THE IMPORTANCE OF TECHNOLOGY DURING THE PANDEMIC

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COVID-19 is an unprecedented, worldwide pandemic that has been compared to the **S**econd **W**orld **W**ar,the Great Depression,and the 1918 Spanish Flu in terms of the impact on human behavior. To control the the COVID-19 pandemic ,physical distancing ,and quarantine measures were mandated. In an effort to meet this mandate while trying to maintain the status quo, various types of human behavior (e.g., shopping, learning ,working ,meeting and entertaining) shifted from offline to online . Now one basic question that needs to be answered is how much literature has been accumulated and how much is known about the digital technology used during the COVID -19 pandemic.

The coronavirus (COVID -19) pandemic closed schools across the globe and our kids had to suddenly rely on technology for their online studies and adapt to a new style of learning ,almost overnight .The vicarious interventions undertaken to contain the virus forced government to issue 'stay -at -home' orders that resulted in our kids engaging in, (and is some places) still using online learning for long periods of time. Any good parent will already have had certain guidelines in place for their kids screen time ,but these were definitely thrown out the window as a rise in technology for our kids became a necessity!

Technology was already integrated into the fabric of our modern lives but during a global pandemic it was the key to our kids learning ,kept businesses running and families connected as well all battened down the hatches and tried to ride out the storm .Schools were thrown a massive curve ball with over 1.2 billion kids out of the classroom and had to immediately put steps in place they had never foreseen as a result education changed dramatically .Our kids had to adapt and adjust to this 'new normal' style of learning where teaching was undertaken remotely on digital platforms.All of their studies started to take place on Zoom with the use of e-learning platforms like Udemy or WizlQ and many other portals made possible by the use of technology .Technology in our kids lives and the ongoing debate on how they should manage this ,but let's face it, where would we have been these last 14 months without it.Digital learning has now emerged as a necessary resource for students and schools all over the world.

The Pros must include the efficiency as it offered teachers an efficient way to deliver lessons to students beyond traditional textbooks .Through the use of communication tools such as videos ,PDFs ,podcasts teachers were able to become more efficient educators .It also allowed students to attend classes from any location which resulted in improved attendance as there were less chances bonus is that online lectures can be recorded ,achieved and shared for future reference . This allows students to access the learning materials at a time of their comfort .Every student has different learning journey and style ,the online system with its range of options and resources can be personalised in many ways which is an advantage especially for students who do not thrive in a classroom setting or who are distracted by large groups.

The Cons among the most obvious disadvantages of students being easily distracted by social media and other sides, by far one the biggest challenges of online learning is the struggle with focusing on the screen for long periods of time. Teachers were challanged to keep their online classes engaging and interactive to help students stay focused on the lesson. Another key issue of online classes is internet connectivity. With billions of users now relying daily on internet for school and business, staying connected with a decent speed is a problem, especially in more rural areas. Without a consistent internet connection continuity in learning can be both frustrating for students and detrimental to their learning, the state news reported that felt demotivated, anxious, isolated, a loss of sleep and a notable increase in poor vision, posture and other physical problems due to staying hunched in front of screen.