

Findings and Analysis

What was the time spent on Online Class?

Students aged 7-17 spent 4.4 hours on Online Class

Students aged 18-22 spent 2.8 hours on Online Class

Students aged 23-59 spent 2.8 hours on Online Class

Overall the students aged 23-59 spent more time on Online Class than any other age group

Average time spent on self-study

7-17 2.8 hours

18-22 2.9 hours

23-59 2.9 hours

What medium was used for online classes?

7-17

181 Students spent the majority of their time using a Smartphone for online classes, compared to 24 students who used a Tablet.

18-22

356 students spent the majority of their time using a Laptop/Desktop for online classes compared to 10 students who used a Tablet.

23-59

108 students spent the majority of their time using a Laptop/Desktop for online classes compared to 3 students who used a Tablet for online classes.

The medium used for online class may play a factor on the time spent on online classes. The data shows 18 -22 year olds had the most students who used a Laptop/Desktop but this age group spent the least amount of time online (2 hours). There may be other factors like stress, medium used, ability to understand the learning or access resources.

However, the learning experience would be different for each student on a particular device as the screen size and layout for a Tablet and Smartphone would be considerably smaller than a Laptop/Desktop. This could present issues with screen display the ability for the student to be engaged with the learning. Also some devices may not be compatible.

Students without reliable internet or up to date technology can be impacted with their online class, self-study and rating online class experience.

Spending too much time on a device may have an impact on your Education, Social and Mental Health.

This could be a factor why 18-22 aged were on online classes for 2 hours.

Online classes would also have an effect on family life as the younger students may need support and help on accessing learning. The responsibility may be on the parent/family member to also teach their child and they may not have the time or understanding to do so.

Did time utilised and connecting with family effect students mental health?

Time not utilised

7-17	41.5%
18-22	57.4%
23-59	45.4%

Time utilised

7-17	58.5%
18-22	42.6%
23-59	54.6%

What percentage connected with family?

Did not connect with family

7-17	23.6%
18-22	34.4%
23-59	21.9%

Connected with family

7-17	76.4%
18-22	65.6%
23-59	78.1%

Students used stress busters as a way of trying to deal with being in Lockdown.

Highest

276 students listened to music

175 students online gaming

102 students watched web series

Some of the Lowest

36 students talking to relatives

1 student working out and listening to music

1 student working out and some physical activity

I decided to focus on the stress busters that contained the word Music.

18-22

276 Students listened only to music compared to 1 student aged 18-22 listened to both music and scrolling down social media.

Preferred Social Media

7-17 Facebook (11 students)
Instagram (50 students)
WhatsApp (105 students)
YouTube (118 students)

18-22 Facebook (21 students)
Instagram (274 students)
WhatsApp (162 students)
YouTube (158 students)

23-59 Facebook (20 students)
Instagram (27 students)
WhatsApp (70 students)
YouTube (37 students)

18-22 Preferred Facebook, Instagram, WhatsApp and YouTube where 7-17 preferred YouTube one of the reasons why I think they had less student on the other platforms was due to age restrictions.

Overall the 3 Highest Preferred Social Media Platforms were

Instagram (352 students), WhatsApp (337 students) and YouTube (314 students).

Overall the number of meals a day wasn't a determine factor of weight loss, increase or remain constant.

Is there a link between Time spent on Social Media Vs Sleep Vs Fitness?

18-22 year olds on average slept 7.9 hours, fitness 0.75, average time spent on social media 3 hours

23-59 year olds on average slept 7.5 hours, fitness 0.73, average time spent on social media 2 hours

7-17 year olds on average slept 7.9 hours, fitness 0.87, average time spent on social media 2 hours

Could be a link as 7-17 spent more time on fitness

Whereas 18-22 spent more time on social media, less time on fitness and more time was spent sleeping

Challenges

Throughout this project I faced many challenges which presented difficulties being able to complete this project on time.

1. Uploading the Covid_19_alt data set
2. Issues with my broadband connection
3. Laptop fan not working which cause problems
4. MY SQL Workbench had bugs and errors
5. Working with survey data can be tricky as some participants loose interest, or their understanding of the questions asked
6. Some people answer questions on how they think they should answer it this is called social desirability
7. Data errors due to questions or non-responses
8. I had to change n to a 0 in the column Time Spent On TV
9. Another difficulty I face is the column name connected_with_family?. This was not recognised in SQL code, I had to alter the table and change connected_with_family? to connected_with_family.
10. Uploading files to GitHub

What I have learned is when faced with challenges is to persevere so that you are able to overcome.

Conclusion

Students were greatly impacted by COVID-19 in Education, Social Life and Mental Health. Data has shown the impact which it has had on the students.

Students reported on what they missed the most

379 School/college

223 Socialising with friends & relatives

104 Eating outside

149 Roaming around

183 Travelling
67 Colleagues
20 All

The strict restrictions enforced, not knowing when Schools, Colleges and Universities would re-open would be stressful and have negative impact on them. Some students reported not utilising the time which could also play a factor, Connecting with family and friends. time spent on fitness, sleep, what they missed most and stress busters

Restrictions meant that there was a lack of communication and interaction with family friends and being able to go outside. This had a profound effect on their education, social life and mental health. 7-17 year olds spent more time on fitness and less on social media compared to the other age groups. Fitness is important, it can help improve your well-being and mental health but it is also good way to relieve stress. If more students increased their fitness and spent less time on social media the results would be more positive than they were.

From these findings informed business decisions should be made to support students continually. To improve the ongoing problem of students that have missed out on their education should they need it. Online learning experience to be improved so that students are able to have access to learning virtually as well as in School, College and Universities and still have a good experience. What should also be considered is the quality of teaching that was given and what methods they used. Improvements can be made so teachers are able to better support students but it is also important to find out about the teachers experience so that on the whole better data driven decisions can be made.

This should also be considered so if another Lockdown happened they would be able to provide learning for children which will reduce mental health.