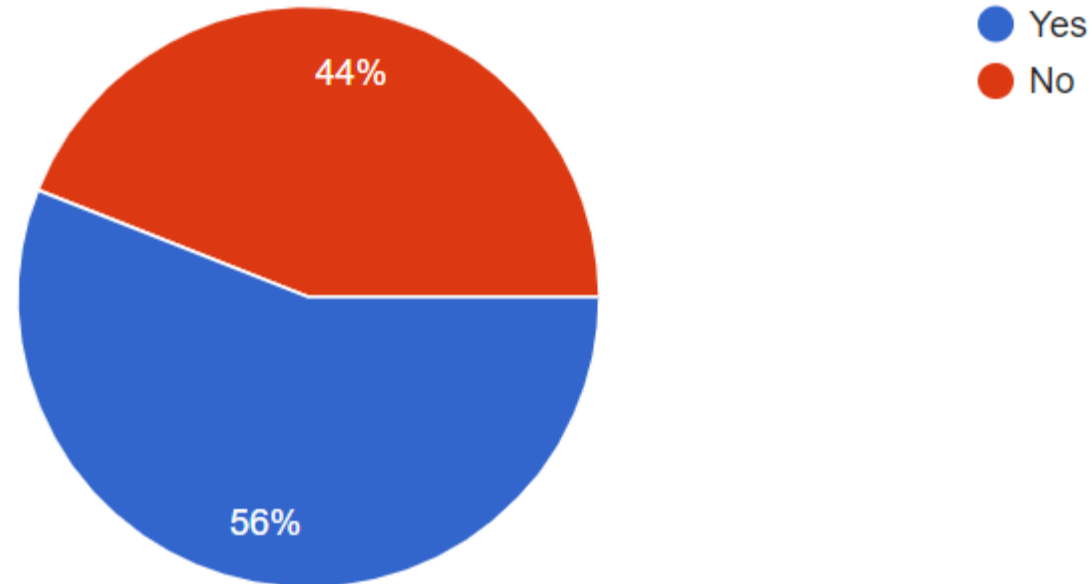
50 odpowiedzi



Question 6

6. Did you exercise less during the pandemic?

50 odpowiedzi

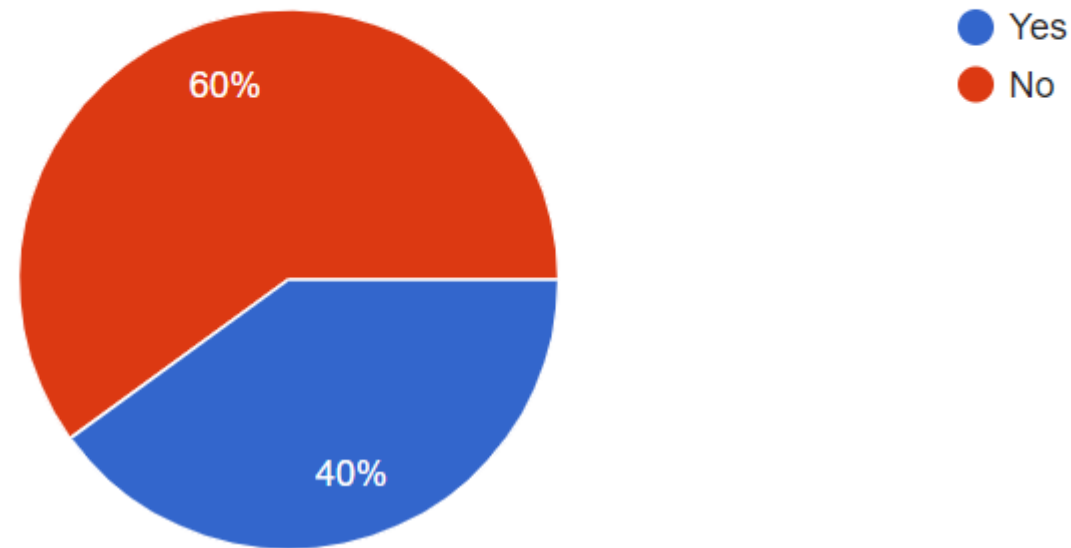


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Question 7

7. Are you eating more unhealthy foods than before the pandemic?

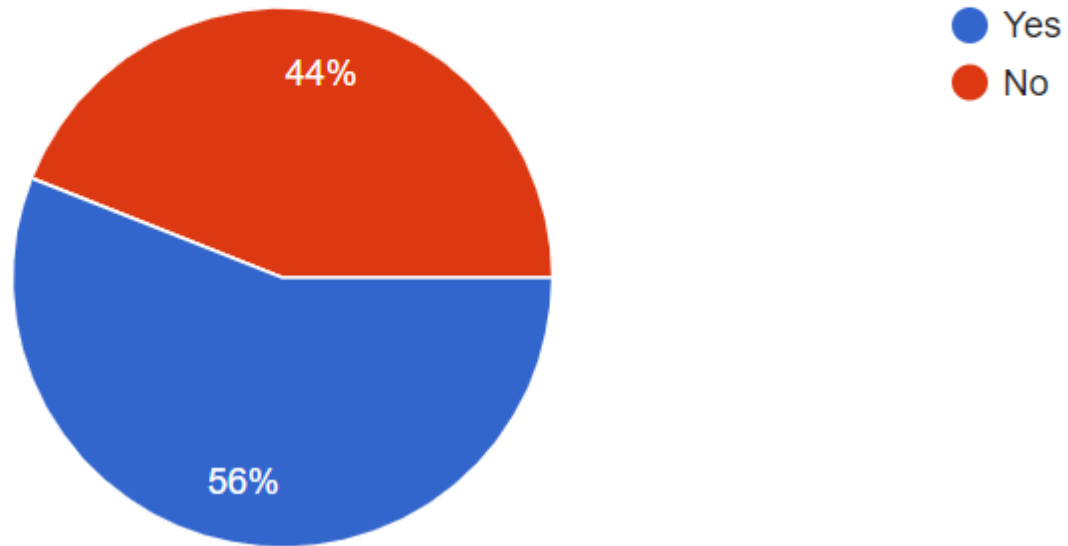
50 odpowiedzi



Question 8

8. Did you have less desire to learn during online learning?

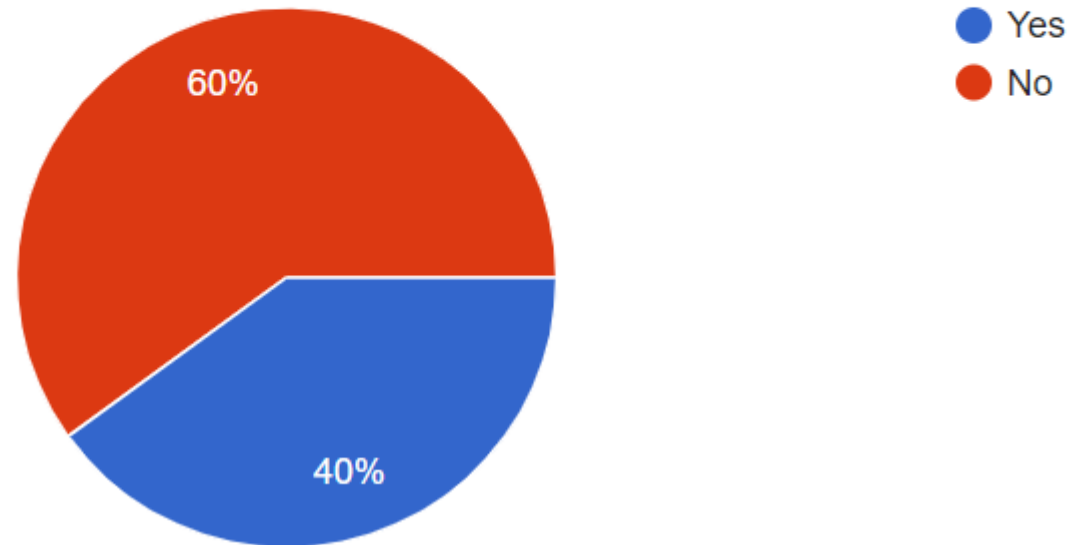
50 odpowiedzi



Question 9

9. Did you experience more negative emotions during the pandemic?

50 odpowiedzi

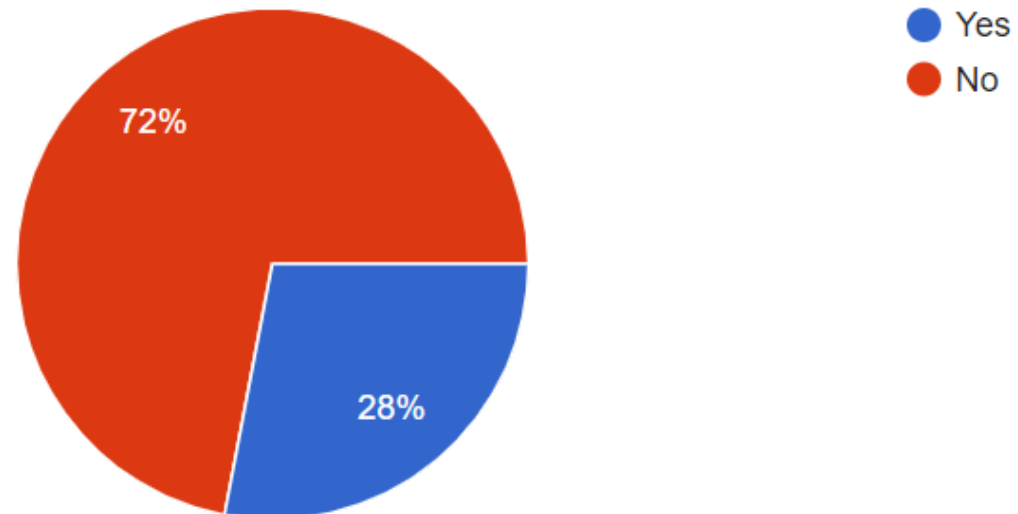


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Question 10

10. Do you feel that now you have a worse relationship and communication with your teachers compared to 2 years ago?

50 odpowiedzi

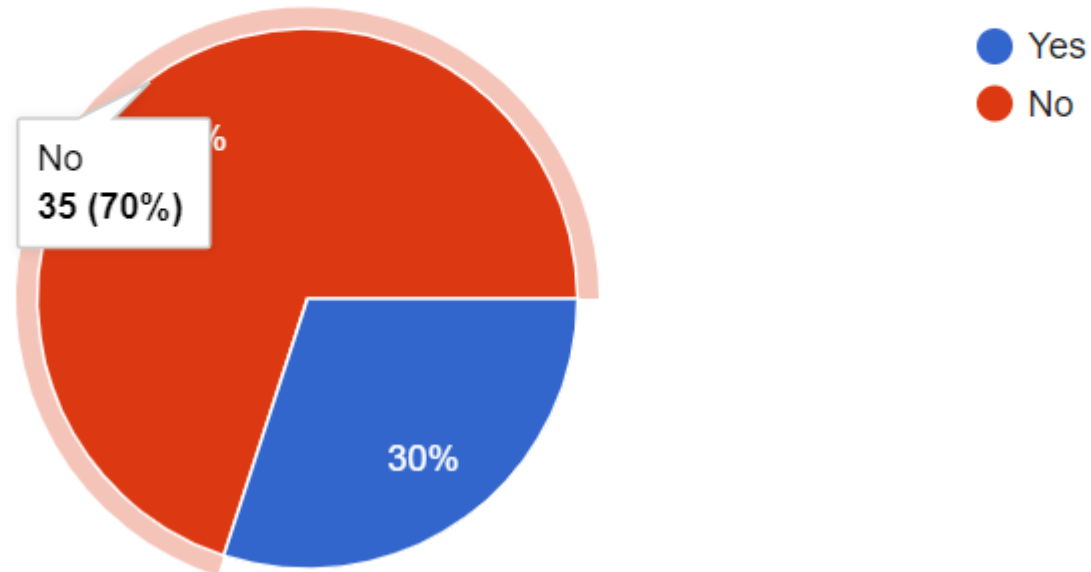


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Question 11

11. Do you feel that now you have a worse relationship and communication with your classmates compared to 2 years ago?

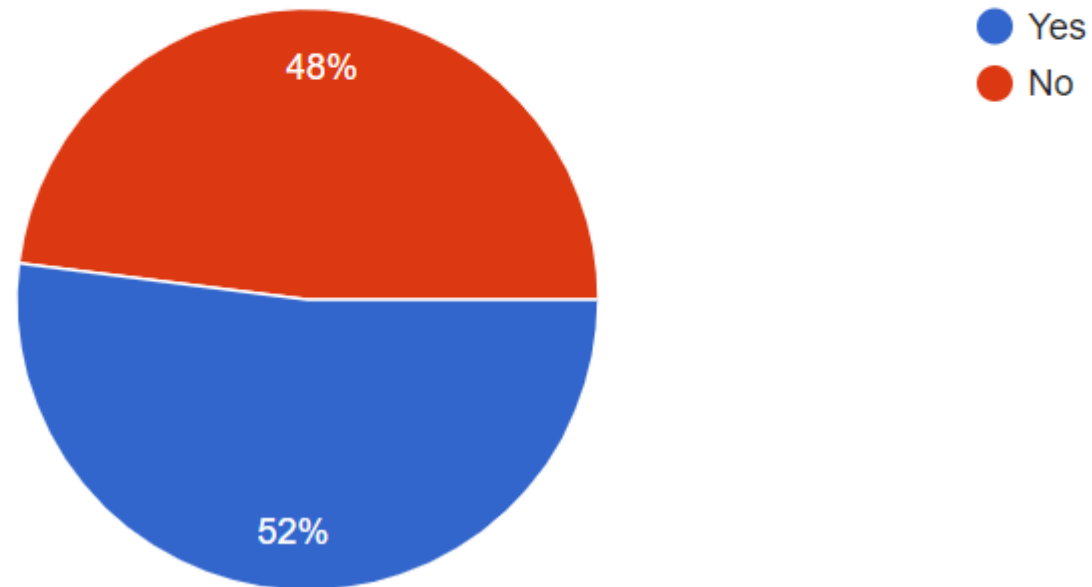
50 odpowiedzi



Question 12

12. Did you worry more about your health during the pandemic?

50 odpowiedzi

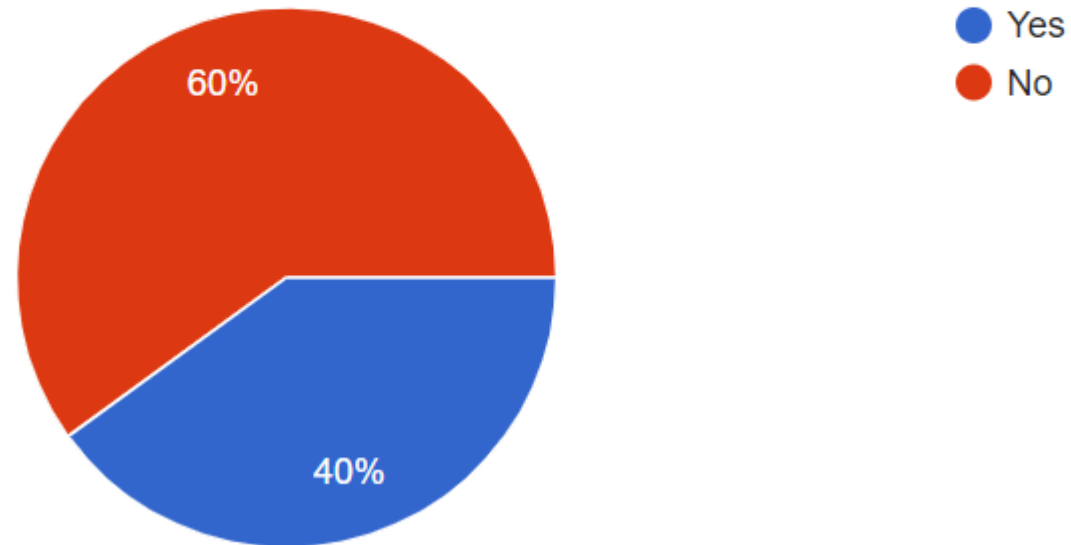


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Question 13

13. Did you worry about your grades during online learning?

50 odpowiedzi

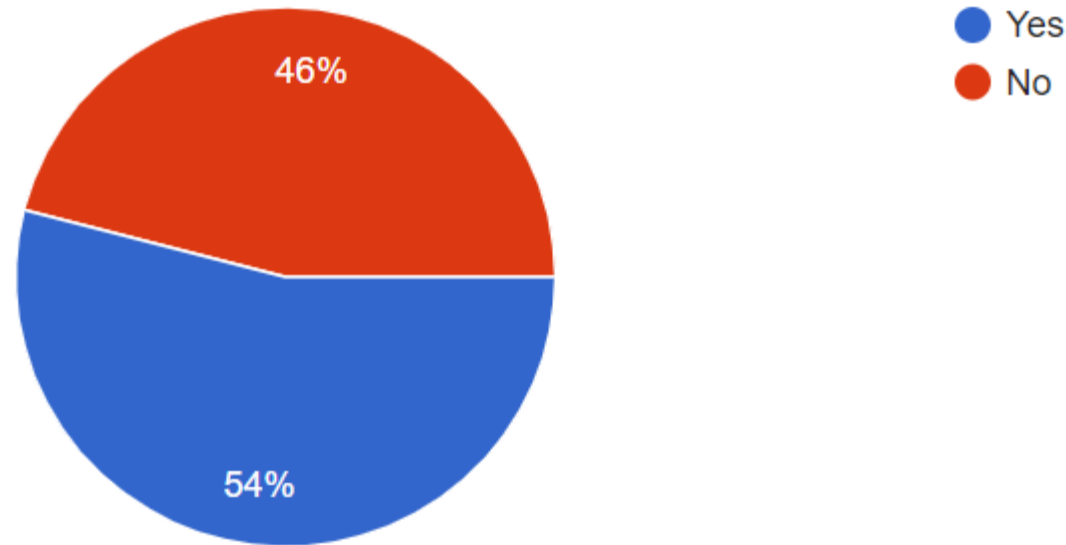


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Question 14

14. Did you lose contact with some of your friends during the pandemic?

50 odpowiedzi



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Opinions

- “Not being able to meet your study group” – suggesting possible social isolation from classmates which may have a negative impact on the mental health and well-being of students.
- “Teaching is often more boring and formulaic” – suggesting a lack of engagement and interest during distance learning on the part of students.
- “Organizational chaos” – suggesting a lack of organization in the educational process due to the increased demands of distance/online learning.

Conclusions from students' responses

In conclusion, the analysis of the results in Poland from the Questionnaire for assessing the attitudes of Students on well-being and mental health and the consequences of distance learning in an electronic environment highlights some important problems that were encountered by students during the pandemic and the period of distance/online learning, which were as follows:

feeling more stressed during the pandemic and distance/online learning (50%)

finding it hard to pay attention in class if it's online (66%);

feeling more isolated from their friends at school during distance learning (80%);

exercising less during the pandemic (56%);

more unhealthy foods than before the pandemic (40%);

having less desire to learn during online learning (56%);

experiencing more negative emotions during the pandemic (40%);

worrying more about their health during the pandemic - 52%;

worrying about their grades during online learning (40%);

losing contact with some of their friends during the pandemic (54%).

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Questionnaire Results - Teachers

50 Teachers Responded

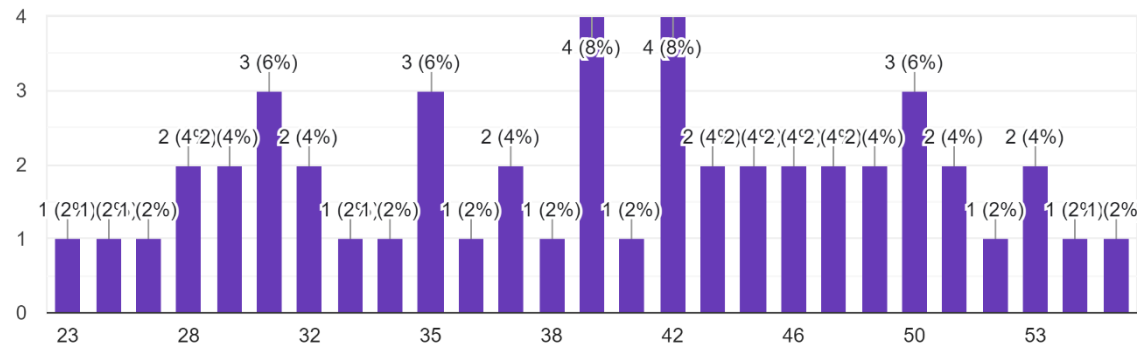
The age range was between 23-54

60% were female teachers and 40% were male teachers

All respondents are from Poland

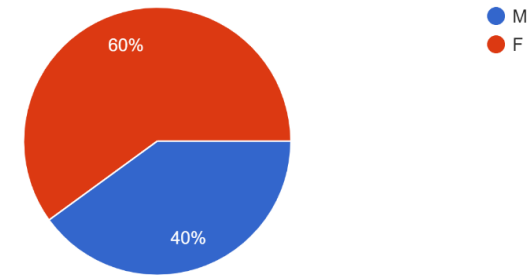
Age

50 отговора



Gender

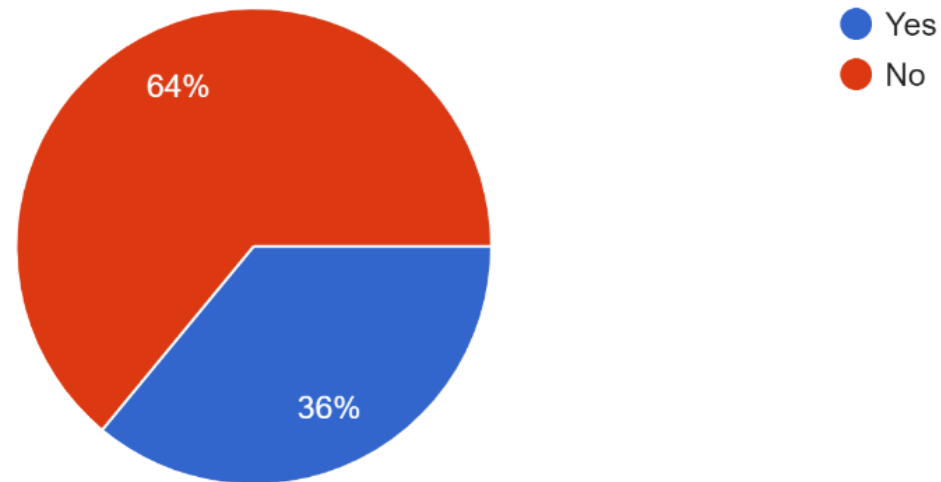
50 отговора



Question 1

1. During the pandemic, did you feel that your job was less fulfilling?

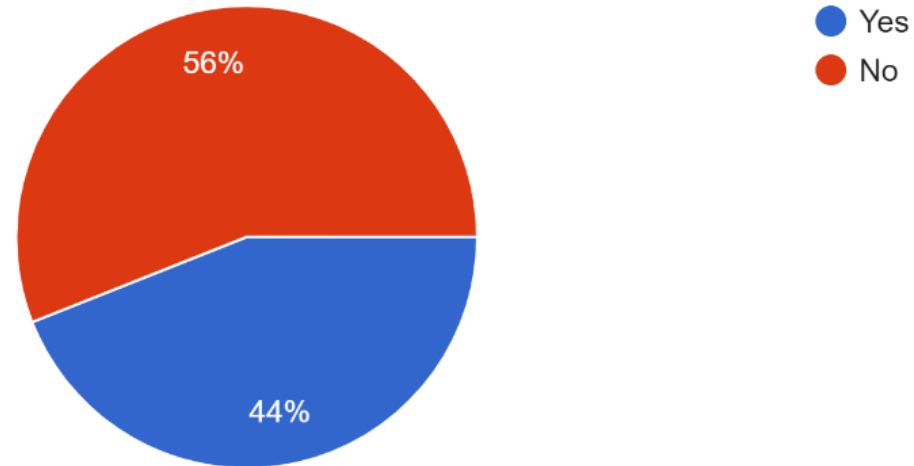
50 отговора



Question 2

2. Do you think teachers experienced increased stress and burnout when online teaching started?

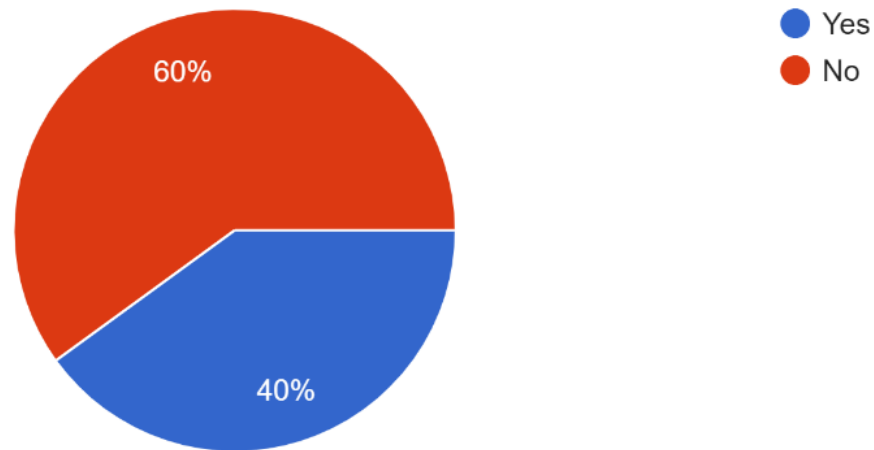
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Question 3

3. Do you think students were more stressed during online learning?

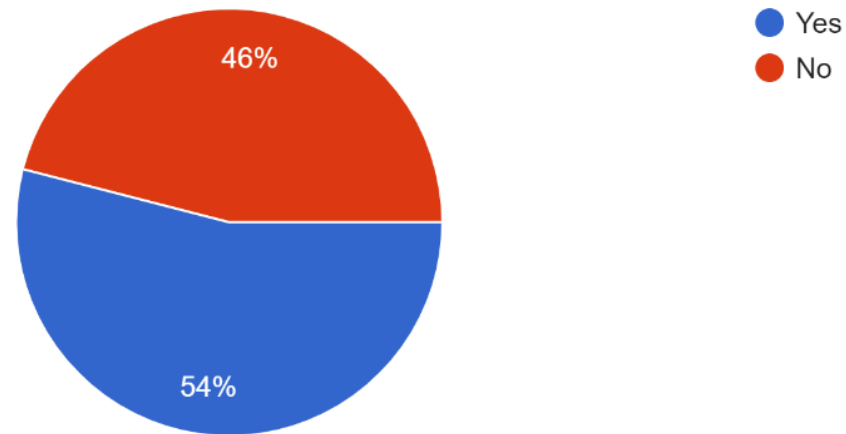
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Question 4

4. Did you feel more socially isolated during the pandemic?

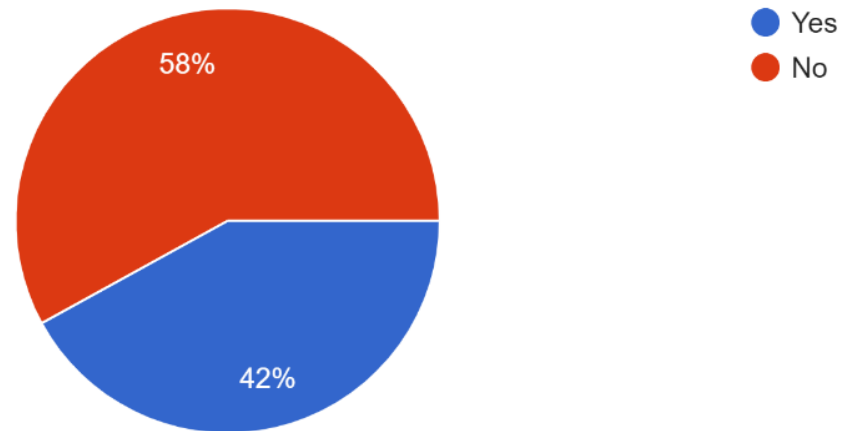
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Question 5

5. Were you less physically active during the pandemic?

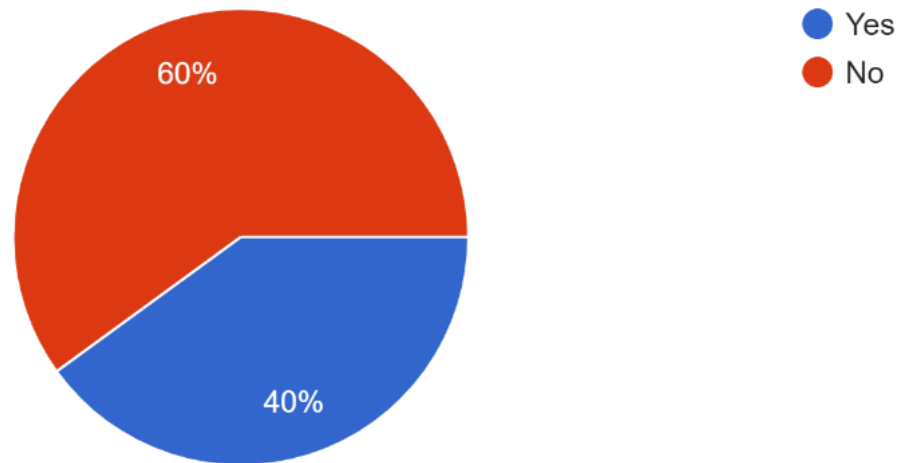
50 отговора



Question 6

6. Do you think many colleagues experienced anxiety related to distance teaching?

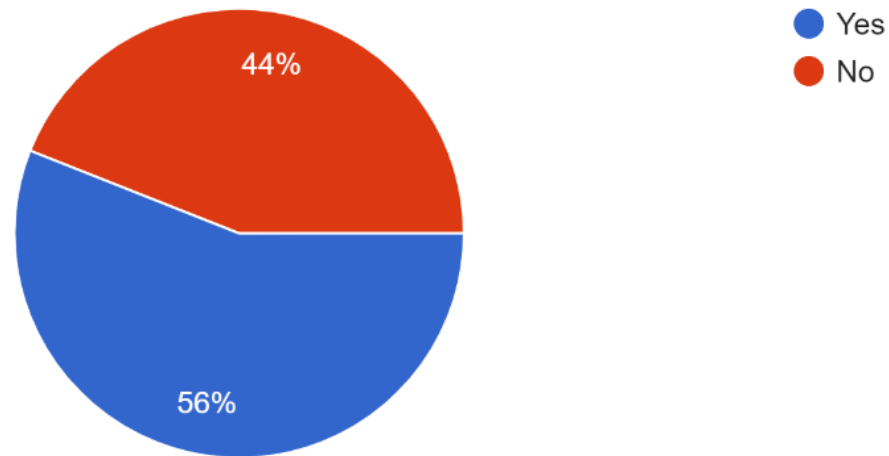
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Question 7

7. Do you think the communication and relationship with students has deteriorated during online learning?

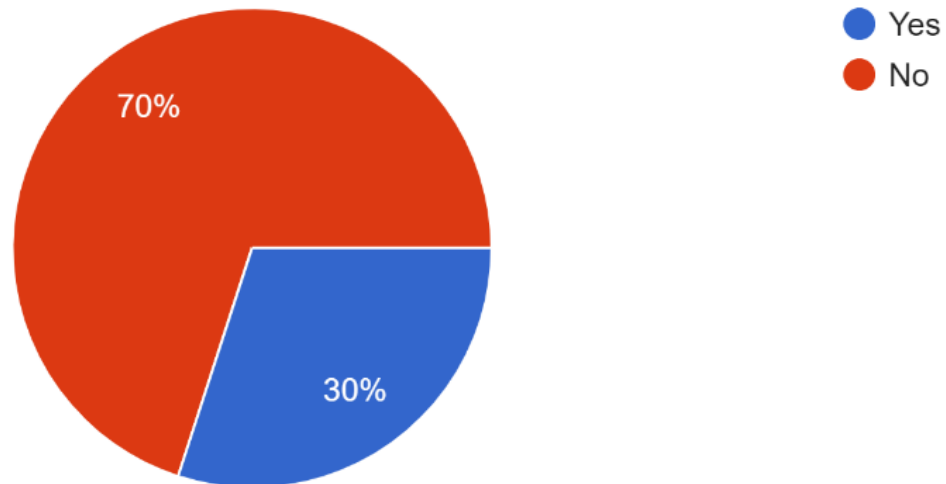
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Question 8

8. Did you find it difficult to manage your time during online learning?

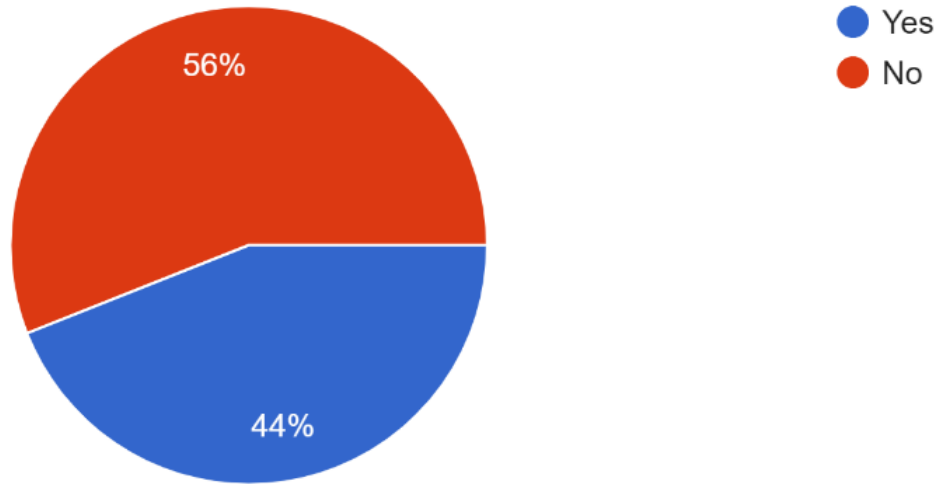
50 отговора



Question 9

9. Do you feel you were given enough training when you had to start teaching online?

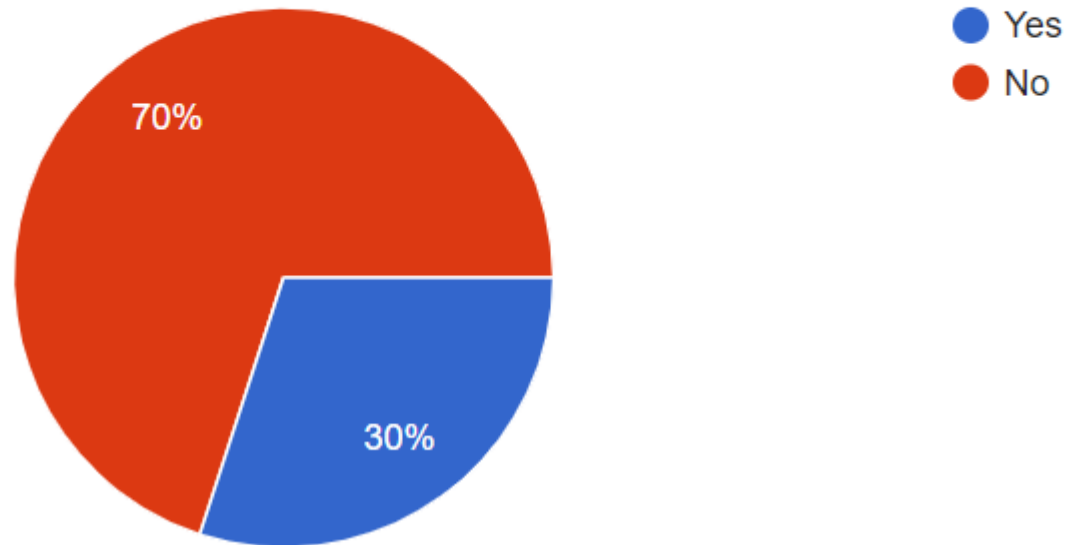
50 отговора



Question 10

10. Have the consequences of the pandemic affected your self-esteem?

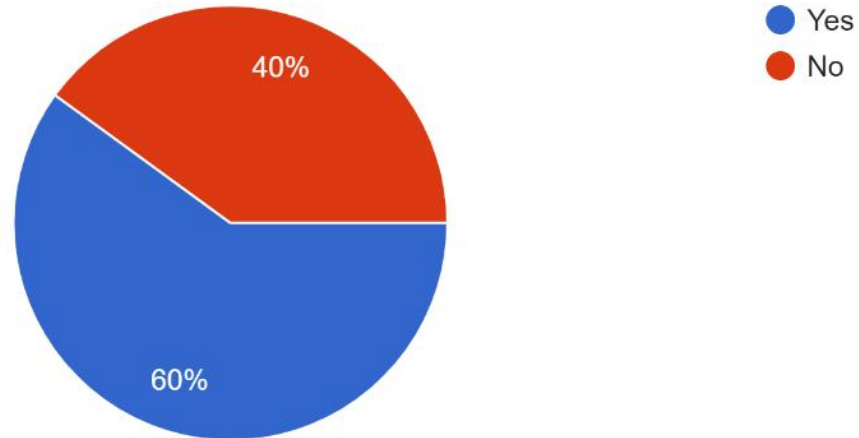
50 odpowiedzi



Question 11

11. Was your motivation for professional development higher before the pandemic?

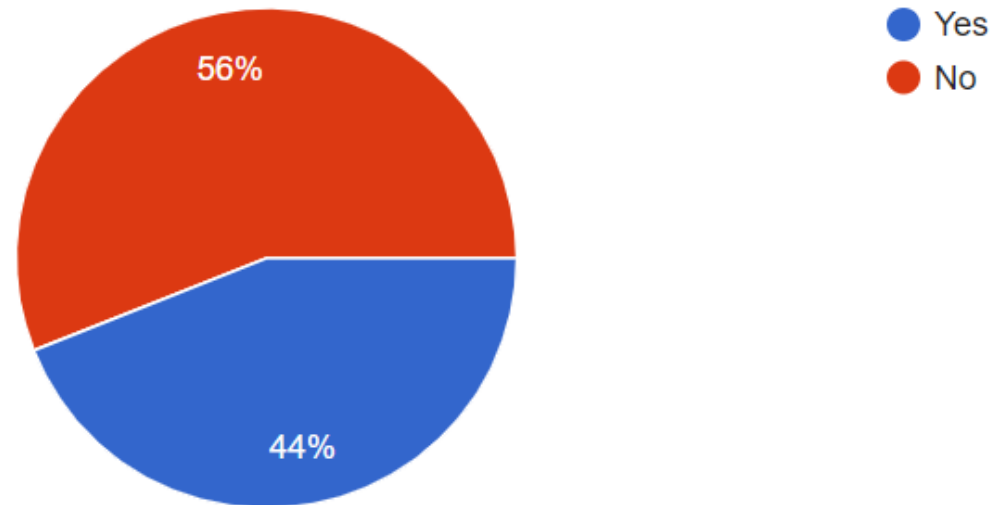
50 отговора



Question 12

12. Do you think that the quality of life has deteriorated as a result of the isolation caused by the pandemic?

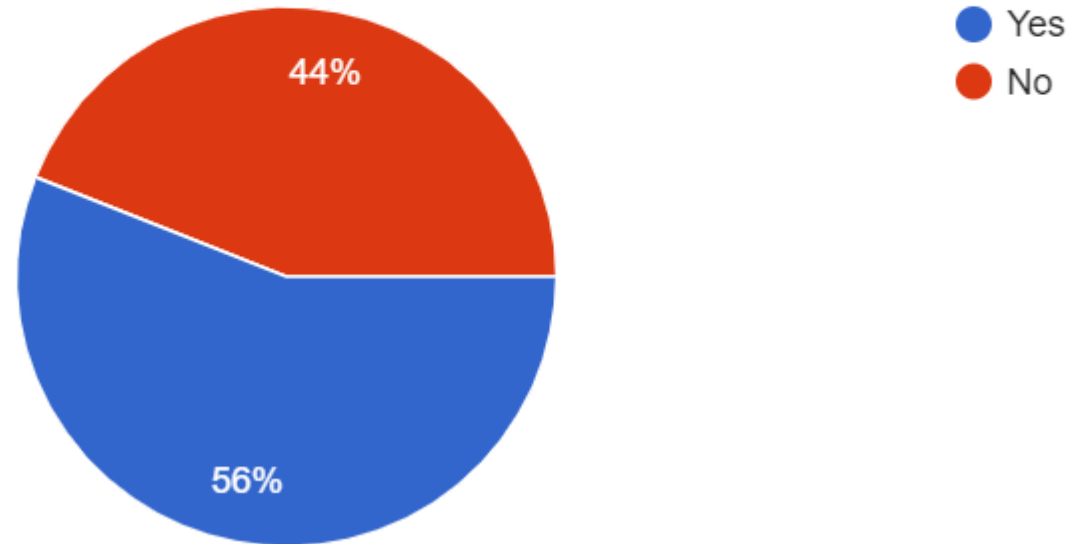
50 odpowiedzi



Question 13

13. Have you experienced anxiety about your health during the pandemic?

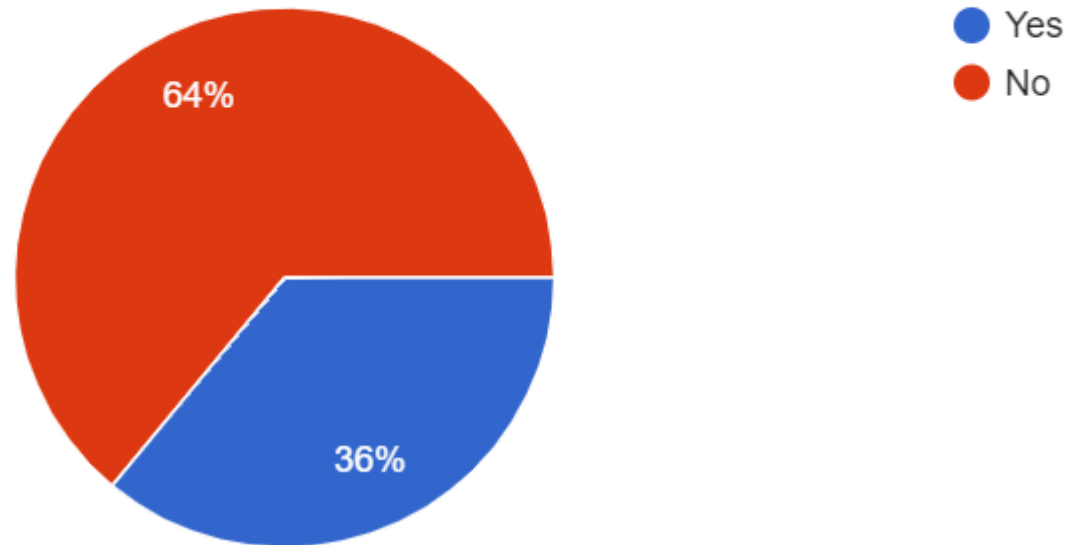
50 odpowiedzi



Question 14

14. Do you think distance learning has contributed to an imbalance in your life now?

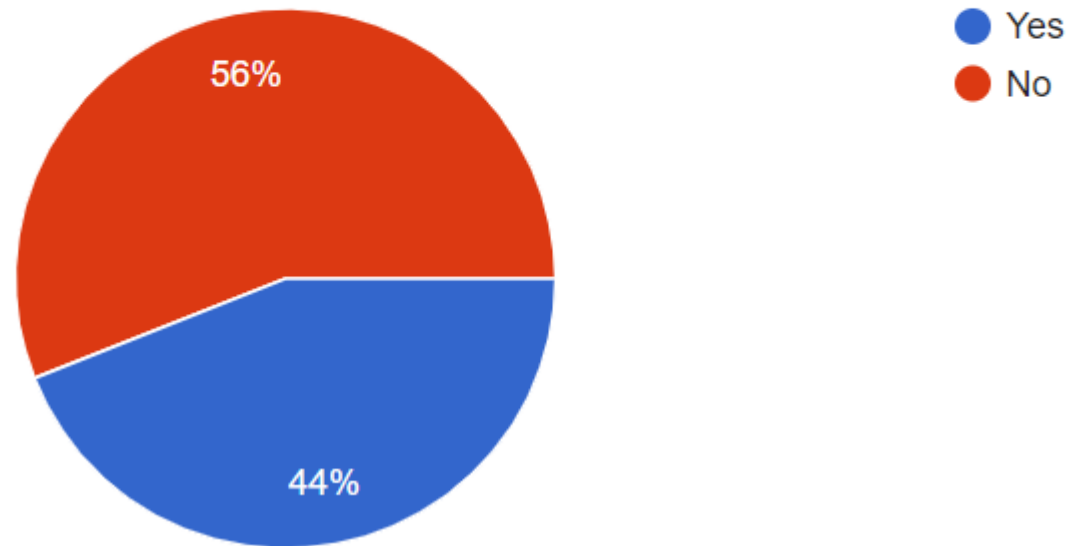
50 odpowiedzi



Question 15

15. Did your colleagues feel more nervous and irritable when teaching online?

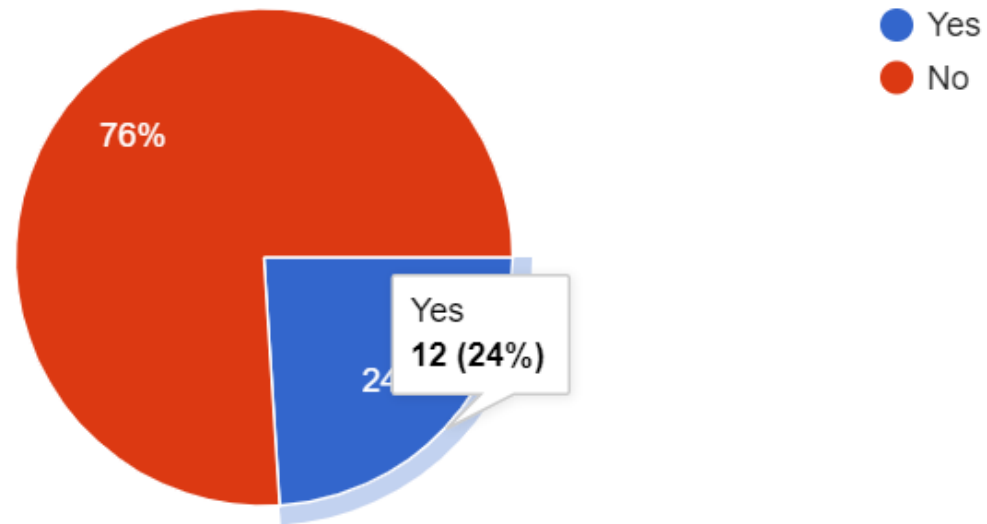
50 odpowiedzi



Question 16

16. Do you think you experience more negative emotions now compared to before the pandemic?

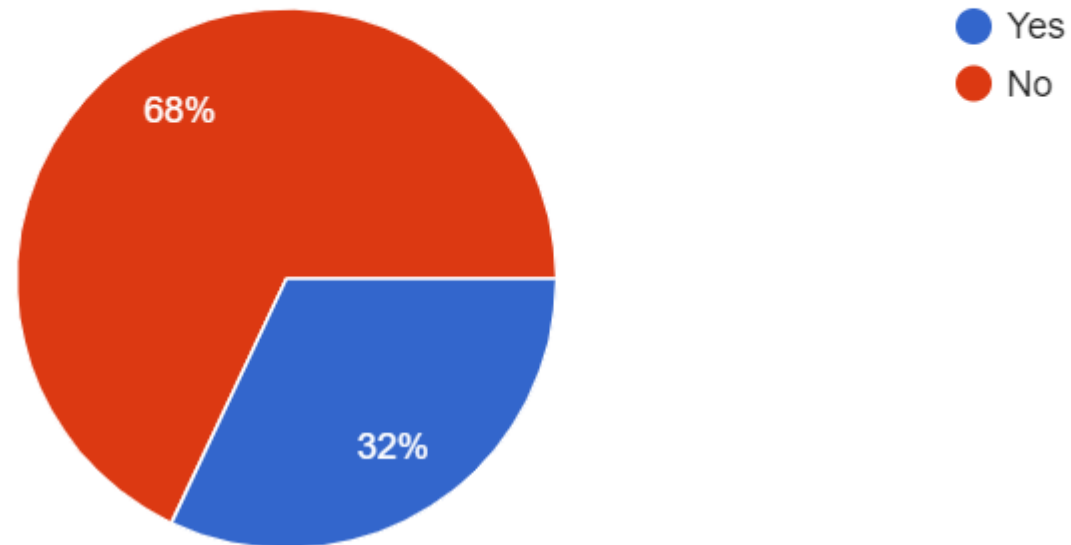
50 odpowiedzi



Question 17

17. Do you think that your work is sufficiently appreciated by parents and students?

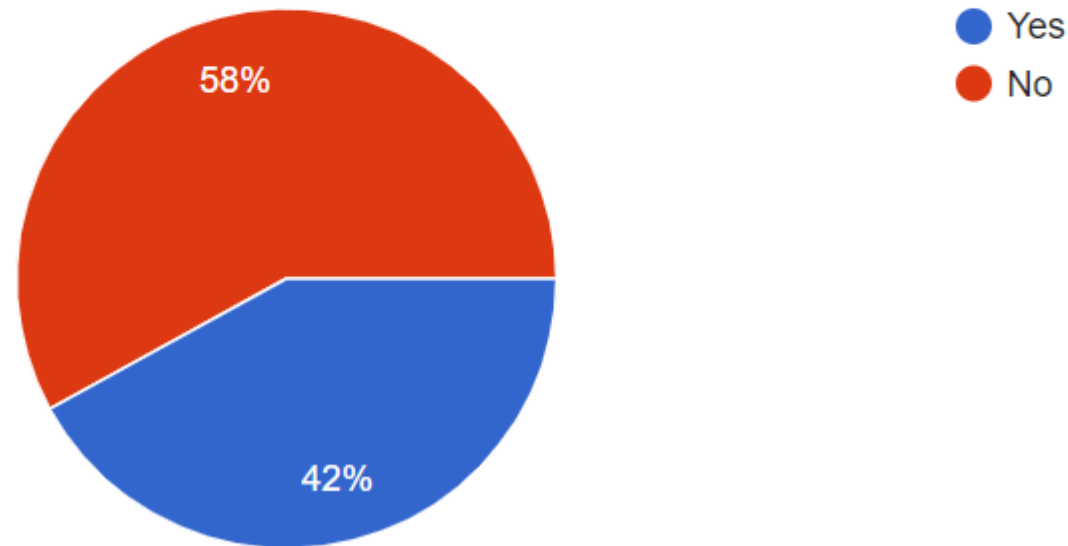
50 odpowiedzi



Question 18

18. Did you feel sufficiently heard and understood by students during the online learning?

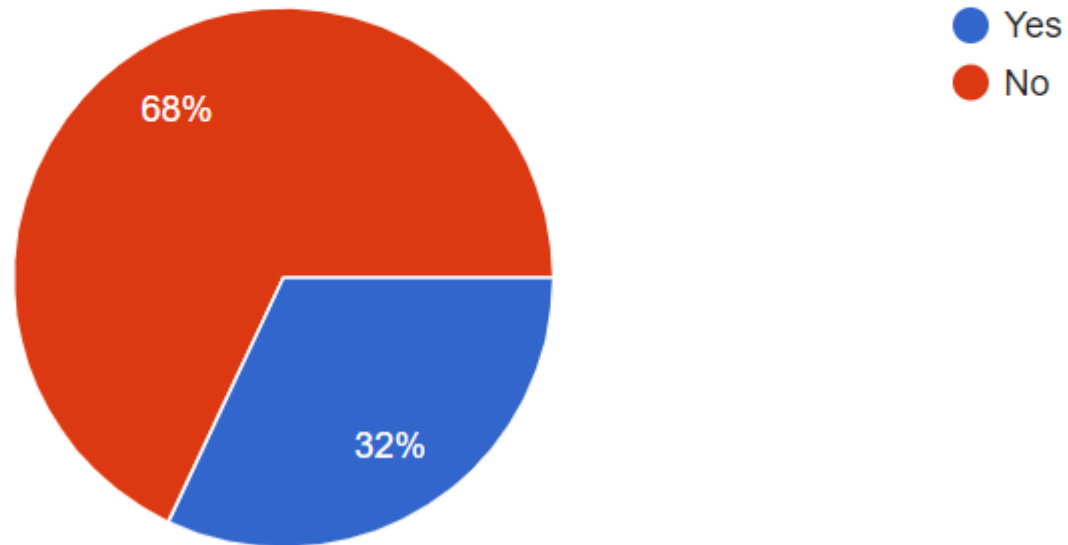
50 odpowiedzi



Question 19

19. Do you think communication with colleagues has deteriorated during online learning?

50 odpowiedzi



Conclusions from teachers' responses

In conclusion, the analysis of the results in Poland from the Questionnaire for assessing the attitudes of **Teachers** on well-being and mental health and the consequences of distance learning in an electronic environment reveals some important problems that were encountered by teachers/educators/trainers during pandemic and online learning, such as:

- experiencing increased stress and burnout levels during online teaching (44%);
- feeling more socially isolated during the pandemic (54%);
- being less physically active during the pandemic (42%);
- deterioration in the communication and relationship with students during online learning (56%);
- not being given enough training before the beginning of online teaching (56%);
- deterioration of motivation for professional development during the pandemic and online teaching (60%);
- deterioration of quality of life as a result of the isolation caused by the pandemic (44%);
- experiencing health anxiety during the pandemic (56%);
- colleagues feeling more nervous and irritable when teaching online (44%);
- educators feeling that their work is not being sufficiently appreciated by parents and students (68%);
- not feeling sufficiently heard and understood by students during online learning (58%).

← Questions and Discussion

THANK YOU FOR YOUR ATTENTION!