



**PHYSICAL AND MENTAL EFFECTS CAUSED BY THE LONG
VACATION AND ONLINE EDUCATION DUE TO COVID – 19 ON
SCHOOL STUDENTS: A STUDY BASED ON BABUL HASAN CENTRAL
COLLEGE**

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Abstract

The corona virus, also known as Covid-19, is considered the deadliest pandemic in the world today. Its impact has plunged the human sphere of life into a variety of problems and altered the practical sphere of life. Especially today we can see the huge gap between students and education. Thus it is questionable whether Sri Lanka has the same directory level during this Covid period even though it has 97% education knowledge, Especially in today's Zoom education society, it has caused various ups and downs and various psychological problems for the students. In this situation, going directly to school and continuing education is also considered impossible, In this situation, continuous zoom education and long school holidays have caused various physical and psychological harms to the students. Based on this, the contribution of this study is to create an equal society to build a healthy educational environment and to build students with a psychologically clear mindset. In order to identify the impact of such an education system on the community and to identify the impact of long vacations on the education of students, A study based on G / W / Babulhasan Central High School based research on "Psychological and Physiological Impacts of covid-19 Zoom Education and Long Vacation on Students". This study was conducted as a Qualitative Research method centered on primary and secondary data. The main issues found in this study Excessive stress, Lack of interest in continuing education, Excessive physical exhaustion And the personality of education is questionable. Such issues were identified by this study Become recommendations for that Conducting awareness activities to enhance the psychological character of the students, Performing mini-games related to education during the course, Recommendations have been made to set up a monthly scholarship program for underprivileged students.

Keywords: Covid-19, Long vacation, School students, Online education, Mental effects

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