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## The health impact of distance education on children and adults during the Corona pandemic in the city of Mecca

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### Abstract

This research aims to what are the side effects that expose children and adults to distance education during the Corona Virus (COVID-19) pandemic, and what are their attitudes and opinions, and the attitudes and opinions of parents for distance education during the Corona Virus Pandemic (COVID-19)

And finding solutions and proposals for this problem, An electronic questionnaire was distributed through social media, due to social distancing and preventing crowding in public places (and WhatsApp) to various neighborhoods of Makkah and of different nationalities as well to about more than 1,000 (random samples) people (women and men) and responses were received for about 700 people. Knowing that the participants are residents of the city of Mecca from under 16 years old to over 65 years old.

**Keywords:** Distance education, COVID-19

### 1. Introduction

In recent years, the world has witnessed successive and rapid technological, technical and informational developments, and openness to different cultures, which makes it imperative for those in charge of educational institutions to coexist with all global changes and to keep pace with those changes, developments and challenges, and in light of global trends and education development policies that took many forms, including E-learning, distance education and other methods of development, as a result of the conditions that the whole world is experiencing at the present time represented by the spread of the Corona virus, which had a great impact on the educational process as a result of this pandemic, educational institutions suddenly found themselves forced to switch to distance education to ensure the continuity of the teaching and learning process, and the use of the Internet, smart phones and computers In remote communication with students <sup>[6]</sup>. Therefore, various countries, including the Kingdom of Saudi Arabia, have adopted distance education as a means for students to receive their education to ensure their scientific future, as plans have been made to maintain the continuity of the educational process and reduce the effects of the Corona crisis by adopting the distance education system, so that all students can complete their studies without being affected the consequences of the Corona epidemic, and the adoption of a mechanism that guarantees the rights of students and difficult economic conditions. A political summary (report issued by the United Nations on August 2020) on the subject of education during the COVID-19 pandemic and beyond, indicates that the subsequent effects extend beyond education, especially in food insecurity during the pandemic, which led to an increase in hunger and undernutrition rates among the most disadvantaged groups,

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and with This enables some countries to adapt and maintain school feeding programs <sup>[8]</sup>, and the disruption of educational activities also affects health and psychosocial services, because educational institutions also serve as platforms for prevention, diagnosis and counseling. There is a report issued entitled (Avoiding the Loss of the Corona Generation) on the occasion of the global child from UNICEF <sup>[9]</sup>, regarding the health effects of the Corona virus and its connection to education, it concluded that lack of nutrition, especially children's dependence on school meals, is the reason for the decrease in demand for fear of infection with the virus, as well as mental health As the devastating impact of the pandemic has led to access to mental health services, the demand for mental health support is increasing. In her research on distance education in secondary schools in light of the Corona pandemic .Dr. Fatima mentioned that one of the negative effects of distance education is "the feeling sometimes of feelings of loneliness and isolation on the part of the learner, and also the many times that the learner spends in front of the computer affects the health status as a result of lack of Movement or poor use of sitting and looking as well <sup>[1]</sup> There is a study, entitled "Universities closing due to Corona Virus Disease 2019 (COVID-19): Impact on Education and Mental Health of Students and Faculty Members." the study used the descriptive survey method, and the questionnaire was used as a data collection tool, and it was applied to A sample of students and faculty. Among the recommendations: Universities should focus on mental health support by updating health guidelines and offering online guidance and lectures to provide strategies for managing stress when dealing with the pandemic Any student experiencing heightened anxiety about COVID should be provided 19 With the right psychological support at the right time <sup>[5]</sup>.

## 2. Material and Methods

The research was conducted in the city of Mecca in Saudi Arabia from August 2021 to February 2022. Researcher Use descriptive analytical method which uses quantitative description or qualitative of the phenomenon of social, such as (the health impact of distance education on children and adults during the Corona pandemic in the city of Mecca) and the extent of its effectiveness, which is considered very important in the humanitarian and social areas and is characterized by this kind of study on analysis and reason, objectivity and associated with reality, where cares by individuals and agencies and Institutions, governments, countries and described the past, as is the description qualitative which describes the phenomenon (the health impact of distance education on children and adults during the Corona pandemic in the city of Mecca) described the effects of its absence and the means used and the extent of their impact on the lives of the individual and society and analysis are instrumental variables in the growth and creation, as for quantitative expression it gives us a description digitally shows how much the phenomenon It will be the study of the variables, the health of the individual, the community, the consumer, and the spread of diseases and their relation to demographic variables such as age, gender, nationality, marital status, profession, and how they influence of these factors on (the health impact of distance education on children and adults during the Corona pandemic in the city of Mecca) and its effectiveness <sup>[2]</sup>. issue No. 15, to perform statistical analysis such as determining

the averages and statistics descriptive been used contrast between the averages analysis and use Excel program Office Group 2010 graphics histogram to arrange results by dragging them on the statistical program <sup>[3]</sup>.

## 3. Results and Discussion

The questionnaire is a convenient and essential tool to collect data. However, researchers cannot conduct personal interviews with Participants' answers to the online questionnaire, because of the social distancing regulations at that time conduction study to prevent infection between participants and researchers and vice versa. It is also it was enough to answer the questionnaire electronically only as the questionnaire consists of 12 questions, all are closed The online approach has also been, used to generate valid samples in similar studies in Saudi Arabia others and other <sup>[4]</sup>. Regarding the first question, the home quarantine during the Corona pandemic contributed to reducing the practice of sports activity, the percentage of those who strongly agreed and who agreed was equal to 37%, while the neutrals were 12.8%, the disagreed 11%, and the strongly disagreed 2.2%. As for the second question, the home quarantine during the Corona pandemic contributed to reducing the number of my meetings with my colleagues, the percentage of those who strongly agreed was 57.5%, and those who agreed was 34.2%, while the neutrals were 3.6%, the disagreed 4.5%, and the strongly disagreed 0.2%. As for the third question, the home quarantine during the Corona pandemic contributed to the loss of focus during distance education, the percentage of those who strongly agreed was 32.7%, and those who agreed was 31.3%, while the neutrals were 16.1%, the disagreed 15.7%, and the strongly disagreed 4.2%. Regarding the fourth question, distance education tools such as mobile phones, computer keyboards, and iPads contributed to the transmission of the virus. The percentage of those who strongly agreed was 6.8%, and those who agreed with 14.2%, while the neutrals were 15.5%, the disagreed of 36.1%, and the strong disagreed of 27.4%. As for the fifth question, distance education led to a noticeable increase in my weight during home quarantine, the percentage of those who agreed strongly was 29.2% and agreed 30.1%, while the neutrals were 18.5%, the disagreed 17.1%, and the strongly disagreed 5.1%. Regarding the sixth question, distance education during the Corona pandemic contributed to a noticeable impairment in vision, which led to a change in the measurement of vision in my eyes. The percentage of those who agreed strongly was 20.6%, and those who agreed was 23.4%, while the neutrals were 28.4%, the disagreed of 22%, and the strongly disagreed of 5.6%. As for the seventh question, distance education caused psychological damage to the health of young and old during the Corona pandemic, the percentage of those who strongly agreed was 24.5% and those who agreed was 31%, while the neutrals were 17.6%, the disagreed of 18.5%, and the strongly disagreed of 8.3%. For the eighth question, I felt side effects (such as headaches and bone pain) during distance learning. The percentage of those who agreed strongly was 17.4%, and those who agreed with 29.2%, while they were neutral 26%, who disagreed 21.5%, and strongly disagreed 5.9%. Regarding the ninth question, distance education requires me to stay behind the screen (computer) for long periods. The percentage of those who strongly agreed was 38.8% and those who agreed 42.5%, while the neutrals were 9.6%, the disagreed 7.1%, and the

strongly disagreed 2%. With regard to the tenth question, distance education during the Corona pandemic contributed to the students not sleeping or staying up late, because they stay up at night to complete the delivery and send their homework on the school platform website, the percentage of those who strongly agreed was 39.4% and those who agree with 28.9%, while neutral 13.3%, Disagreeing 14.7%, Strongly Disagreeing 3.7%. Regarding the eleventh question, I felt more free to express myself at home (outside the educational framework), as I was harassed and bullied

by my school peers, the percentage of those who agreed strongly was 10.6%, agreeing with 21.2%, while being neutral 33.6%, and disapproving 27.6%, 7% strongly disagree. Regarding the twelfth question, I received moral support from (parents, teachers or doctors), in the matter of mitigating the effects of the Corona Virus pandemic, as I felt an increased risk to my mental, emotional or physical health, the percentage of those who agreed strongly was 16.1% and agreed with 33.2%, while Neutral 33.6%, disagree 12.9%, strongly disagree 4.2%.

**Table 1:** People's opinions and attitudes about distance education on healthy young and old during the Corona Virus pandemic

Question	People's respond				
	Strongly agreed	Agreed	Neutral	Disagreed	Strongly disagreed
Home quarantine during the Corona pandemic contributed to reducing the practice of sports activity	37%	37%	12.8%	11%	2.2%
Home quarantine during the Corona pandemic contributed to reducing the number of my meetings with my colleagues	57%	34.2%	3.6%	4.5%	0.2%
Home quarantine during the Corona pandemic contributed to a loss of focus during distance education	32.7%	31.3%	16.1%	15.7%	4.2%
Distance education tools such as mobile phones, computer keyboards and iPads contributed to the transmission of the virus	6.8%	14.2%	15.5%	36.1%	27.4%
Distance education led to a noticeable increase in my weight during home quarantine	29.2%	30.1%	18.5%	17.1%	5.1%
Distance education during the Corona pandemic contributed to a noticeable weakness in my vision, which led to optometry work for my eyes	20.6%	23.4%	28.4%	22%	5.6%
Distance education caused psychological damage to the health of young and old during the Corona pandemic		31%	17.6%	18.5%	8.3%
I felt side effects such as (headache and bone pain) during distance education	24.5%	29.2%	26%	21.5%	5.9%
Distance education requires me to stay behind the screen (computer) for long periods	17.4%	42.5%	9.6%	7.1%	2%
Staying distance education has contributed to students not sleeping or being late to sleep (sleeping), because they stay up at night to complete the delivery and send their homework on the school platform website	38.8%	28.9%	13.3%	14.7%	3.7%
I felt more free to express myself at home (outside the educational framework) I was harassed and bullied by my classmates	39.4%	21.2%	33.6%	27.6%	7%
I received moral support from (parents, teachers and doctors) in the matter of mitigating the effects of Corona, as I felt an increased risk to my mental, emotional or physical health	10.6%	33.2%	33.6%	12.9%	4.2%

## Conclusion

The keenness of the state, may God protect it, represented by the Ministry of Health, to reduce the transmission of infection between all segments of society, which contributed to reducing the number of deaths from the Corona virus (COVID-19), as the fruitful cooperation between the Ministry of Health and the Ministry of Education by following health protocols and guidelines led to the reduction of the spread of infection between young and old during the Corona pandemic, and this study concluded the following results:

Investing in the increasing health awareness among community members as a result of their effective interaction with the recommendations of the Ministry of Health, with regard to attention to hygiene and raising the level of sterilization by implementing programs and initiatives that ensure the continuity of these behaviors, despite the current health awareness, parents should be instructed through health educators that the health of their sons and daughters is important, by directing them to exercise for some time at home during the home ban during leisure time, and they should also be advised to communicate with consultant doctors via mobile or Contact the 937 call center to take medical advice (psychological or nutritional) at the Ministry of Health 24 hours a day in the event that their sons or daughters are exposed to isolation, loneliness and psychological and nervous pressure in the event that they

are exposed to it from their colleagues during distance education.

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