

# Learning and working online: Insights from the pandemic

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Research in the *International Journal of Higher Education and Sustainability* looks at the efficiency of working and learning online during the COVID-19 pandemic. Reeta Tomar and Schifra Daruwala of

the CHRIST (Deemed to be University) in Ghaziabad, India, have taken an empirical approach to understanding the benefits of going online during this period while recognizing the problems, stresses, and tragedies that arose.

The researchers found that the [benefits](#) of working from home for professionals including greater job satisfaction, working flexibility, less time commuting and overall improved efficiency. However, this was not the case for [students](#) attempting to learn online who experience lower efficacy than they would have during conventional classes. That said, many did enjoy the additional flexibility offered from learning online.

The COVID-19 pandemic brought us a "[new normal](#)" of lockdowns, quarantines, and [border controls](#). For extended periods people had to work and learn from home to reduce the risk of spreading the SARS-CoV-2 virus. While at the time of writing the pandemic is very much still with us, the work also offers insights into how the new normal might evolve when we ultimately leave the pandemic.

New working and learning paradigms might offer efficiency improvements as well as helping us to reduce congestion and pollution in our cities. The team suggests that governments must improve policies in terms of educating workers and students and put in place infrastructure, such as inexpensive internet connectivity, to facilitate the work and learn-at-home paradigms. There is also a need to encourage small and medium-sized enterprises to improve their prospects. It is hoped that research insights into the impact of changes implemented during this [pandemic](#) might help us cope better with the next one.

**More information:** Schifra Daruwalla et al, Is going online efficient? A comparative study of offline and online mode of working and learning during covid 19, *International Journal of Higher Education and Sustainability* (2022). [DOI: 10.1504/IJHES.2022.10050602](https://doi.org/10.1504/IJHES.2022.10050602)

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