

Draft Questionnaire Design

Group-04

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Survey to analyze the impact of online learning on the physical and mental health of 1st-year Undergraduates

We are first-year undergraduates from the faculty of science at the University of Colombo. We are conducting an online survey on “The impact of online learning on the physical and mental health of first-year undergraduates at the Faculty of Science, the University of Colombo in the year 2021.”

Our purpose in conducting the survey is to examine how the lifestyle of every student has changed with online learning regarding their physical activity and mental health.

We'd appreciate it if you can contribute a little bit of time to fill out this questionnaire. We make sure the information that you provide is kept confidential.

- Choose your gender
 - ☐ Male
 - ☐ Female

- Your stream
 - ☐ Physical
 - ☐ Bio
 - ☐ ISMF
 - ☐ MB

Questions

- 1) Do you find time to engage in physical activities with the online learning system?
(eg:- sports, gardening, gym activities, etc....)
☐ Yes ☐ No

- 2) If (yes) How many days do you engage in physical activities per week?
☐ Less than 3 days per week
☐ 3-5 days per week
☐ More than five days per week

- 3) How many hours do you sleep per day?
☐ Less than five hours
☐ 5-7 hours
☐ 8-11 hours
☐ More than 11 hours

- 4) Do you eat all three main meals daily without skipping?
☐ Yes ☐ No

5) If (No) How often do you skip your meals?

- ☐ Rarely
- ☐ Sometimes
- ☐ Often

6) Does the online learning method have an impact on your physical health conditions?

(eg:- Back pain, Eyesight Problems....)

- ☐ Yes
- ☐ No

7) Describe the free time that you get with the online learning system

- ☐ Very high
- ☐ High
- ☐ Medium
- ☐ Low
- ☐ Very low

8) “I’m satisfied with my online learning environment.” Do you agree with the above statement?

[Learning Environment issues: external noises, connection issues, Power failures, etc.....]

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly agree

9) Describe your satisfactory level of social interactions with online education.

Ex: -Family, Friends, etc....

- ☐ Highly satisfied
- ☐ Moderately satisfied
- ☐ Less Satisfied
- ☐ Not satisfied

10) How much time do you usually spend on online education?

- ☐ Less than 3 hours
- ☐ 3 - 5 hours
- ☐ 5 - 7 hours
- ☐ More than 7 hours

11) What method do you use to follow your online learning?
[Multiple answers can be given]

- ☐ Attending lectures.
- ☐ Looking at the lecture recordings later.
- ☐ Browsing the internet and streaming YouTube.
- ☐ Getting help from other students.
- ☐ Other

12) How much are you organized with the studies?

- ☐ Highly organized
- ☐ Moderately organized
- ☐ Less organized
- ☐ Not organized

13) How much are you motivated to do the academic work?

- ☐ Highly motivated
- ☐ In a moderate motivation
- ☐ Less motivated
- ☐ Not at all motivated

14) Describe your stress level in handling the academic work?

- o Highly stressed
- o Moderately stressed
- o Not at all stressed

15) Describe your academic performance with online learning?

- o Excellent (80% - 100%)
- o Good (60% - 80%)
- o Normal (40% - 60%)
- o Bad (20% - 40%)
- o Worse (Less than 20%)

16) Overall, describe your physical health with the online learning system.

- o Very bad
- o Bad
- o Normal
- o Good
- o Very good

17) Overall, describe your mental health with the online learning system.

- ☐ Very bad
- ☐ Bad
- ☐ Normal
- ☐ Good
- ☐ Very good

Any other comments on online learning

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Thank you for responding.