

Edited By

Assoc. Prof. Dr. Şahin DANİŞMAN Dr. Mustafa GÜLER



Edited By

Assoc. Prof. Dr. Şahin DANİŞMAN Dr. Mustafa GÜLER

Edited By

Assoc. Prof. Dr. Şahin DANİŞMAN - Dr. Mustafa GÜLER

Authors

Prof. Michael B. CAHAPAY - Prof. Dr. Wee Tiong SEAH - Assoc. Prof. Dr. Ali MERÇ
Assoc. Prof. Dr. Zülfiye Gül ERCAN - Assist. Prof. Dr. Ahmet SAPANCI
Assist. Prof. Dr. Ali Şükrü ÖZBAY - Assist. Prof. Dr. Ayşegül ASLAN - Assist. Prof. Dr. Razia B
Dr. Ahmet TAŞDERE - Dr. Demet BATMAN - Dr. Esin DÜNDAR - Dr. John Mark R. ASIO
Dr. Mustafa GÜLER - Dr. Ümmü Gülsüm DURUKAN - Betül YILMAZ
Erwin E. ROTAS - Özlem ÇOLAK

ISBN:

978-625-8499-23-0

Materyal Türü: Elektronik Kitap (Çevrim içi / Web tabanlı)

Elektronik Yayın Formatı: PDF

Elektronik Yayın Tipi: Adobe Ebook Reader

internet Adresi: www.vizetek.com.tr

Yayınevi Sertifika No: 41575



Seyranbağları Mah. İncesu Cad. 10/2 Çankaya/ANKARA
Tel.: (0312) 482 00 11

Web: www.vizetek.com.tr **E-mail:** vizetekyayincilik@gmail.com

Edited By

Assoc. Prof. Dr. Şahin DANİŞMAN Dr. Mustafa GÜLER

Authors

Prof. Michael B. CAHAPAY

Prof. Dr. Wee Tiong SEAH

Assoc. Prof. Dr. Ali MERÇ

Assoc. Prof. Dr. Zülfiye Gül ERCAN

Assist, Prof. Dr. Ahmet SAPANCI

Assist. Prof. Dr. Ali Şükrü ÖZBAY

Assist. Prof. Dr. Ayşegül ASLAN

Assist. Prof. Dr. Razia B

Dr. Ahmet TAŞDERE

Dr. Demet BATMAN

Dr. Esin DÜNDAR

Dr. John Mark R. ASIO

Dr. Mustafa GÜLER

Dr. Ümmü Gülsüm DURUKAN

Betül YILMAZ

Erwin E. ROTAS

Özlem ÇOLAK



Editörler Assoc. Prof. Dr. Sahin DANİSMAN, Düzce University, Faculty of

Education, Turkey

ORCID ID: 0000-0003-4739-3625

Dr. Mustafa GÜLER, Trabzon University, Fatih Faculty of Education, Turkey

ORCID ID: 0000-0002-4082-7585

Chapter 1 No Return to Normal: Reducing the Impact of COVID-19

Remote Education on Student Wellbeing

Prof. Dr. Wee Tiong SEAH, The University of Melbourne, Graduate

School of Education, Australia ORCID ID: 0000-0001-9378-8439

Chapter 2 School Experience during Emergency Remote Teaching:

Evaluations of Teacher Candidates and Mentors

Dr. Esin DÜNDAR, Mersin University, Faculty of Education, Turkey

ORCID ID: 0000-0002-8160-0176

Assoc. Prof. Dr. Ali MERÇ, Anadolu University, Faculty of Education, Turkey

ORCID ID: 0000-0003-3061-7899

Environmental Consciousness during the COVID-19 Pandemic Chapter 3

Dr. John Mark R. ASIO, La Consolacion University Philippines, Gordon

Assist. Prof. Dr. Ayşegül ASLAN, Trabzon University, Fatih Faculty of

College, Philippines

ORCID ID: 0000-0002-6096-4595

Chapter 4 An Alternative Learning during Pandemic: Video-Assisted

Out-of-School Learning Activities

Education, Turkey

ORCID ID: 0000-0003-2363-0091

Dr. Demet BATMAN. Independent Researcher. Turkev

ORCID ID: 0000-0001-6209-7045

Dr. Ümmü Gülsüm DURUKAN, Giresun University, Faculty of

Education. Turkev

ORCID ID: 0000-0002-9279-2812

Dr. Mustafa GÜLER, Trabzon University, Fatih Faculty of Education, Turkey

ORCID ID: 0000-0002-4082-7585

Online Education Stress among students during the Chapter 5 **COVID-19 Pandemic: Evidence from Indian Universities**

Assist. Prof. Dr. Razia B, Department of Education, Aligarh Muslim

University, Aligarh, India

ORCID ID: 0000-0001-8582-7709

Chapter 6 Family-Focused Psycho Training Sessions during COVID-19 Pandemic

Betül YILMAZ, Trakya University, Institute of Social Sciences, Elementary Education, Turkey

ORCID ID: 0000-0002-0506-4148

Assoc. Prof. Dr. Zülfiye Gül ERCAN, Trakya University, Faculty of Education, Turkey

ORCID ID: 0000-0002-7532-5251

Chapter 7 Online Instruction at a Turkish University: Reflections towards Corpus Applications in Language Classroom

Assist. Prof. Dr. Ali Şükrü ÖZBAY, Department of English Language and Literature, Karadeniz Technical University, Turkey

ORCID ID: 0000-0002-3421-0650

Chapter 8 Challenges Science Teachers Face in Distance Science

Education during the COVID-19 Emergency

Dr. Ahmet TAŞDERE, Uşak University, Faculty of Education

ORCID ID: 0000-0002-2615-8493

Chapter 9 Reimagining the Future of Philippine Undergraduate

Teacher Education Program: The Curriculum Implications of COVID-19 Crisis

Erwin E. ROTAS, Department of Education, General Santos City, Philippines

ORCID ID: 0000-0002-1765-2684

Prof. Michael B. CAHAPAY, College of Education, Mindanao State

University, General Santos City, Philippines

ORCID ID: 0000-0002-0588-0022

Chapter 10 The Role of Psychological Resilience, Perceived Social Support and Cognitive Emotion Regulation in Predicting Obsessive Beliefs during COVID-19 Pandemic

Özlem ÇOLAK, İstanbul Arel University, Graduate School of Education, Department of Psychology, Turkey

ORCID ID: 0000-0002-8751-5263

Assist. Prof. Dr. Ahmet SAPANCI, Düzce University, Faculty of

Education, Turkey

ORCID ID: 0000-0003-4688-6890

PREFACE

The humanity is fighting a global war against the coronavirus. The ongoing COV-ID-19 pandemic has changed the lifestyle of almost everyone. Education is one of the many areas affected by this pandemic. It has already been the subject of many researches addressing its impact on society. The need for continued access to the teaching and learning for teachers and students has never been more important, as its impact poses many challenges for them. This book is written to provide the effects of this pandemic on the education and its stakeholders.

The book is divided into ten chapters, each of which approaching the pandemic from different perspectives. The readers may also benefit from the references of each section, which has a potential to enlighten them to read and study further, as well as the content.

The book starts with an introductory chapter on the pandemic. It questions "back to normal" after the pandemic for school education. It argues values in terms of the wellbeing of the students, especially in mathematics. The second chapter covers the experiences of preservice teachers and mentors during the remote teaching. It puts forward the challenges and pedagogical skills needed for remote teaching, and expectations, problems encountered, possibilities and limitations of school experience course. The third chapter informs the readers about the environmental consciousness of students in this pandemic. It includes information about students' views on conscious consumption, waste and recycling, energy saving. The chapter informs various stakeholders about the environmental consciousness. The fourth chapter focuses on the video-assisted out-of-school learning activities as an alternative learning drawing attention to the access for knowledge anywhere and anytime. It presents and analyzes the potentials of outof-school activities designed by pre-service mathematics teachers with the support of visuals from the activities. The fifth chapter covers online education stress among students in terms of lock-down, online classes, online learning and online examination. It presents findings about the stress levels of students using different variables such as gender, locale and course level in addition to the availability of digital devices.

The sixth chapter deals with the family-focused psycho train-ing sessions for preschool education during the pandemic. It draws attention to the affective effects of the pandemic as well as behavioral and habitual disorders. The seventh chapter includes reflections of EFL students about the use of computerized corpus technology in academic writing. It further mentions the potentials of corpus tools and difficulties met during the implementation process. The eighth chapter informs us about the challenges science teachers face in distance education. The

author also puts forth the subjects the teachers had difficulties most and discuss the reasons behind these challenges. The ninth chapter draws attention towards the undergraduate teacher education program from the perspective of Philippine. The authors discuss the curriculum on COVID-19 crisis' doorstep. The chapter is supposed to guide the authorities to improve the undergraduate program for teacher education. The tenth chapter focuses on the psychological effects of pandemic examining the relationships among psychological resilience, social support, cognitive emotion regulation and obsessive beliefs. The authors assert that the pandemic has imposed several constraints on daily life of the individuals and the effects of the pandemic will likely to last for a long time.

We hope this book will be able to help the readers to have a picture of the effects of the pandemic on education. Sharing the research results may provide the readers to evaluate the risks and potentials of this unwelcomed process. With this in mind, we will be glad to see the comments and constructive criticism from the readers. Since the pandemic is still ongoing, there are still opportunities for researchers to contribute to the education in general.

We express our heartfelt thanks to the contributors of this book and the publisher for their efforts.

Assoc. Prof. Dr. Şahin DANİŞMAN

Dr. Mustafa GÜLER

İÇİNDEKİLER

CHAPTER 1:	
No Return to Normal: Reduci	ng the Impact of
COVID-19 Remote Education	on Student Wellbeing1
	Prof. Dr. Wee Tiong SEAH
CHAPTER 2:	
	nergency Remote Teaching: Evaluations of ntors15
	Dr. Esin DÜNDAR, Assoc. Prof. Dr. Ali MERÇ
CHAPTER 3:	
Environmental Consciousnes	ss during the COVID-19 Pandemic43
	Dr. John Mark R. Asio
CHAPTER 4:	
_	ng Pandemic: Video-Assisted vities63
out or someot Loanning Activ	Assist. Prof. Dr. Ayşegül Aslan, Dr. Demet Batman
	Dr. Ümmü Gülsüm Durukan, Dr. Mustafa Güler
CHAPTER 5:	
Online Education Stress amo	ong Students during the
COVID-19 Pandemic. Evidenc	
	Assist. Prof. Dr. Razia B
CHAPTER 6:	
Family-Focused Psycho Train	-
COVID-19 Pandemic	107
	Betül YILMAZ, Assoc. Prof. Dr. Zülfiye Gül ERCAN

CHAPTER 7:		
Online Instruction at a Turkish University: Reflections towards Corpus Applications in Language Classroom131		
	Assist. Prof. Dr. Ali Şükrü ÖZBAY	
CHAPTER 8:		
Challenges Science Teachers Face	in Distance Science Education during	
the COVID-19 Emergency	157	
	Dr. Ahmet TAŞDERE	
CHAPTER 9:		
	ne Undergraduate Teacher Education ions of COVID-19 Crisis197	
	Erwin E. Rotas, Prof. Michael B. Cahapay	
CHAPTER 10:		
The Role of Psychological Resilien Cognitive Emotion Regulation in P	• •	
	211	
	zlem ÇOLAK, Assist. Prof. Dr. Ahmet SAPANCI	



No Return to Normal: Reducing the Impact of COVID-19 Remote Education on Student Wellbeing

Prof. Dr. Wee Tiong SEAH

1. Introduction

The COVID-19 pandemic which began in January 2020 had led to school closures around the world at a scale not seen since the 1918 Spanish flu epidemic. According to UNICEF data (UNICEF, 2021a), schools around the world were closed for an average of about half the intended operational time (i.e. 95 instruction days) between March 2020 and February 2021. As of 15 April 2021, more than 132.6 million children were affected by school closures around the world (UNICEF, 2021b).

As increasingly more countries emerge from lockdowns and as schools reopen around the world, it is as important to plan for school education post-lockdown as it is to support teachers in their deliveries of remote education.

Indeed, what will school education look like in a world which is slowly accepting COVID-19 as an endemic? Parts of this new reality might already be visible in schooling today as students return to class, or you might be able to reflect on your professional experiences with school education changes that took place after previous outbreaks such as SARS and MERS. Or you might have lived through other school disruptions as a result of wars such as in the Middle East, civil unrest such as in Myanmar or Hong Kong, or natural disasters such as forest fires and floods.

One thing for sure, just like societies in which it is situated, school education as we know it is not likely returning to what it looked like before the COVID19 pandemic struck. The notion of returning to normal, or being back to normal, is an illusional one. Many aspects of school education would have undergone irreversible changes by the time the pandemic ends, or when it becomes an endemic. For

- Boaler, J. (2015). Mathematical mindsets: Unleashing students' potential through creative Math, inspiring messages and innovative teaching. Jossey-Bass.
- Clarkson, P., Seah, W. T., & Bishop, A. (2010).
 Mathematics wellbeing and teacher education. In R. Toomey, T. Lovat, N. Clement, & K. Dally (Eds.), Teacher education and values pedagogy: A student wellbeing approach (pp. 179-194). David Barlow Publishing.
- Hill, J. L., Kern, M. L., Seah, W. T., & van Driel, J. (2020). A model of student mathematical wellbeing: Australian Grade 8 students' conceptions. In M. Inprasitha, N. Changsri, & N. Boonsena (Eds.), Interim proceedings of the 44th Conference of the International Group for the Psychology of Mathematics Education (pp. 273-281). PME.
- Kim, W.J., Trung, N.X., Hung, L.V., & Trung, N.N. (2020). Relationship between cultural values and well-being: Analysis from some East Asian countries. *Journal for Cultural Research*, 24(4), 334-350. https://www.doi. org/10.1080/14797585.2020.1861812
- National Council of Teachers of Mathematics [NCTM]. (2014). Principles to actions: Ensuring mathematical success for all. Author.
- New Zealand Education Review Office (2021). Learning in a Covid-19 world: The impact of Covid-19 on schools. Author.
- OECD (2020a). Youth and COVID-19: Response, recovery and resilience. OECD.

- OECD (2020b). The impact of COVID-19 on student equity and inclusion: Supporting vulnerable students during school closures and school re-openings. OECD.
- Ryan, R. M., & Deci, E. L. (2001). On happiness and human potentials: A review of research on hedonic and eudaimonic well-being. *Annual Review of Psychology*, *52*(1), 141-166. https://doi.org/10.1146/annurev.psych.52.1.141
- Seah, W. T. (2019). Values in mathematics education: Its conative nature, and how it can be developed. *Research in Mathematics Education*, 22(2), 99-121. https://doi.org/10.7468/jksmed.2019.22.2.99
- Seah, W. T., Pearn, C., Acquaro, D., & Ziebell, N. (2020). Australian Education Survey Research Report 2: Impact on educational progress, emotional development and social wellbeing. The University of Melbourne.
- Tiberius, V. (2018). Well-being as value fulfillment: How we can help each other to live well. Oxford University Press.
- UNICEF. (2021a). COVID-19 and school closures: One year of education disruption. https://data.unicef.org/resources/one-yearof-covid-19-and-school-closures/
- UNICEF. (2021b). *EduView dashboard*. https://data.unicef.org/resources/eduview-education-dashboard/



School Experience during Emergency Remote Teaching: Evaluations of Teacher Candidates and Mentors

Dr. Esin DÜNDAR, Assoc. Prof. Dr. Ali MERÇ

1. Introduction

Within the two past decades, the world has experienced several pandemic outbreaks which have had not only financial but also educational consequences (Owusu-Fordjour et al., 2020). What differs COVID-19 from the other crises the world has ever experienced is the extent of its impact on the education and its simultaneous emergence around the world (Karalis, 2020). Unlike previous outbreaks during which there was still access to education to some extent (Karalis, 2020), outbreak of COVID-19 has resulted in educational upheaval for almost 376.9 million learners (Huang et al., 2020). According to the data of UNESCO, the number of the countries announcing school closure was 46 as of 12 March 2020 (Huang et al., 2020). Other than pharmaceutical solutions, countries adopted the following precautions:

"social distancing (such as banning large gatherings and advising individuals not to socialize outside their households), border closures, school closures, measures to isolate symptomatic individuals and their contacts, and large scale lockdowns of populations with all but essential internal travel banned" (Reimers & Schleicher, 2020, p. 3).

These limitations have disrupted educational activities for all levels as they make it impossible for teachers and learners to share the same environment physically (Reimers & Schleicher, 2020). As a result, enforced closure of the educational institutions has affected between 94% and 99% of student population in the world (Paudel, 2021). At the worst state of the crisis, 1.6 billion students from more than 190 countries and more than 100 million educators and school staff

- Affouneh, S., & Burgos, D. (2021). A 6-key action plan for education in times of crises. In D. Burgos, A. Tlili, & A. Tabacco (Eds.), *Radical solutions for education in a crisis context* (pp. 11-21). Springer.
- Akayoğlu, S., Satar, M., Dikilitaş, K., Cirit, N. C., & Korkmazgil, S. (2020). Digital literacy practices of Turkish pre-service EFL teachers. Australasian Journal of Educational Technology, 36(1), 85-97. https://doi.org/10.14742/ajet.4711
- Azubuike, O. B., Adegboye, O., & Quadri, H. (2021). Who gets to learn in a pandemic? Exploring the digital divide in remote learning during the COVID-19 pandemic in Nigeria. *International Journal of Educational Research Open*, 2, 1-10. https://doi.org/10.1016/j.ijedro.2020.100022
- Bozkurt, A., Jung, I., Xiao, J., Vladimirschi, V., Schuwer, R., Egorov, G., ... & Paskevicius, M. (2020). A global outlook to the interruption of education due to COVID-19 pandemic: Navigating in a time of uncertainty and crisis. *Asian Journal of Distance Education*, 15(1), 1-126.
- Bozkurt, A., & Sharma, R. C. (2020). Emergency remote teaching in a time of global crisis due to CoronaVirus pandemic. *Asian Journal of Distance Education*, *15*(1), i-vi [Editorial].
- Carrillo, C., & Flores, M. A. (2020). COVID-19 and teacher education: A literature review of online teaching and learning practices. *European Journal of Teacher Education*, 43(4), 466-487. https://doi.org/10.108 0/02619768.2020.1821184
- Creswell, J. W., & Poth, C. N. (2018). *Qualitative inquiry & research design: Choosing among five approaches*. SAGE.
- Darling-Hammond, L., & Hyler, M. E. (2020).
 Preparing educators for the time of COVID...
 and beyond. European Journal of Teacher
 Education, 43(4), 457-465. https://doi.org/1
 0.1080/02619768.2020.1816961

- Devkota, K. R. (2021). Inequalities reinforced through online and distance education in the age of COVID-19: The case of higher education in Nepal. *International Review of Education*, 145-165. https://doi.org/10.1007/s11159-021-09886-x
- Donitsa-Schmidt, S., & Ramot, R. (2020). Opportunities and challenges: Teacher education in Israel in the Covid-19 pandemic. *Journal of Education for Teaching*, 46(4), 586-595. https://doi.org/10.1080/02607476.2020.1799708
- Dorsah, P. (2021). Pre-service Teachers' Readiness for Emergency Remote Learning in the Wake of COVID-19. *European Journal of STEM Education*, 6(1), 01. https://doi.org/10.20897/ejsteme/9557
- Flores, A. M., & Gago, M. (2020). Teacher education in times of COVID-19 pandemic in Portugal: National, institutional and pedagogical responses. *Journal of Education for Teaching*, 46(4), 507-516. https://doi.org/10.1080/02607476.2020.1799709
- Hodges, C.B., Moore, S.L., Lockee, B.B., Trust, T., and Bond, M.A. (2020, March 27). The difference between emergency remote teaching and online learning. EDUCAUSE Review. Retrieved from https://tinyurl.com/rekxcrq
- Huang, R.H., Liu, D.J., Tlili, A., Yang, J.F., Wang, H.H., et al. (2020). Handbook on facilitating flexible learning during educational disruption: The Chinese experience in maintaining undisrupted learning in COVID-19 outbreak. Smart Learning Institute of Beijing Normal University
- Iglesias-Pradas, S., Hernández-García, Á., Chaparro-Peláez, J., & Prieto, J. L. (2021). Emergency remote teaching and students' academic performance in higher education during the COVID-19 pandemic: A case study. Computers in Human Behavior, 119, 106713. https://doi.org/10.1016/j. chb.2021.106713

- Karalis, T. (2020). Planning and evaluation during educational disruption: Lessons learned from Covid-19 pandemic for treatment of emergencies in education. *Euro*pean Journal of Education Studies, 7(4), 125-142. https://doi.org/10.5281/zenodo.3789022
- Katz, I.R. & Macklin, A. S. (2007). Information and communication technology (ICT) literacy: Integration and assessment in higher education. *Journal of Systemics, Cybernetics* and Informatics, 5(4), 50-55. http://www. iiisci.org/journal/cv\$/sci/pdfs/p890541.pdf
- Kim, J. (2020). Learning and teaching online during Covid-19: Experiences of student teachers in an early childhood education practicum. *International Journal of Early Childhood*, 52(2), 145-158. https://doi. org/10.1007/s13158-020-00272-6
- König, J., Jäger-Biela, D. J., & Glutsch, N. (2020). Adapting to online teaching during COVID-19 school closure: Teacher education and teacher competence effects among early career teachers in Germany. *European Journal of Teacher Education*, 43(4), 608-622. https://doi.org/10.1080/02619768.202 0.1809650
- la Velle, L., Newman, S., Montgomery, C., & Hyatt, D. (2020). Initial teacher education in England and the Covid-19 pandemic: Challenges and opportunities. *Journal of Education for Teaching*, 46(4), 596-608. https:// doi.org/10.1080/02607476.2020.1803051
- Lai, J., & Widmar, N. O. (2021). Revisiting the digital divide in the COVID-19 era. *Applied Economic Perspectives and Policy*, 43(1), 458-464. https://doi.org/10.1002/aepp.13104
- Misirli, O., & Ergulec, F. (2021). Emergency remote teaching during the COVID-19 pandemic: Parents experiences and perspectives. *Education and Information Technol*ogies. https://doi.org/10.1007/s10639-021-10520-4

- Murray, M. C., & Pérez, J. (2014). Unraveling the digital literacy paradox: How higher education fails at the fourth literacy. *Issues in Informing Science and Information Technology*, 11, 85-100.
- Nasri, N. M., Husnin, H., Mahmud, S. N. D., & Halim, L. (2020). Mitigating the COVID-19 pandemic: A snapshot from Malaysia into the coping strategies for pre-service teachers' education. *Journal of Education for Teaching*, 46(4), 546-553. https://doi.org/10 .1080/02607476.2020.1802582
- Owusu-Fordjour, C., Koomson, C. K., & Hanson, D. (2020). The impact of Covid-19 on learning-the perspective of the Ghanaian student. *European Journal of Education Studies*, 7(3), 88-101. https://doi.org/10.5281/zenodo.3753586
- Özüdoğru, F. (2021). Turkish preservice teachers' experiences with emergency remote teaching: A phenomenological study. *Issues in Educational Research*, 31(1), 166-187. http://www.iier.org.au/iier31/ozudogru.pdf
- Paudel, P. (2021). Online education: Benefits, challenges and strategies during and after COVID-19 in higher education. *International Journal on Studies in Education (IJonSE)*, 3(2), 70-85. https://doi.org/10.46328/ijonse.32
- Reimers, F. M., & Schleicher, A. (2020). A framework to guide an education response to the COVID-19 pandemic of 2020. OECD.
- Saldaña, J. (2013). *The coding manual for qualitative researchers*. SAGE.
- Sánchez-Cruzado, C., Santiago Campión, R., & Sánchez-Compaña, M. (2021). Teacher Digital Literacy: The Indisputable Challenge after COVID-19. *Sustainability*, *13*(4), 1858. https://doi.org/10.3390/su13041858
- Sepulveda-Escobar, P., & Morrison, A. (2020).
 Online teaching placement during the COVID-19 pandemic in Chile: Challenges and opportunities. European Journal of Teacher Education, 43(4), 587-607. https://doi.org/10.1080/02619768.2020.1820981

- Singh, J., Sharma, S. K., & Gupta, P. (2021). Physical learning environment challenges in the digital divide: How to design effective instruction during COVID-19?. Communications of the Association for Information Systems, 48, 133-139. https://doi. org/10.17705/1CAIS.04818
- Smith, K., & Lev-Ari, L. (2005). The place of the practicum in pre-service teacher education: The voice of the students. *Asia-Pacific Journal of Teacher Education*, *33*(3), 289-302. https://doi.org/10.1080/13598660500286333
- Thomas, M. S., & Rogers, C. (2020). Education, the science of learning, and the COVID-19 crisis. *Prospects*, 49, 87-90. https://doi.org/10.1007/s11125-020-09468-z

- Tschannen-Moran, M., & Hoy, A. W. (2001).

 Teacher efficacy: Capturing an elusive construct. *Teaching and teacher education*, 17(7), 783-805. https://doi.org/10.1016/S0742-051X(01)00036-1
- UNESCO. (2021, March 19). One year into COVID-19 education disruption: Where do we stand?. Retrieved from https://en.unesco.org/news/one-year-covid-19-education-disruption-where-do-we-stand
- Van Nuland, S., Mandzuk, D., Tucker Petrick, K., & Cooper, T. (2020). COVID-19 and its effects on teacher education in Ontario: A complex adaptive systems perspective. *Journal of Education for Teaching*, 46(4), 442-451. https:// doi.org/10.1080/02607476.2020.1803050



Environmental Consciousness during the COVID-19 Pandemic

Dr. John Mark R. Asio

1. Introduction

The COVID-19 pandemic has led to a dramatic loss of many lives. The pandemic caused significant effects that put everyone's life in danger. Moreover, the impact of the pandemic that we are currently experiencing tantamount to both human and environmental conditions. Of course, one considers the advantages that the COV-ID-19 brought upon us like practicing proper hand hygiene, avoiding exposure to possible infected individual (social distancing), keeping the immune system strong and many more. On the other hand, the disadvantages include being quarantined at home, limited outside activities, hampered economic activities, unemployment, temporary closure of establishments like market, churches, and even schools are only a few to mention. The world became a mess and people panicked. The world governments and other responsible agencies scampered to relieve and alleviate the sudden impact of the pandemic. Regardless of the status, COVID-19 affected education (Karademir et al., 2021; Schleicher, 2020), stock markets (Topcu & Gulal, 2020), psychosocial (Dubey et al., 2020; Klapproth et al., 2020), environmental (Bashir et al., 2020; Lokhandwala & Gautam, 2020; Wang & Su, 2020), travel and tourism (Skare et al. 2021), and socio-economic (Bashir et al., 2020). These impacts were just a few among the many effects of the COVID-19 pandemic, individually and globally. It made a significant dent to the lives of many and caused misery and suffering one way or another. Since this COVID-19 is a new strain of viral infection, antiviral treatment is yet available. Scientists race against time to find the cure for it and even the advancement of technology and medicine, it is still difficult to concoct a solution to battle the infection. It is a great nightmare for everyone specially those who are in the frontline. Other impacts basically dwell

- Ahmad, W., Kim, W.G., Answer, Z., & Zhuang W. (2020). Schwartz personal values, theory of planned behavior and environmental consciousness: How tourists' visiting intentions towards eco-friendly destinations are shaped? *Journal of Business Research*, 110, 228-236. https://doi.org/10.1016/j.jbusres.2020.01.040
- Alkhamees, A.A., Alrashed, S.A., Alzunaydi, A.A., Almohimeed, A.S., & Aljohani, M.S. (2020). The psychological impact of COVID-19 pandemic on the general population of Saudi Arabia. *Comprehensive Psychiatry*, 102, 152192. https:// doi.org/10.1016/j.comppsych.2020.152192
- Altarez, R., Austria, M., Bayron, J., Paltongan, T., Teofilo, R., Santianez, M., Poda-an, R., & Ibrado, A. (2021). Assessing environmental knowledge and attitude of cadets in the Philippine Military Academy, Baguio City, Philippines. *Journal of STEAM Edu*cation, 4(1), 13-30. https://dergipark.org.tr/ en/pub/steam/issue/59530/754423
- Arshad, H.M., Saleem, K., Shafi, S., Ahmad, T., & Kanwal S. (2021). Environmental awareness, concern, attitude and behavior of university students: A comparison across academic disciplines. *Polish Journal of Environmental Studies*, 30(1), 561-570. https://doi.org/10.15244/pjoes/122617
- Bakan, A., Aktaş, B, Yalçınöz Baysal, H. (2020). University students' attitudes towards environmental problems: Nursing sample. *Adnan Menderes University Journal of Health Sciences*, 4(1), 10-19. https://dergipark.org.tr/en/pub/amusbfd/issue/52200/537627
- Bashir, M.F., Ma, B., & Shahzad, L. (2020). A brief review of the socio-economic and environmental impact of COVID-19. Air Quality, Atmosphere & Health, 13, 1403-1409. https://doi.org/10.1007/s11869-020-00894-8
- del Castillo, F.A. (2021) Health, spirituality and Covid-19: Themes and insights. *Journal of Public Health*, 43(2), e254–e255. https://doi.org/10.1093/pubmed/fdaa185

- Dubey, S., Biswas, P., Ghosh, R., Chatterjee, S., Dubey, M.J., Chatterjee S., Lahiri, D., & Lavie, C.J. (2020). Psychosocial impact of COVID-19. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*, 14(5), 779-788. https://doi.org/10.1016/j. dsx.2020.05.035
- Efremenko, L.V., Golovachev, V.S., Grigoryeva, A.S., Tretyakov, A.L., & Chertakova, E.M. (2020). Environmental education technologies. *Eduweb Magazine*, 14(2), 265-279. https://revistaeduweb.org/index.php/eduweb/article/view/33
- Güller E., Tokuç A., Köktürk G., Savaşır K. (2020). Environmental problems and solution proposals from the perspective of secondary school students. In Dincer I., Colpan C., Ezan M. (Eds.), Environmentally-Benign Energy Solutions. *Green Energy and Technology*. Springer. https://doi.org/10.1007/978-3-030-20637-6_1
- Hishan, S.S., Ramakrishan, S., & Qureshi, M.I. (2020). Students' role towards environmental protection. TEST Engineering & Management, 83,10446-10453.
- Hornejas, J. (2021). Environmental attitude of high school students: Bases for a proposed intervention. Sapienza: International Journal of Interdisciplinary Studies, 2(1), 298-314. https://doi.org/10.51798/sijis.v2i1.79
- Janmaimool, P., & Chudech, S. (2020). Effect of domestic and global environmental events on environmental concern and environmental responsibility among university students. Sustainability, 12(4),1610. https:// doi.org/10.3390/su12041610
- Jiang, P., Fan, Y.V., & Klemes, J.J. (2021). Impacts of COVID-19 on energy demand and consumption: Challenges, lessons and emerging opportunities. *Applied Energy*, 285, 116441. https://doi.org/10.1016/j.apenergy.2021.116441

- Karademir, A., Yaman, F., & Saatçioğlu, Ö. (2020). Challenges of higher education institutions against COVID-19: The case of Turkey. *Journal of Pedagogical Research*, 4(4), 453-474. https://doi.org/10.33902/ JPR.2020063574
- Klapproth, F., Federkeil, L., Heinschke, F., & Jungmann, T. (2020). Teachers' experiences of stress and their coping strategies during COVID-19 induced distance teaching. *Journal of Pedagogical Research*, 4(4), 444-452. https://doi.org/10.33902/JPR.2020062805
- Lalamonan, E. N. & Comighud, S. M T. (2020). Awareness and implementation of solid waste management (SWM) practices. *UBT International Conference. Retrieved from* https://knowledgecenter.ubt-uni.net/conference/2020/all events/256
- Lalhmangaihzuali, & Zohmingliani, L. (2021). Environmental awareness among college students of Mizoram. *Mizoram University Journal of Humanities & Social Sciences*, 7(1), 158-165. http://mzuhssjournal.in/images/resources/v7n1/lalhmangaihzuali.pdf
- Li, H., Ul Haq, I., Nadeem, H., Albasher, G., Alqatani, W., Nawaz, A., & Hameed, J. (2020). How environmental awareness relates to green purchase intentions can affect brand evangelism? Altruism and environmental consciousness as mediators. Revista Argentina de Clinica Psicologica, 29(5), 811-825. https://doi.org/10.24205/032767.2020.1079
- Lokhandwala, S., & Gautam, P. (2020). Indirect impact of COVID-19 on environment: A brief study in Indian context. *Environmental Research*, 188, 109807. https://doi.org/10.1016/j.envres.2020.109807
- Magulod, G.C., Jr. (2018). Climate change awareness and environmental attitude of college students in one campus of a state university in the Philippines. *Journal of Biodiversity and Environmental Sciences*, 12(2), 211-220.
- Marpa, E. (2020). Navigating environmental education practices to promote environmental

- awareness and education. *International Journal on Studies in Education*, 2(1), 45-57.
- Mehrsafar, A. H., Gazerani, P., Moghadam Zadeh, A., & Jaenes Sánchez, J. C. (2020). Addressing potential impact of COVID-19 pandemic on physical and mental health of elite athletes. *Brain, Behavior, and Immunity*, 87, 147–148. https://doi.org/10.1016/j.bbi.2020.05.011
- Mkumbachi, R.L., Astina, I.K., Handoyo, B. (2020). Environmental awareness and pro-environmental behavior: A case of university students in Malang City. *Jurnal Pendidikan Geografi: Kajian, Teori, dan Praktik dalam Bidang Pendidikan dan Ilmu Geografi 25*(2), 161-169.
- Nam-Nguyen, V., Truong, T. T. A., Ly, D. T. T., & Dagamac, N. H. A. (2021). Perceptions of environmental science and management students on synchronous online teaching of environmental policies: Learning experience from Southeast Asian cohort. *Pedagogical Research*, 6(1), em0084. https://doi. org/10.29333/pr/9287
- Naz, F., Oláh, J., Vasile, D., & Magda, R. (2020) Green purchase behavior of university students in Hungary: An Empirical Study. *Sustainability*, 12(23), 10077. https://doi.org/10.3390/su122310077
- Nilan, P. (2020). Muslim youth environmentalists in Indonesia. *Journal of Youth Studies*, 24(7), 925-940. https://doi.org/101080/13676261.2020.1782864
- Nurwido, N., Amin M., Ibrahim, I., & Sueb, S. (2020). The role of eco-school program (Adiwiyata) towards environmental literacy of high school students. *European Journal of Educational Research*, *9*(3), 1089-1103. https://doi.org/10.12973/eu.jer.9.3.1089
- Panganiban-Lualhati, G. (2017). Filipino student teachers' environmental competencies: Basis for development of a training module. *Asia Pacific Journal of Multidisciplinary Research* 5(1), 62-72.

- Pujiati, A., Setiaji, K., & Oktavilia, S. (2020). Impact of social influence and environmental literacy on green consumption behavior: A case study of Indonesian students. *International Journal of Advanced Science and Technology*, 29(6), 6510-6515.
- Rousseau, S., & Deschacht N. (2020). Public awareness of nature and environment during the COVID-19 crisis. *Environmental and Resource Economics*, 76, 1149-1149. https://doi.org/10.1007/s10640-020-00445-w
- Saari, U.A., Damberg, S., Frombling, L., & Ringle, C.M. (2021). Sustainable consumption behavior of Europeans: The influence of environmental knowledge and risk perception on environmental concern and behavioral intention. *Ecological Economics*, 189, 107155. https:// doi.org/10.1016/j.ecolecon.2021.107155
- SanJuan-Reyes, S., Gomez-Olican, L.M. & Islas-Flores, H. (2020). COVID-19 in the environment. *Chemosphere*, 263, 127973. https://doi.org/10.1016/j.chemosphere.2020.127973
- Sarkodie, S.A., Owusu, P.A. (2020). Impact of COVID-19 pandemic on waste management. Environment, Development and Sustainability, 23, 7951–7960. https://doi. org/10.1007/s10668-020-00956-y
- Schleicher, A. (2020). The impact of COVID-19 on education: Insights from education at a glance 2020. OECD. http://hdl.voced.edu.au/10707/550385
- Shakil, M.H., Munim, Z.H., Tasnia, M., & Sarowar, S. (2020). COVID-19 and the environment: A critical review and research agenda. *Science of The Total Environment*, 745, 141022. https://doi.org/10.1016/j.scitotenv.2020.141022
- Sharma, H.B., Vanapalli, K.R., Cheela, V.R.S., Ranjan, V.P. Jaglan, A.K., Dubey, B., Goel, S., & Bhattacharya, J. (2020). Challenges, opportunities, and innovations for effective solid waste management during and post COVID-19 pandemic. *Resources, Conser*vation and Recycling, 162, 105052. https:// doi.org/10.1016/j.resconrec.2020.105052

- Sheldrake, P. (2021). Spirituality in a time of pandemic. *Spiritus: A Journal of Christian Spirituality, 21*(1), 50-58. https://doi.org/10.1353/scs.2021.0004.
- Skare, M., Soriano, D.R., & Porada-Rochon, M. (2021). Impact of COVID-19 on the travel and tourism industry. *Technologi*cal Forecasting and Social Change, 163, 120469. https://doi.org/10.1016/j.techfore.2020.120469
- Strielkowski, W., Firsova, I., Lukashenko, I., Raudeliūnienė, J., & Tvaronavičienė, M. (2021). Effective management of energy consumption during the COVID-19 pandemic: The role of ICT solutions. *Energies*, 14, 893. https://doi.org/10.3390/en14040893
- Tee, M.L., Tee, C.A., Anlacan, J.P., Aligam, K.J.G., Reyes, P.W.C., Kurutchittham, V., & Ho, R.C. (2020). Psychilogical impact of COVID-19 pandemic in the Philippines. *Journal of Affective Disorders*, 277, 379-391. https://doi.org/10.1016/j. jad.2020.08.043
- Topcu, M., & Gulal, O.S. (2020). The impact of COVID-19 on emerging stock markets. *Finance Research Letters*, *36*, 101691. https://doi.org/10.1016/j.frl.2020.101691
- Tulin, E.P.B., Pedrera, H.A., & Fernandez, G.C. Jr. (2020). Instilling environmental consciousness through an environmental jamboree: The experiences of senior high school students and youth leaders. *Science* and Humanities Journal, 14, 83-95. https:// doi.org/10.47773/shj.1998.141.6
- Tursynbayeva, B. Zh., Mukhambetkaliyeva, G.M., Auyesbay K.A., & Baigabylov, N.O. (2020). National policy and the media in the formation of environmental awareness among students of Kazakhstan. *Media Watch*, 11(3), 428-438. https://doi. org/10.15655/mw/2020/v11i3/202929
- Urbański, M., & ul Haque, A. (2020) Are you environmentally conscious enough to differentiate between greenwashed and sus-

- tainable items? A global consumers perspective. *Sustainability*, *12*(5), 1786. https://doi.org/10.3390/su12051786
- Verma, A.K., & Prakash, S. (2020). Impact of COVID-19 on environment and society. *Journal of Global Biosciences*, 9(5), 7352-7363. https://www.mutagens.co.in/jgb/vol.09/05/090506.pdf
- Wang Q., & Su, M. (2020). A preliminary assessment of the impact of COVID-19 on environment – A case study of China. Science of The Total Environment, 728(1), 138915. https://doi.org/10.1016/j.scitotenv.2020.138915
- Xiang, M., Zhang, Z., & Kuwahara, K. (2020). Impact of COVID-19 pandemic on children and adolescents' lifestyle behavior larger than expected. *Progress in Cardiovascular Diseases*, 63(4), 531–532. https://doi. org/10.1016/j.pcad.2020.04.013
- Xiong, J., Lipsitz, O., Nasri, F., Lui, L.M.W., Gill, H., Phan L., Chen-Li, D., Iacobucci, M., Ho, R., Majeed, A., & McIntyre, R.S. (2020). Impact of COVID-19 pandemic on mental health in the general population: A systematic review. *Journal of Affective Disorders*, 277, 55-64. https://doi. org/10.1016/j.jad.2020.08.001

- Yeasmin, S., Banik, R., Hossain, S., Hossain, M. N., Mahumud, R., Salma, N., & Hossain, M. M. (2020). Impact of COVID-19 pandemic on the mental health of children in Bangladesh: A cross-sectional study. *Children and Youth Services Review*, 117, 105277. https://doi.org/10.101/j.childyouth.2020.105277
- Yusliza, M. Y., Amirudin, A., Rahadi, R. A., Nik Sarah Athirah, N. A., Ramayah, T., Muhammad, Z., Dal Mas, F., Massaro, M., Saputra, J., Mokhils, S. (2020). An investigation of pro-environmental behaviour and sustainable development in Malaysia. *Sustainabil*ity, 12(17),7083. http://dx.doi.org/10.3390/ su12177083
- Zafar, M.W., Shahbaz, M. Sinha, A., Sengupta, T., & Qin, Q. (2020). How renewable energy consumption contribute to environmental quality? The role of education in OECD countries. *Journal of Cleaner Production*, 268, 122149. https://doi.org/10.1016/j.jclepro.2020.122149
- Zambrano-Monserrate, M.A., Riano, M.A., & Sanchez-Alcalde, L. (2020). Indirect effects of COVID-19 on the environment. Science of The Total Environment, 728, 138813. https://doi.org/10.1016/j.scitotenv.2020.138813



An Alternative Learning during Pandemic: Video-Assisted Out-of-School Learning Activities

Assist. Prof. Dr. Ayşegül Aslan, Dr. Demet Batman Dr. Ümmü Gülsüm Durukan. Dr. Mustafa Güler

1. Introduction

It is vital to raise our children as individuals who know how to access knowledge from the initial years of their student years in order for our society to have the skills necessary by the age and the skills to adapt to the age it is in, as the term "the tree bends when it is young" implies. Furthermore, we should be able to design learning settings in which students may develop abilities such as verifying, classifying, and applying the information they have gathered to solve the problems they encounter. In this context, it is well known that mathematics education plays a significant role in achieving the aims of developing persons who are capable of creative and analytical thinking (English & Watters, 2004; Şahin & Eraslan, 2019). The basic premise of the Turkish mathematics curriculum is to raise global citizens who can apply mathematics in their daily lives, have problem-solving, analytical, creative, and critical thinking skills, think solution-oriented, and share their ideas with their classmates (Ministry of National Education [MoNE], 2018). Mathematics teachers, as well as students, play a critical role in fulfilling the mathematics curriculum's acquisitions. In other words, teachers and the instructional processes they develop play a major role in achieving the desired level of success in the classroom (Danişman et al., 2019; Gökbulut et al., 2008; Hill et al., 2005; Kilpatrick et al., 2001). Student profiles (learning styles, attention spans, interests, etc.) that differ each year make it difficult to confine teaching to the four walls of a classroom (Clark, 2016). In this instance, teachers should construct their instructional materials in such a way that they will attract students' attention and make them feel that the information they will learn is a part of their daily lives. Teachers' ability to construct their instructional procedures in this manner

- Akkoyunlu, B. (1998). Eğitimde teknolojik gelişmeler [Technological advances in education]. In B. Özer (Ed.), Çağdaş eğitimde yeni teknolojiler [New technologies in contemporary education] (pp. 3-12). Publications of Anadolu University.
- Aslan, A., & Demircioğlu, G. (2018). A review on Turkish graduate studies performed on out-of-school learning environments. *Karadeniz Technical University Journal of Social Sciences*, 8(16), 379-402.
- Ayan-Ceyhan, M. (2016). Kapsayıcı eğitim: Okul pratikleri, öğretmen ihtiyaçları [Inclusive education: School practices, teacher needs]. ERG.
- Balkan Kıyıcı, F. & Atabek Yiğit, E. (2010). Science education beyond the classroom: A field trip to wind power plant. *International Online Journal of Science Education*, 28(12), 1373-1388.
- Behrendt, M., & Franklin, T. (2014). A review of research on school field trips and their value in education. *International Journal of Environmental and Science Education*, 9(3), 235-245.
- Bell, R., Blair, M., Crawford, B., & Lederman, N. (2003). Just do it? Impact of a science apprenticeship program on high school students' understanding of nature of science and scientific inquiry, *Journal of Research* in Science Teaching, 40(5), 487-509.
- Berberoğlu, O. E. & Uygun S. (2013). Examining of outdoor education development in the world and in Turkey. *Mersin University Journal of the Faculty of Education*, 9(2), 32-42.
- Bora, U. (2002). A basic point where science and art intersect: The relationship between mathematics and music. *Journal of Uludag University Faculty of Education*, 15(1), 53-68.
- Bozdoğan, A. E. & Kavcı, A. (2016). The effects of out of class teaching activities to secondary school students' academic achievement in science course. *Gazi Journal of Educational Science*, 2(1), 13-30.

- Bozdoğan, A. E. & Yalçın, N. (2006). The effects of science centers on the change of "science interest" levels of primary education students and on their academic success: Energy park. *Ege Journal of Education*, *2*(7), 95-114.
- Bozdoğan, A. E. (2007). *Role and importance of science and technology in education* (Unpublished dissertation). Gazi University, Ankara.
- Bunting, C. J. (2006). *Interdisciplinary teaching through outdoor education*. Champaign. IL: Human Kinetics
- Chmiliar, I. (2010). Multiple-case designs. In A. J. Mills, G. Eurepas & E. Wiebe (Eds.), *Encyclopedia of case study research* (pp 582-583). USA: SAGE Publications.
- Clark, J. L. (2016). The self-perception of leadership efficacy of teachers and the effects on student achievement. Master's Theses and Doctoral Dissertations, 804.
- Çavuş, R., Umdu-Topsakal, Ü. & Öztuna-Kaplan, A. (2013). Teachers views' on awareness of environmental acquiring in informal learning environments: The sample of Kocaeli science houses. *Pegem Journal* of Education and Instruction, 3(1), 15-26.
- Çil, O., Kuzu, O. & Şimşek, A. (2019). Investigation of 2018 secondary mathematics curriculum according to the revised bloom taxonomy and components of the program. YYU Journal of Education Faculty, 16(1), 1402-1418.
- Danişman, Ş., Güler, M., & Karadağ, E. (2019). The effect of teacher characteristics on student achievement: A meta-analysis study. Croatian Journal of Education, 21(4), 1367-1398.
- Daşdemir, İ., Cengiz, E., Uzoğlu, M. & Bozdoğan, A. E. (2012). Examination of science teachers' opiniions related to tablet PCs using in science and technology courses. Mustafa Kemal University Journal of Social Sciences Institute, 9(20), 495-511.

- Denscombe, M. (2010). *The good research guide* for small scale research projects (4th ed.). Open University Press.
- DeWitt, J., & Storksdieck, M. (2008). A short review of school field trips: Key findings from the past and implications for the future. Visitor Studies, 11(2), 181-197.
- English, L. D., & Watters, J. J. (2004). Mathematical modelling with young children. In M. J. Hoines, & A. B. Fuglestad (Eds.), *Proceedings of the 28th International PME Conference* (Vol 2, pp. 335-342). Bergen University College.
- Ertaş Kılıç, H., & Şen, A. İ. (2014). Effect of outof-school learning activities and critical thinking-based physics teaching on students attitudes. *Education and Science*, 39(176), 13-30.
- Ertaş, H., Şen, A. İ. & Parmaksızoğlu, A. (2011). The effects of out-of school scientific activities on 9th grade students' relating the unit of energy to daily life. *Necatibey Faculty of Education, Electronic Journal of Science and Mathematics Education*, 5(2), 178-198.
- Eş, H., Özdemir, A., & Kaplan, M. (2019). Is mathematics a science branch? Mathematics teacher candidates' perceptions of science and mathematics. *Kastamonu Education Journal*, 27(1), 407-419.
- Falk, J. H., & Dierking, L. D. (1997). School field trips: Assessing their long-term impact. Curator: The Museum Journal, 40(3), 211-218.
- Gökbulut, Y., Yangın, S. & Sidekli, S. (2008). The expectations of the forth and fifth grades primary students from their teachers for mathematics lesson in accordance with 2004 primary mathematics education programme. *Milli Egitim Journal*, 179, 213-229.
- Güler, A. (2011). Impact of a planned museum tour on the primary school students' attitudes. *Elementary Education Online*, *10*(1), 169-179.
- Güler, M., Çekmez, E., & Çelik, D. (2020). Breaking with tradition: An investigation of an alternative instructional sequence de-

- signed to improve prospective teachers' noticing skills. *Teaching and Teacher Education*, 92, 103073. https://doi.org/10.1016/j.tate.2020.103073
- Gürdoğan Bayır, Ö. (2019). Education process with children in disadvantage groups: Views of preservice elementary school teachers. *Journal of Social Sciences of Eskisehir Osmangazi University, Armağan Special Issue,* 451-464.
- Hagen, C. (2013). Why students enjoy integrated outdoor mathematics activities. That's the question (Unpublished master's thesis). University of Utrecht, The Netherlands.
- Hasançebi, F. & Baydaş, Ö. (2020). Reflection of science teacher candidates' information technologies training on 5E course plan applications. Educational Technology Theory and Practice, 10(2), 427-451.
- Hill, H. C., Rowan, B. & Ball, D. L. (2005). Effects of teachers' mathematical knowledge for teaching on student achievement. *American Educational Research Journal*, 42(2), 371–406. https://doi.org/10.3102/00028312042002371
- Işık, A., & Özdemir, G. (2014). Çalışma yapraklarıyla olasılık öğretiminin öğrenci başarısına etkisi [Effect on student achievement of teaching probability with worksheets]. Middle Eastern & African Journal of Educational Research, 12, 4-16.
- Karpinnen, J. A. (2012). Outdoor adventure education in a formal education curriculum in Finland: Action research application. *Journal of Adventure Education and Outdoor Learning*, 12(1), 41-62.
- Kır, H., Kalfaoğlu, M. & Aksu, H. H. (2021). Mathematics teachers' opinions on the use of out-of-school learning environments. *International Journal of Educational Studies* in *Mathematics*, 8(1), 59-76. https://doi. org/10.17278/ ijesim.839925
- Kilpatrick, J., Swafford, J., & Findell, B. (Eds.). (2001). *Adding it up: Helping children learn mathematics*. National Academy Press.

- Kirkby, M. A. (1989). Nature as refuge in children's environments. *Children's Environment Quarterly*, 6(1), 7–12.
- Lakin, L. (2006). Science beyond the classroom. Science beyond the classroom. *Journal of Biological Education*, 40(2), 88-90. https://doi.org/10.1080/00219266.2006.9656021
- Lindemann-Matthies, P., & Knecht, S. (2011). Swiss elementary school teachers' attitudes toward forest education. *Journal of Environmental Education*, 42(3), 152-167. doi: 10.1080/00958964.2010.523737
- Miglietta, A. M., Belmonte, G., & Boero, F. (2008). A summative evaluation of science learning: A case study of the Marine Biology Museum "Pietro Parenzan" (South East Italy). Visitor Studies, 11(2), 213-219.
- Miles, M. B., & Huberman, A. M. (1990). *Qualitative data analysis*. SAGE Publications.
- Miller, T. J. (2008). The Alaska factor: Outdoor education program design in Alaska (Unpublished master thesis). University of Alaska, USA.
- Ministry of National Education [MoNE]. (2018a). *Matematik dersi öğretim programı* [Curriculum of mathematics courses]. Board of Education.
- Ministry of National Education [MoNE]. (2018b). 2023 Eğitim Vizyonu [Education Vision 2023]. Ministry of National Education.
- Okur-Berberoğlu, E., Güder, Y., Sezer, B. & Yalçın-Özdilek, Ş. (2013). An outdoor hydrobiology activity's effect on students' affective perspective, case study: Çanakkale, science camp. Kastamonu Education Journal, 21(3), 1177-1198.
- Oral, I. (2016). Türkiye'de kapsayıcı eğitimi yaygınlaştırmak için politika önerileri [Policy recommendations to promote inclusive education in Turkey]. ERG.
- Öçal, M. F. & Şimşek, M. (2017). Pre-service mathematics teachers' opinions about FA-TİH Project and technology use in mathe-

- matics education. *Turkish Online Journal of Qualitative Inquiry (TOJQI)*, 8(1), 91-121.
- Özgen, K. (2013). An investigation of primary mathematics preservice teachers' views and skills towards mathematical connection. *Electronic Turkish Studies*, 8(8), 2001-2020.
- Rennie, L. J. (2014). Learning science outside of school. In N. G. Lederman & S. K. Abell (Eds.), *Handbook of Research on Science Education* (Vol. II, pp. 120–144). Routledge.
- Richmond, D., Sibthorp, J., Gookin, J., Annarella, S., & Ferri, S. (2018). Complementing class-room learning through outdoor adventure education: Out-of-school-time experiences that make a difference. *Journal of Adventure Education and Outdoor Learning*, 18(1), 36-52.
- Saraç, H. (2017). Researches related to outdoor learning environments in Turkey: Content analysis study. *Journal of Education Theory and Practical Research*, 3(2), 60-81.
- Selvi, K., Sönmez, B. & Özüdoğru, F. (2014). John Dewey: School, society and education. Anadolu University Journal of Social Sciences, Special Issue, 25-34.
- Sturm, H. & Bogner, F. X. (2010). Learning at workstations in two different environments: A museum and a classroom. Studies in Educational Evaluation, 36, 14-19. https://doi. org/10.1016/j.stueduc.2010.09.002
- Şahin, N. & Eraslan, A. (2019). Middle-school prospective mathematics teachers' opinions on the use of modeling activities at the course of mathematics applications. *Turkish Journal of Computer and Mathematics Education*, 10(2), 373-393.
- Şentürk, E. & Özdemir, Ö. F. (2014). The effect of science centres on students> attitudes towards science. *International Journal of Science Education*, 4(1), 1-24.
- Tatar, N. & Bağrıyanık, K. E. (2012). Opinions of science and technology teachers about outdoor education. *Elementary Education Online*, 11(4), 883-896.

- Türkmen, H. (2010). İnformal (sınıf-dışı) fen bilgisi eğitimine tarihsel bakış ve eğitimimize entegrasyonu [Historical view of informal (outof-class) science education and its integration into our education]. *Cukurova University Faculty of Education Journal*, 3(39), 46-59.
- Türkmen, H. (2018). The effect of informal learning environment on the learning of fossils: Case of the Natural History Museum. Afyon Kocatepe University Journal of Social Sciences, 20(3), 165-175.
- Yardımcı, E. (2009). The effect of activity based nature education at a summer science camp on 4th and 5th grader's conceptions of the nature (Unpublished master thesis). Abant İzzet Baysal University, Bolu.
- Yavuz, M. (2012). The effect of using zoos in science education on students academic achievement and anxiety towards science and teachers-students conceptions (Unpublished master thesis). Sakarya University, Sakarya.

- Ye, H. (2021). The educational value of the body: A perspective of phenomenology. In Y. Deng & B. Gao (Eds.), *Educational Re*search in China (pp. 177-192). Springer.
- Yildirim, A., & Simsek, H. (2011). Sosyal bilimlerde nitel araştırma yöntemleri [Qualitative research methods in social sciences] (8th ed.). Seckin Yayinevi.
- Zengin, Y., Kağızmanlı, T. B., Tatar, E. & İşleyen, T. (2013). The use of dynamic mathematics software in computer assisted mathematics instruction course. *Mustafa Kemal University Journal of Social Sciences Institute*, 10(23), 167-180.



Online Education Stress among Students during the COVID-19 Pandemic: Evidence from Indian Universities

Assist, Prof. Dr. Razia B

1. Introduction

The outbreak of COVID-19 pandemic has resulted in dramatic changes worldwide in the education system. Traditional classroom education has been replaced by online education for time being whereby teaching learning process is being carried through online modes using various digital platforms. In order to control the pandemic caused by COVID-19, educational institutions all over India were closed by March 16, 2020 as per the instructions of Ministry of Health and Family Welfare, Government of India (Times of India Report, 2020). Students were advised to stay at home and carry on with online education in order to maintain social distancing and abide with COVID-19 protocols. At present, digital technology has become the foremost medium for conducting classes and examinations. This is a clear indication that during this period of crisis, there is no option left other than online mode for providing education to students at various levels of education system. Even though internet-based teaching is the most appropriate stop-gap arrangement now, it has highlighted the inequalities in education system (Reddy & Ramesh, 2020). Due to this major change, the normal life of students and teachers in India have been greatly disrupted as in any other country and there are number of challenges being faced which may lead to psychological problems including anxiety and stress. Remote learning situation during the period of crisis can bring tremendous stress among students (Rotas & Cahapay, 2021). One of the major challenges on the part of the students studying in Indian universities is that most of them belong to middle and lower socioeconomic status and hence cannot afford expensive online devices like laptops or tablets. Non-availability of technological gadgets and Internet connectivity issues

- Aggari, M. I., Diño, M. J. S., & Orte, C. J. S. (2020). Leaders shaping leadership: Knowledge, professional values and competency as prognosticators of career growth and development among nurses. *Enfermeria Clinica*, 30, 9-14. https://doi.org/10.1016/j.enfcli.2019.09.020
- Ahlawat,B(2020). Understanding the effect of COVID-19 on the education system and the students in Bangalore region of India. *Asian Journal of Education and Social Studies*, 12(3), 1-8
- Al Ateeq, D.A., Aljhani S, & AlEesa, D. (2020). Perceived stress among students in virtual classrooms during the COVID-19 outbreak in KSA. *Journal of Taibah University of Medical Sciences*, 15(5), 398-403. https://doi.org/10.1016/j.jtumed.2020.07.004.
- Arënliu, A., & Bërxulli, D. (2020). Rapid assessment: Psychological distress among students in Kosovo during the COVID-19 pandemic. Retrieved from https://www.researchgate.net/publication/340262171_Rapid_assessment_Psychological_distress_among_students_in_Kosovo during the COVID 19 pandemic
- Aristovnik, A., Keržič, D., Ravšelj, D., Tomaževič, N., & Umek, L. (2020). Impacts of the COVID-19 pandemic on life of higher education students: A global perspective. Sustainability, 12(20), 8438. https://doi.org/10.3390/su12208438
- Asio et al.(2021). Internet connection and learning device availability of college students:

 Basis for institutionalizing flexible learning in the new normal. *Studies in Humanities and Education*, 2(1), 56-69
- Cheung, T., Wong, S.Y., Wong, K.Y., Law, L.Y., Ng, K., Tong, M.T., Wong, K.Y., Ng, M.Y., & Yip, P.S. (2016). Depression, anxiety and symptoms of stress among baccalaureate nursing students in Hong Kong: A cross sectional study. *International Journal of Environmen*tal Research and Public Health, 13(8),779. https://doi.org/10.3390/ijerph13080779

- Department of Telecommunications, Ministry of Communications, Government of India New Delhi. (2019). *National Broadband Mission*. Retrieved from https://dot.gov.in/sites/default/files/National%20Broadband%20Mission%20-%20Booklet_0.pd-f?download=1#:~:text=6%20Vision%20 of%20the%20National,access%20of%20 broadband%20for%20all
- Duraku, Z.H., & Hoxha, L.(2020). The impact of COVID-19 on higher education: A study of interaction among Kosovar students' mental health, attitudes toward online learning, study skills, and lifestyle changes. In Z. H. Duraku (Ed.), Impact of the COVID-19 pandemic on education and wellbeing: Implications for practice and lessons for the future (pp.46-63). University of Prishtina "Hasan Prishtina" Faculty of Philosophy, Department of Psychology.
- Elsalem, L., Al-Azzam,N., Jum'ah,A.A., Obeidat, N., Sindiani,A.M., & Kheirallah,K.A.(2020). Stress and behavioral changes with remote e-exams during the covid-19 pandemic: a cross-sectional study among undergraduates of medical sciences. *Annals of Medicine and Surgery.* 60, 271-279. https://doi.org/10.1016/j.amsu.2020.10.058
- Hasan, B., & Bao,Y. (2020). Impact of "e-Learning crack-up" perception on psychological distress among college students during COVID-19 pandemic: A mediating role of "fear of academic year loss". Children and Youth Services Review, 118, 105355. https://doi.org/10.1016/j. childyouth.2020.105355
- Islam, M.A., Barna, S.D., Raihan, H., Khan, M.N.A., & Hossain, M.T. (2020). Depression and anxiety among university students during the COVID-19 pandemic in Bangladesh: A web-based cross-sectional survey. *Plos One*, 15(8), e0238162. https://doi.org/10.1371/journal.pone.0238162

- Jia,Y.F., & Loo,Y.T. (2018). Prevalence and determinants of perceived stress among undergraduate students in a Malaysian University. *Journal of Health and Translational Medicine*, 21(1),1-5.
- Kapasia, N., Paul P., Roy A., Saha J., Zaveri A., Mallick, R., Barman, B., Das, P., Chouhan, P. (2020). Impact of lockdown on learning status of undergraduate and postgraduate students during COVID-19 pandemic in West Bengal India. *Children and Youth* Services Review.116, 105-194.
- Kwaah, C.Y., & Essilfie, G.(2017). Stress and coping strategies among distance education students at the university of Cape Coast, Ghana. *Turkish Online Journal of Distance Education*, 18(3), 120-134.
- Maniago, J. D., Albougami, A., & Orte, C. J. S. (2020). Stakeholders' quality framework of nursing education: A brief report. *Inter*national Journal of Medical Research & Health Sciences, 9(4), 44-49.
- Meji, M.A., & Dennison, M.S.(2020). Survey on general awareness, mental state and academic difficulties among students due to COVID-19 outbreak in the western regions of Uganda. *Heliyon*, *6*(11) 1-9. https://doi.org/10.1016/j.heliyon.2020.e05454
- Moawad, R.A.(2020). Online Learning during the COVID-19 pandemic and academic stress in university students. *Revista Romaneasca pentru Educatie Multidimensionala*, 12(1), 100-107. https://doi.org/10.18662/rrem/12.1sup1/252
- Odriozola-González, P., Planchuelo-Gómez, A., Irurtia, M.J., & de Luis-García, R. (2020). Psychological effects of the COVID-19 outbreak and lockdown among students and workers of a Spanish university. Psychiatry Research, 290,1-8.
- Orte, C. J. S., & Bautista, R. A. (2017). Echoing difficulties of student nurses at various clinical areas in the hospital through doodling. *The Upland Farm Journal*, 25(1), 97-104.

- Orte, C. J. S., & Diño, M. J. (2019). Eliciting e-leadership style and trait preference among nurses via conjoint analysis. *Enfermeria Clinica*, 29, 78-80.
- Rahardjo, W., Juneman & Setiani, Y. (2013). Computer anxiety, academic stress, and academic procrastination on college students. *Journal of Education and Learning*, 7(3),147-152
- Reddy, D.S., & Ramesh, L.S.R.C.V. (2020). Pros and cons of e-learning by children in rural areas during lockdown situation and ways to empower it. Proceedings of Cloud based International Conference. *International Journal of Innovative Technology and Research*, 7-9.
- Rotas, E., & Cahapay, M. (2021). From stress to success: Exploring how Filipino students cope with remote learning amid COVID-19 pandemic. *Journal of Pedagogical Sociology and Psychology*, 3(1), 27-35. https://doi.org/10.33902/JPSP.2021366608
- Rovai, A. P., & Downey, J. R. (2010). Why some distance education programs fail while others succeed in a global environment. *The Internet and Higher Education*, 13(3), 141-147.
- Sahu,P. (2020). Closure of universities due to coronavirus disease 2019 (covid-19): Impact on education and mental health of students and academic staff. *Cureus*, 12(4), e7541.
- Sani, M., Mahfouz, M.S., Bani, I, Alsomily, A.H., Alagi D., Alsomily N.Y.,...& Asiri,S. (2012). Prevalence of stress among medical students in Jizan University, Kingdom of Saudi Arabia. *Gulf Medical Journal*, *1*(1),19-25.
- Suleyiman, M., & Zewdu, A. (2018). Prevalence and associated factors of stress among undergraduate students in Ambo University: Implication for Intervention. *International Journal of Psychology and Counselling*, 10(4), 29-39.

- Symonds, Q. (2020). The impact of the coronavirus on global higher education. Retrieved from http://info.qs.com/rs/335-VIN-535/images/The-Impact-of-the-Coronavirus-on-Global-Higher-Education.pdf
- Times of India Report. (March 16, 2020). Govt announces closure of all educational establishments across India till March 31. Retrieved from https://timesofindia.indiatimes.com/home/education/news/govt-announces-closure-of-all-educational-establishments-across-india-till-march-31/articleshow/74659627.cms
- Ullah,A., Ashraf,M., Ashraf,S., & Ahmed,S. (2021). Challenges of online learning during the COVID-19 pandemic encountered by students in Pakistan. *Journal of Pedagogical Sociology and Psychology*, 3(1), 36-44. http://www.doi.org/10.33902/JPSP.2021167264

- Waghachavare, V.B., Dhumale, G.B., Kadam, Y.R., & Gore, A.D., (2013). A study of stress among students of professional colleges from an urban area in India. SQU Medical Journal, 13(3), 429-436.
- Wang, C., Pan, R., Wan, X., Tan, Y., Xu, L., Ho, C.S., & Ho, R.C. (2020). Immediate psychological responses and associated factors during the initial stage of the 2019 coronavirus disease (covid-19) epidemic among the general population in China. *International Journal of Environmental Research and Public Health*, 17 (1729), 1-25. https://doi.org/10.3390/ijerph17051729
- Wang, C., & Zhao, H., (2020). The impact of COVID-19 on anxiety in Chinese university students. Frontiers in Psychology, 11, 1168.



Family-Focused Psycho Training Sessions during COVID-19 Pandemic

Betül YILMAZ, Assoc. Prof. Dr. Zülfiye Gül ERCAN

1. Introduction

Many fatal epidemic diseases such as typhoid, cholera, plague, swine flu and bird flu influenced the world in history and humanity carried out a battle of life against the epidemic. The new type of corona virus disease (COVID-19), with a high level of infectiousness and death risk that appeared in Wuhan, China, soon spread to the whole world with destructive effects due to its structure and transportation facilities and the global world. The epidemic affected and still affects negatively not only people but also the political, economic, social, psychological and physical structure of communities. Epidemic conditions brought by COVID-19 caused many changes with its unexpected effects on both adults and children (Çakır Kardeş, 2020).

The World Health Organization announced the global epidemic on 11 March, 2020 (https://www.bbc.com, 2020). Governments called citizens to "Stay at Home!" to control the epidemic, curfews were imposed, and had to close educational institutions and businesses. Education at all levels was suspended, and people in government and private institutions began to work from home. As part of the fight against the epidemic, these new regulations influenced physical, psychological, social and economic fields in the lives of families and caused many changes (Kurt Demirtaş &Sevgili Koçak, 2020).

The first COVID-19 related death in Turkey was declared on 15 March 2020. This was followed by strict measures against epidemics in the whole country. A curfew was imposed on people over the age of 65 and children and adolescents below 18. In this context, individuals were restricted, excluding those working

- Abdullah, I. (2020). COVID-19: Threat and fear in Indonesia. *Psychological Trauma: Theory, Research, Practice and Policy, 12*(5), 488-490. http://dx.doi.org/10.1037/tra0000878
- Akoğlu, G., & Karaaslan, B. T. (2020). Possible psychosocial effects of the COVID-19 and isolation process on children. İzmir Kâtip Çelebi *University Journal of Health Scienc*es, 5(2), 99-103.
- Anselmi, L., Piccinini, C. A., Barros, F. C. & Lopes, R. S. (2004). Psychosocial determinants of behaviour problems in Brazilian preschool children. *Journal of Child Psychology and Psychiatry*, 45(4), 779-788.
- Aral, N., Ceylan, R., & Bıçakçı, M. (2011). Study of television viewing habits of children by age and gender. *Kastamonu Eğitim Dergisi*, 19(2), 489-498.
- Arkan, B., &Üstün, B. (2009). Parent education programs in psychiatric approach to children with conduct disorder: An evaluation in the context of two examples. *Current Ap*proaches in Psychiatry, 1(2), 155-174.
- Başal, H.A. (2012). Gelişim ve psikoloji, nasıl mutlu ve başarılı bir çocuk yetiştirebilirim? [Development and psychology, how can I raise a happy and successful child]. Ekin.
- Bayrak Çelik, S. (2020). Behavioral problems in early childhood and its investigation. *Journal of Social Sciences*, 7(49), 531-540.
- Brassart, E., & Schelstraete, M. A. (2015). Enhancing the communication abilities of preschoolers at risk for behavior problems: Effectiveness of a parent- implemented language intervention. *Infants and Young Children*, 28(4), 337-354.
- Brooks, S. K., Webster R. K., Smith, L. E., Woodland, L., Wessely, S., Greenberg, N.,& Rubin, G. (2020). Thepsychologicalimpact of quarantineand how toreduce it: Rapid review of the evidence. *Lancet*, 395, 912-920.

- Brown, N.W. (2004). *Psychoeducational groups processand prectice*. Routledge.
- Brown, N.W. (2013). *Psiko-eğitsel gruplar* hazırlama ve uygulama rehberi [Guide to preparing and applying psycho-educational groups]. Anı.
- Çakır Kardeş, V. (2020). Mental and behavioral evaluation during and after the pandemic process. *Turkish Journal of Diabetes and Obesity*, 2, 160-169.
- Cluver, L., LAchman, J. M., Sherr, L., Wessels, I., Krug, E., Rakotomalala, S., BBlight, S., Hillis, S., Bachman, G., Green, O., Butchart, A., Tomlinson, M., Ward, C. L., Doubt, J., & McDonald K. (2020). Parenting in a Time of COVID-19. *The Lancet*, 395, 10231.
- Connell, C. M. & Strambler, M. (2020). Studying the Unintended Consequences of COVID-19 Responses on Family wellbeing and child safety. *Yale School of Medicine*. Retrieved from https://medicine.yale.edu/news-article/studying-the-unintended-consequences-of-covid-19-responses-on-family-wellbeing-and-child-safety/
- Dalton, L., Rapa, E., & Stein, A. (2020). Protecting the psychological health of children through effective communication about COVID-19. The Lancet Child & Adolescent Health, 4(5), 346-347.
- Dalton, L., Rapa, E., Ziebland, S., Rochat, T., Kelly, B., Hanington, L., Bland, R.i Yousafzai, & A., Stein, (2019). Communication with children andadolescents about the diagnosis of a life-threatening condition intheir parent. *The Lancet*, 393(10176), 1164-1176
- Dunleavy, B. P. (2020). % 20 of children on lockdown in China suffer depression, anxiety, study finds. *United Press International*. Retrieved from http://www.upi.com/Healt_News/2020/04/24/20-of-children-on-lockdown-in-China-suffer-depression-anxiety-study-find-

- s/5291587741928/?fbclid=IwAR2Mp-w5i93kUzDud7Wi0WNVR6aEkQvS-PGW0vRw kkamKfiHbHsuyXYsFIF4.
- Ferreira, T., Cadima, J., Matias, M., Vieira, J. M., Leal, T., & Matos, P. M. (2016). Preschool children's prosocial behavior: the role of mother-child, father-child and child relationships. *Journal of Child and Family Studies*, 25(6), 1829-1839.
- Ghosh, R., Dubey, M. J., Chatterjee, S., & Dubey, S. (2020). Impact of COVID-19 on children: Special focus on psychosocial aspect. *Minerva Pediatr*, 72(3), 226-235. https:// doi.org/10.23736/S0026-4946.20.05887-9
- Goldenberg, H., & Goldenberg, I. (2016). *Family therapy an overview*. Thomson Brooks/Cole.
- Griffiths F., &Smith, D. (2010). Psycho education intervention for people with bipolar disorder. *Mental Health Practise*, 13(9), 22-23.
- Günaydın, B. (2011). Presentation of gender roles in programs for children: TRT Child and Yumurcak tv (Unpublished Master's Thesis). RTÜK, Ankara.
- İkiz, F. E., Mete Otlu, B., & Ekinci Vural, D. (2016). Problem Behaviors in Early Childhood: Teachers' Evaluation. Mehmet Akif Ersoy University Journal of Institute of Social Sciences, 8(17), 216-229.
- Ikiz, F. E., & Savi Çakar, F. (2012). Behaviour problems in relations with perceived social support. In L. Barış, & Ö. Uzun (Eds.), *Psychology of adolescence* (pp. 1-48). Nova Science Publisher.
- Ivanenko, A., Crabtree, V.M., Obrien, L.M., &Gozal, D. (2006). Sleep Complaints and Psychiatric Symptoms in Children Evaluated at a Pediatric Mental Health Clinic. *Jclin Sleep Med*, 2,42-48.
- Jiao, W. Y., Wang, L. N., Liu, J., Fang, S. F., Jiao, F. Y., Pettoello Mantovani, M., et al. (2020). Behavioral an Demotional Disorders in Children Durng the COVID-19 Epidemic. *Journal of Pediatr.*, 221, 264-266.

- Johnson, K. P. (2005). Child and Adolescent Psychiatry The Essentials. In (Eds.) Cheng, K., & Myers, K.M. (pp. 46-54). Lippincott Williams and Wilkins.
- Kaya, C. (2003). Öğretmenlere öneriler [Suggestions for teachers]. Zambak.
- Kundu, B.,& Bhowmik, D. (2020). Societal impact of Novel Coronavirus (COVID-19 Pandemic) in India. https://doi.org/10.31235/osf.io/vm5rz
- Kurt Demirtaş, N., & Sevgili Koçak, S. (2020). Evaluation of the COVID-19 epidemic process from the perspective of parents with children between the ages of 2-6. Eurasian Journal of Social and Economic Research, 7(6), 328-349.
- Liu, J.J., Bao, Y., Huang, X., Shi, J., &Lu, L. (2020). Mental Health İssues for Children Quarantined Due to COVID-19. *Child & Adolescent Health*, 4(5), 347-349. https://doi.org/10.1016/S2352-4642(20)30096-1
- Mart, M., & Kesicioğlu, O.S. (2020). Opinions of families on playing at home during the pandemic process. *Turkish Studies*, 15(4), 945-958. https://dx.doi.org/10.7827/TurkishStudies.44381
- Mazza, C., Ricci, E., Biondi, S., Colasanti, M.,
 Ferracuti, S., Napoli, C., Roma, P. (2020).
 A Nation Wide Survey of Psychological
 Distressamong Italian People During the
 COVID-19 Pandemic: Immediate Psychological Responsesandas sociated Factors.
 International Journal of Environmental
 Researchand Public Health, 17, 31-65.
- McGillicuddy-De Lisi, A.V., & Sigel, I. E. (2002). Parental beliefs are cognitions: Dynamic model of belief systems. (Ed.)Bornstein M.H., Ebeveynlik El Kitabı: Ebeveyn olmak ve ebeveyn olmak. Lawrence Erlbaum Assocates Yayıncıları.
- Merriam, S. (2013). Qualitative research: A guide to design and implementation. (Trans., S. Turan). Nobel.

- Nur, İ. (2019). Kültür ve akran ilişkileri [Culture and peer relations]. In D. Aslan, M. Kale, & İ. Nur (Eds.), *Kültür ve çocuk* [Culture and child] (s. 253-282). Pegem.
- Orru, G., Ciacchini, R., Gemignani, A., & Conversano, C.(2020). Psychological intervention measures during the COVID-19 pandemic. *ClinicalNeuropsychiatry*, 17(2), 76-79
- Özbey, S. (2011). The role of the family in coping with adjustment and behavioral problems in preschool children. *Journal of Family and Society, 11*(6), 9-18.
- Qiu, J., Shen, B., Zhao, M., Wang, Z., Xie, B., & Xu, Y. (2020). A nationwide survey of psychological distress among Chinese people in the COVID-19 epidemic: implications and policy recommendations. *General Psy*chiatry, 33(2), e100213.
- Seven, S. (2007). The effect of familial factors on social behavior problems of six-year-old children. *Educational Administration: Theory and Practice*, *51*, 477-499.
- Sezer, Ö. (2006). Okul öncesi dönemde bulunan çocuklarda sık rastlanan uyum ve davranış bozuklukları ve bu bozukluklara ilişkin öğretmenlerin görüşleri [Adaptation and behavioral disorders common in preschool children and teachers' opinions about these disorders]. YA-PA.

- Sutton, M. M., Sofka, A. E., Bojczyk, K. E., & Curenton, S. M. (2007). Assessing the quality of storybook reading. In K. L. Pence (Ed.), Assesment in emergent literacy (pp. 29-38). Plural Publishing.
- Tokuç, B. (2014). Çocuklar ve savaş [Children and war]. HASUDER.
- Ünal, H. (2006). Investigation of counseling services offered to primary school students diagnosed with conduct disorder at schools (Unpublished Master's Thesis). Çukurova University, Adana.
- Yavuzer, H. (2016). *Ana-baba ve çocuk* [Parents and children]. Remzi.
- Yeasmin, S., Banik, R., Hossain, S., Hossain, M.N., Mahumud, R., Salma, N., & Hossain, M.M. (2020). Impact of COVID-19 pandemic on the mental health of children in Bangladesh: A cross- sectional study. *Children and youth Services Review, 117*, 105277.
- Yıldırım, A., & Şimşek, H. (2011). Sosyal bilimlerde nitel araştırma yöntemleri [Qualitative research methods in the social sciences]. Seçkin.



Online Instruction at a Turkish University: Reflections towards Corpus Applications in Language Classroom

Assist. Prof. Dr. Ali Şükrü ÖZBAY

1. Introduction

Instructing online courses during the Covid-19 has presented several challenges as well as certain advantages to the instructors in many educational settings especially in terms of adapting themselves to the use of online technology in their courses. One of these challenges is that with the sudden emergence of Covid-19, the educational institutions had to quickly transform their courses into online classes, using the available technologies (Romero-Ivanova et al., 2020; Barry & Kanematsu, 2020). This quick transition from in-person to online instruction naturally brought about several challenges teachers need to overcome (Cuellar, 2020). For example, teachers needed to adopt new pedagogical methods to make their teaching more effective and reliable as well as less stressful for their students and for themselves (Platt et al., 2014). Online teaching, on the other hand, presents several opportunities for writing instruction to help students become more proficient writers who can use corpus tools and produce better and more reliable writing even without being able to meet face to face (Premont, 2020). The awareness on the parts of the teachers towards the insufficiency of their existing teaching practices in online setting was also a strong motivation for some teachers to spend extra effort for facilitating effective online class sessions (Hicks, 2020). The increased flexibility of online classrooms and the increase in learning and teaching opportunities for students and teachers were the primary advantages of online teaching and learning (Healy et al., 2014).

Conducting online writing classrooms has only a recent popular history and needed adapt to the limitations brought by COVID-19 pandemic. Once consid-

- Barry, D. M., & Kanematsu, H. (2020). Teaching during the COVID-19 Pandemic. *ED606017*. https://eric.ed.gov/?id=ED606017
- Biber, D., & Conrad, S. (2009). *Register, genre and style*. Cambridge University Press.
- Bloor, M. et al. (2001). Focus groups in social research. Sage.
- Bowling, A. (2002). Research methods in health: Investigating health and health services. McGraw-Hill House.
- Chastain, K. (1988). Developing second-language skills: Theory and practice (3rd ed.). Harcourt Brace Jovanovich.
- Chitez, M., Rapp, C., & Kruse, O. (2015). Corpus-supported academic writing: how can technology help? In F. Helm, L. Bradley, M. Guarda, & S. Thouësny (Eds), Critical CALL Proceedings of the 2015 EUROCALL Conference, Padova, Italy (pp. 125-132).
- Cuellar, N. (2002). The transition from classrooms to online teaching. *Nursing Forum*, 17(3), 5-13.
- Dashtestani, R. (2013). EFL teachers' and students' perspectives on the use of electronic dictionaries for learning English. *CALL-EJ*, 14(2), 51-65.
- Feilke, H. (2014). Argumente für eine Didaktik der Textprozeduren [Arguments for a Didactic Text Procedures]. In T. Bachmann (Ed.), Werkzeuge des Schreibens. Beiträge zu einer Didaktik der Textprozeduren [Tools of Writing. Contributions to a Didactic Text Procedures] (pp. 11-34). Fillibach bei Klett.
- Friginal, E., Dye, P., & Nolen. M. (2020). Corpus-based approaches in language teaching: Outcomes, observations, and teacher perspectives. *Boğaziçi University Journal of Education*, 37(1), 43-68.
- Grabe, W., & Kaplan, R.B. (1996). *Theory and practice of writing: an applied linguistic perspective*. Longman.

- Granger, S., Hung, J., & Petch-Tyson, S. (2002). Computer learner corpora, second language acquisition and foreign language. Benjamins.
- Healy, S., Block, M., & Judge, J. (2014). Certified adapted physical educators' perceptions of advantages and disadvantages of online teacher development. *Palaestra*, 28(4), 14-16
- Hicks, T. (2020). Rethinking the teaching of writing in an era of remote learning: lessons learned from a local site of the national writing project, "teaching/writing". The Journal of Writing Teacher Education, 9(1), 8.
- Hyland, K. (2002). *Second language writing*. Cambridge: Cambridge University Press.
- Hyland, K. (2000). *Disciplinary discourses: Social interactions in academic writing*. Longman.
- Johansson, S. (2009). Some thoughts on corpora and second-language acquisition. In K. Aijmer (Ed), Corpora and language teaching (pp.33-34). John Benjamins.
- Kayaoğlu, M.N. (2013). The use of corpus for close synonyms. *The Journal of Language and Linguistic Studies*, 9(1), 137-138.
- Kitzinger, J. (1994). The methodology of focus groups: The importance of interaction between research participants. *Sociology of Health and Illness, 16*(1), 103-121.
- Krueger, R., & Casey, M.A. (2000). Focus groups: A practical guide for applied research. Sage.
- Krueger, R. A. (1994). Focus groups: A practical guide for applied research. Sage
- Leki, I. (1991). The preferences of ESL students for error correction in college-level writing classes. *Foreign Language Annals*, 24, 203-218.
- Leńko-Szymańska, A. (2014). Is this enough? A qualitative evaluation of the effectiveness of a teacher-training course on the use of corpora in language education. *ReCALL*, 26(2), 260-278.

- McCarthy, M., & Carter, R. (2004). There's millions of them: hyperbole in everyday conversation. *Journal of pragmatics*, 36(2), 149-184.
- Morgan, D. L. (1997). Focus Groups as Qualitative Research. Sage.
- Nesi, H., & Gardner, S. (2012). *Genres across the disciplines: student writing in higher education.* Cambridge University Press.
- O'Keeffe, A., McCarthy, M. & Carter, R. (2007). From corpus to classroom. Language use and language teaching. Cambridge University Press.
- Platt, C.A., Raile, A. N. W., & Yu, N. (2014). Virtually the same? Student perceptions of the equivalence of online classes vs. faceto-face classes. MERLOT Journal of Online Learning and Teaching, 10(3), 489-494.
- Premont, D. (2020). Writing and adapting instruction during the time of Covid-19. *The Journal of Writing Teacher Education*, 9(1), 15.
- Reppen, R. (2010). *Using corpora in the language classroom*. Cambridge University Press.
- Romero-Ivanova, C., Shaughnessy, M., Otto, L., Taylor, E., & Watson, E. (2020). Digital practices & applications in a Covid-19 culture. *Higher Education Studies*, 10(3), 80-87.
- Römer, U., & Wulff, S. (2010). Applying corpus methods to writing research: Explorations of MICUSP. *Journal of Writing Research*, 2(2), 99-127.

- Schmitt, N. (Ed.). (2004). *Formulaic sequences*. John Benjamins.
- Silva, T., & Matsuda, P. K. (2002). Writing. In N. Schmitt (Ed.), *An introduction to Applied Linguistics* (pp. 250-266). Arnold.
- Sinclair J., (1991). *Corpus, concordance, collo-cation*. Oxford University Press.
- Steinhoff, T. (2007). Wissenschaftliche Textkompetenz [Scientific Text Literacy]. Niemeyer.
- Stewart, D. W., & Shamdasani, P. N. (1990). Focus Groups: Theory and Practice. Sage.
- Weigle, S. (2002). *Assessing writing*. Cambridge University Press.
- Yildirim, A., & Simsek, H. (2011). Sosyal Bilimlerde Nitel Arastirma Yöntemleri (8th ed.) [Qualitative Research Methods in Social Sciences, 8th ed.] Seckin.
- Yoon, H., & Hirvela, A. (2004). ESL student attitudes toward corpus use in L2 writing. *Journal of Second Language Writing*, 13, 257-283.
- Yoon, H. (2005). An investigation of students' experiences with corpus technology in second language academic writing (Publication No. 3160827) [Doctoral dissertation, The Ohio State University]. ProQuest Dissertations Publishing.



Challenges Science Teachers Face in Distance Science Education during the COVID-19 Emergency

Dr. Ahmet TAŞDERE

1. Introduction

Today, the development of individuals' scientific literacy levels has become as important as learning basic daily literacy. This situation has now become one of the most basic level competencies that every individual should have, in addition to being the major purpose of formal education institutions. Raising all individuals as scientific literate, regardless of their individual differences, has been adopted as a vision in the current Science Curriculum, which has been constructed in recent years and a strong emphasis on this competence has been placed (Ministry of National Education [MoNE], 2005, 2013, 2018). The global COVID-19 pandemic, which has been affecting people from all walks of life over the past 2 years, has made the acquisition of this vision a requirement for everyone. Drawing attention to the impact of the COVID-19 pandemic process on daily communications in the context of scientific literacy, Dillon and Avraamidou (2020), stated that various scientific concepts such as virus, corona, pandemic, epidemic, herd immunity, incubation, social distance, isolation, quarantine, and symptom are now frequently heard. According to Lin (2020), educational activities were also directly affected in this process, which caused serious changes in all activities that directly concern people such as health, economy and social life, as well as the emergence of various anxieties and concerns. Emphasizing the reports published on this effect on an international scale, Miks and McIlwaine (2020), stated that schools were temporarily closed in many countries due to the virus that spread all over the world, affecting more than 91 percent of the students in the world (1.6 billion children and youth). As part of emergency measures, countries,

References

- Aksu, B. (2011). Topics perceived as difficult in the science and technology curriculum and possible reasons: teacher and student views (Unpublished Master Thesis), Institute of Educational Sciences, Abant Izzet Baysal University, Bolu.
- Agnoletto, R. & Queiroz, V. (2020). COVID-19 and the challenges in Education. *Centro de Estudos Sociedade e Technologia, Universidade de Sao Paulo, Bulletin, 5*(2), 1-2.
- Arslan, Ş. & Şumuer, E. (2020). Classroom management problems encountered by teachers in virtual classes during covid-19 pandemic. *Milli Eğitim*, 49(1), 201-230.
- Asio, J. M. R. & Bayucca, S. A. (2021). Spear-heading education during the COVID-19 rife: Administrators' level of digital competence and schools' readiness on distance learning. *Journal of Pedagogical Sociology and Psychology*, 3(1), 19-26. https://doi.org/10.33902/JPSP.2021364728
- Asio, J. M. R., Gadia, E. D., Abarintos, E. C., Paguio, D. P. & Balce, M. (2021). Internet connection and learning device availability of college students: Basis for institutionalizing flexible learning in the new normal. *Studies in Humanities Education*, 2(1), 56-69. https://doi.org/10.48185/she.v2i1.224
- Atik, A. D. (2020). Pre-service science teachers' perception of distance education: a metaphor analysis. *International Journal of Scholars in Education*, 3(2), 148-170.
- Ayaz, E. (2021). Investigation of teacher and parent opinions regarding the primary school science course and distance education during the pandemic. *Journal of Uludag University Faculty of Education*, 34(1), 298-342. https://doi.org/10.19171/uefad.815664
- Bahar, M. (2002). Students' learning diffuculties in biology: reasons and solutions, *Kastamonu Education Journal*, 10(1), 73-82.

- Bakioğlu, B. & Çevik, M. (2020). Science teachers' views on distance education in the COVID-19 pandemic process. *Electronic Turkish Studies*, 15(4). 109-129
- Bostan Sarıoğlan, A., Altaş, R. & Şen, R. (2020). Investigation of teachers' views about experimenting in science course during distance education. *Milli Eğitim, 49*(1), 371-394
- Büyüköztürk, Ş., Kılıç-Çakmak E., Akgün, Ö. E., Karadeniz, Ş. & Demirel, F. (2008). Bilimsel Araştırma Yöntemleri [Scientific Research Methods)]. Pegem A.
- Can, E. (2020). Coronavirüs (Covid-19) pandemisi ve pedagojik yansımaları: Türkiye'de açık ve uzaktan eğitim uygulamaları [Coronavirus (Covid-19) pandemic and its pedagogical reflections: Open and distance education practices in Turkey]. *Açıköğretim Uygulamaları ve Araştırmaları Dergisi*, 6(2), 11-53.
- Canpolat, U. & Yıldırım, Y. (2021). Ortaokul öğretmenlerinin COVID-19 salgın sürecinde uzaktan eğitim deneyimlerinin incelenmesi [Examining the distance education experiences of secondary school teachers in the COVID-19 outbreak process]. Açıköğretim Uygulamaları ve Araştırmaları Dergisi, 7(1), 74-109
- Çepni, S. (2014). *Introduction to research and project studies*. Celepler.
- Demir, F. & Özdaş, F. (2020). Examining teachers' opinions related to distance education in the Covid-19 process. *Milli Eğitim, 49*(1), 273-292
- Dilekçi, Ü. & Limon, İ. (2020). Investigation of teachers' perceptions of "communication overload" related to Covid-19 pandemic. *Milli Eğitim, 49*(1), 231-252
- Dillon, J. & Avraamıdou, L. (2020). Towards a viable response to Covid-19 from the science education community. *Journal for Activist Science & Technology Education*, 11(2), 1-6.

- Gilani, I. (2020). Coronavirus pandemic reshaping global education system? Retrieved from https://www.aa.com.tr/en/education/ coronavirus-pandemic-reshaping-global-educationsystem/1771350
- Haşıloğlu, M. A., Durak, S. & Arslan, A. (2020). Evaluation of the teacher, student and parents from the perspective of sciences advisory teachers during covid-19 distance education process. *International Journal of Education Science and Technology*, 6(3), 214-239.
- Lin, C. Y. (2020). Social reaction toward the 2019 novel coronavirus (COVID-19). *Social Health and Behavior*, 3(1), 1-2.
- Miks, J. & McIlwaine, J. (2020). Keeping the world's children learning through COVID-19 (Research report). UNICEF.
- Ministry of National Education (MoNE) (2005). *Ilköğretim fen ve teknoloji dersi 6, 7 ve 8. siniflar öğretim programi* [Primary schools science and technology course curriculum for grades 6, 7 and 8]. Ministry of National Education.
- Ministry of National Education (MoNE). (2013). İlkogretim kurumlari (ilkokullar ve orta-okullar) fen bilimleri dersi ogretim programi [Primary institutions (primary and middle schools) science course program]. Ministry of National Education.
- Ministry of National Education (MoNE) (2018). Fen bilimleri dersi öğretim programı [Science course curriculum]. Ministry of National Education.
- Mulenga, E. M. & Marbán, J. M. (2020). Is COVID-19 the gateway for digital learning in mathematics education? *Contemporary Educational Technology*, 12(2), ep269. https://doi.org/10.30935/cedtech/7949

- Özdoğan, A. Ç. & Berkant, H. G. (2020). The examination of stakeholders' opinions on distance education during the covid-19 epidemic. *Milli Eğitim, 49*(1), 13-43.
- Özer, M. (2020). Educational policy actions by the ministry of national education in the times of COVID-19 pandemic in Turkey. *Kastamonu Education Journal*, 28(3),1124-1129.
- Polat, M. (2005). Determining the difficult science topics of primary school at level two, the reasons for difficulties and suggestions to remedy them (Unpublished Master Thesis), Institute of Social Sciences, Abant Izzet Baysal University, Bolu.
- Tekkaya, C., Özkan, Ö. & Sungur, S., (2001). Biology concepts perceived as difficult by turkish high school students. *Journal of Hacettepe University Education Faculty*, 21, 145-150.
- Ünal, M. & Bulunuz, N. (2020). The views and suggestions of science teachers on distance education practices during the COVID-19 pandemic period and subsequent processes. *Milli Eğitim, 49*(1), 343-369.
- Yıldırım, A. & Şimşek, H. (2008). Sosyal bilimlerde nitel araştırma yöntemleri [Qualitative research methods in the social sciences] (6th Edition). Seçkin Printery.
- Yin, R.K. (2003). Case study research: Design and methods. Sage.

Appendix 1

1. Considering the subjects in the science curriculum, which subjects were difficult to teach in the 5th, 6th, 7th and 8th grades in the distance education process?

For Grade 5:

For Grade 6:

For Grade 7:

For Grade 8:

- 2. Why do you think it is difficult to teach these subjects in distance education? What could be the possible reasons for this?
- 3. Which symbols, mathematical expressions, formulas, models, graphics, etc. are mostly used in science lessons during the distance education process was it difficult to teach? Can you explain with an example?
- 4. Have you done experiments in the distance science teaching process? What subjects have you experimented with? Which experiments and activities were the most challenging for you? Why is that?
- 5. What is the situation in which you have the most problems in distance science teaching (Lesson preparation, Teaching process, Assessment and Evaluation, Teacher-Student and Student-Student communication, Classroom Management, Student interest, motivation, etc.) Why?
- 6. Did you experience connection, internet, audio, visual etc. problems in distance science teaching? If so, how did this affect the distance science teaching process?



Reimagining the Future of Philippine Undergraduate Teacher Education Program: The Curriculum Implications of COVID-19 Crisis

Erwin E. Rotas, Prof. Michael B. Cahapay

1. Introduction: Setting the Stage of Education in Crisis

People have been battling viruses even before the evolution of the human species into its modern shape now. One of these highly transmissible viruses that have emerged recently is the COVID-19, a new strain of severe acute respiratory syndrome caused by a novel coronavirus (Shereen et al., 2020). It was first reported in people exposed to a market in Wuhan, China, and transferred to humans through an unknown intermediary. Since then, it has quickly multiplied across six continents and in more than a hundred countries and territories (McLeod, 2020), transposing societies, homes, schools, and services into a new reality. Experts in epidemiology initially indicated that the COVID-19 virus is highly communicable (Thorneloe et al., 2020) and with the emergence of more contagious COVID-19 variants specifically originating from United Kingdom, South Africa, and Brazil, it is expected to lead to more cases of and put more strain on medical resources of each country in the world (Centers for Disease Control and Prevention, 2021). It was first declared a pandemic by the World Health Organization (2020) in March 2020 and just after a year, as of 17 March 2021, there have been 120,383,919 confirmed cases of COVID-19, including 2,664,386 deaths (World Health Organization, 2021).

The impact of COVID-19 is multidimensional and is evidently demonstrated in almost all sectors, including the education sector. The International Association of Universities (2020) reported that at the onset of the COVID-19 crisis, more than a billion students across the world were affected by the closures of schools,

References

- Abad, M. (2020, July 02). Printed materials, online classes 'most preferred' for distance learning DepEd. *Rappler*. Retrieved from https://rappler.com/nation/
- Aguilar, K., & Orejas, T. (2021, March 07). In-person internship, clerkship suspended in Metro Manila hospitals as COVID-19 cases rise. *Inquirer.net*. Retrieved from https://newsinfo.inquirer.net/1404121/faceface-internship-clinical-clerkship-in-ncr-suspended-after-rise-in-covid-19-cases
- Bagayas, S. (2020, April 15). 'Education with compassion': U.P. community urges mass promotion, early end of semester. *Rappler*: Retrieved from https://www.rappler.com/moveph/university-of-the-philippines-community-urges-mass-promotion-early-end-semester-coronavirus-pandemic
- Barron, M., Cobo, C., Munoz-Najarinaki, A., & Ciarrusta, S. (2021, February 18). The changing role of teachers and technologies amidst the COVID 19 pandemic: key findings from a cross-country study. *World Bank Blogs*. Retrieved from https://blogs.worldbank.org/education/changing-role-teachers-and-technologies-amidst-covid-19-pandemic-key-findings-cross
- Bernardo, J. (2020, July 30). Modular Learning most preferred parents: DepEd. *ABS-CBN News*. Retrieved from https://news.abs-cbn.com/news/07/30/20/modular-learning-most-preferred-by-parents-deped
- Cabrisante, R. (2020, June 11). Blended learning: Can teachers adjust? *Inquirer.net*. Retrieved from https://newsinfo.inquirer.net/1289586/ blended-learning-can-teachers-adjust
- Cahapay, M. B. (2020a). Stranded college students amid COVID-19 pandemic: An existential phenomenology. *Journal of Loss and Trauma*, 25(6-7), 598-604. https://doi.org/10.1080/15325024.2020.1770955

- Cahapay, M. B. (2020b). Ushering children with disabilities in the new normal post-COVID-19 period: Collective actions in the Philippines. *Disability & Society*. https:// doi.org/10.1080/09687599.2020.1829557
- Cahapay, M. B. (2020c). National responses for persons deprived of liberty during the COVID-19 pandemic in the Philippines. *Victims & Offenders*. https://doi.org/10.108 0/15564886.2020.1823920
- Cahapay, M. B. (2020d). Social distancing practices of residents in a Philippine region with low risk of COVID-19 infection. *European Journal of Environment and Public Health*, 4(2), em0057. https://doi.org/10.29333/ejeph/8455
- Cahapay, M. B. (2021a). Navigating the post-COVID-19 era of 'next normal' in the context of Philippine higher education. *Asia-Pacific Journal of Educational Man agement Research*, 5(3), 57-64. http://dx. doi.org/10.21742/ajemr.2020.5.3.06
- Cahapay, M. B. (2021b). Senior citizens during COVID-19 crisis in the Philippines: Enabling laws, current issues, and shared efforts. Research on Ageing and Social Policy, 9(1), 1-25. http://dx.doi.org/10.447/ rasp.2021.6066
- Cahapay, M. B. (2021c). Philippine basic education learning continuity plan: Creating space for indigenous peoples toward inclusive post-COVID-19 education. *International Journal of Pedagogical Development and Lifelong Learning*, *2*(1), ep2102. https://doi.org/10.30935/ijpdll/9294
- Cahapay, M. B. (2021d). To get or not to get: Examining the intentions of Philippine teachers to vaccinate against COVID-19. *Journal of Human Behavior in the Social Environment*. https://doi.org/10.1080/10911359.20 21.1896409

- Centers for Disease Control and Prevention (2021, February 12). About Variants of the Virus that Causes COVID-19. Author. Retrieved from https://www.cdc.gov/corona-virus/2019-ncov/transmission/variant.html
- CHED. (2020a). COVID-19 Advisory No. 1:
 Guidelines for the Prevention, Control and
 Mitigation of the Spread of the 2019-Novel Coronavirus Acute Respiratory Disease
 in Higher Education Institutions. Retrieved
 from https://ched.gov.ph/wp-content/uploads/
 CHED-COVID-2019-Advisory-No.-1.pdf
- CHED. (2020b). COVID-19 Advisory No. 2. Retrieved from https://ched.gov.ph/wp-content/uploads/CHED-COVID-2019-Advisory-No.-2.pdf
- CHED. (2020c). COVID-19 Advisory No. 3. Retrieved from https://ched.gov.ph/wp-content/uploads/CHED-COVID-2019-Advisory-No.-3.pdf
- CHED. (2020d). COVID-19 Advisory No. 4. Retrieved from https://ched.gov.ph/wp-content/uploads/CHEDAdvisory4_COVID19. pdf
- CHED. (2020e). COVID-19 Advisory No. 5.
 Retrieved from https://ched.gov.ph/wp-content/uploads/CHED-HEI-COVID-19-Advisory No.5 15Mar2020.pdf
- CHED. (2020f). COVID-19 Advisory No. 6. Retrieved from https://ched.gov.ph/wp-content/uploads/CHED-COVID-19-Advisory-No.-6.pdf
- CHED-DepEd. (2020). New normal policies and guidelines on the deployment of pre-service teachers for field study and teaching internship for AY 2020-2021. Retrieved from https://ched.gov.ph/wp-content/up-loads/Draft-Policies-and-Guidelines-for-the-Deployment-of-Pre-service-Teachers-Sept.-7-2020.pdf
- Curato, N. (2021, January 22). Democratic expressions amidst fragile institutions: Possibilities for reform in Duterte's Philippines. Brookings. Retrieved from https://www.

- brookings.edu/articles/democratic-expressions-amidst-fragile-institutions-possibilities-for-reform-in-dutertes-philippines/
- Espino-Díaz, L., Fernandez-Caminero, G., Hernandez-Lloret, C.-M., Gonzalez-Gonzalez, H., & Alvarez-Castillo, J.-L. (2020). Analyzing the impact of COVID-19 on education professionals toward a paradigm shift: ICT and neuroeducation as a binomial of action. *Sustainability*, 12(14), 5646. https://doi.org/10.3390/su12145646
- Hernando-Malipot, M. (2021, October 22). CHED eyes completion of guidelines for limited face-to-face classes in other degree programs before 2020 ends. Retrieved from https://mb.com. ph/2021/10/22/ched-eyes-completion-of-guidelines-for-limited-face-to-face-classes-in-other-degree-programs-before-2020-ends/
- Hodges, C., Moore, S., Lockee, B., Trust, T., & Bond, A. (2020). The difference between emergency remote teaching and online learning. EDUCAUSE Review. Retrieved from https://er.educause.edu/articles/2020/3/the-difference-between-emergency-remote-teaching-and-online-learning
- International Association of Universities. (2020, April 25). COVID-19: Higher education challenges and responses [Report]. https://www.iau-aiu.net/Covid-19-Higher-Education-challenges-and-responses
- Malindog-Uy, A. (2020, December 06). Is the pandemic destroying philippine education? *The ASEAN Post.* Retreived from https://theaseanpost.com/article/pandemic-destroying-philippine-education
- Mateo, J. (2020, October 05). As Classes Open, 'Learning Crisis' Highlighted with Millions of Students Left Behind. *One News*. Retrieved from https://www.onenews.ph/ as-classes-open-learning-crisis-highlighted-with-millions-of-students-left-behind
- Mateo, J. (2021, January 03). Distance learning becomes new norm for Philippines education. *The Philippine Star*: Retrieved from https://www.

- philstar.com/headlines/2021/01/03/2067819/ distance-learning-becomes-new-norm-philippines-education
- McLeod, V. (2020, March 16). COVID-19: A history of coronavirus. Lab Manager. Retrieved from https://www.labmanager.com/ lab-health-and-safety/covid-19-a-history-of-coronavirus-22021
- Ramos, M. S. (2021, March 13). MMDA's Abalos to public: Don't spread misinformation amid COVID-19. *Inquirer:net*. Retrieved from https://newsinfo.inquirer.net/1406593/mmdas-abalos-to-public-dont-spread-misinformation-amid-covid-19#ixzz6pMgbk9oN
- Rotas, E. E., & Cahapay, M. B. (2020). Difficulties in remote learning: voices of philippine university students in the wake of COVID-19 Crisis. *Asian Journal of Distance Education*, 15(2), 147-158. https://doi.org/10.5281/zenodo.4299835
- Rotas, E., E. & Cahapay, M. B. (2021). From stress to success: Exploring how Filipino students cope with remote learning amid COVID-19 pandemic. *Journal of Pedagogical Sociology and Psychology*, 3(1), 27-35. https://doi.org/10.33902/jpsp.2021366608
- Schleicher, A. (2016). Professional teachers, successful reforms. In *Teaching Excellence through Professional Learning and Policy Reform: Lessons from around the World*. OECD Publishing. https://doi.org/10.1787/9789264252059-6-en
- Shereen, M. A., Khan, S., Kazmi, A., Bashir, N., & Siddique, R. (2020). COVID-19 infection: Origin, transmission, and characteristics of human coronaviruses. *Journal of Advanced Research*, 24, 91-98. https://doi. org/10.1016/j.jare.2020.03.005
- Sneader, K. & Singhal, S. (2020). Beyond coronavirus: The path to the next normal. *McKinsey & Company*. Retrieved from https://www.mckinsey.com/industries/healthcare-systems-and-services/our-insights/beyond-coronavirus-the-path-to-the-next-normal

- Tadalan, C. A. (2021, February 01). Coronavirus pandemic highlights failures of Philippine education. *BusinessWorld*. Retrieved from https://www.bworldonline.com/coronavirus-pandemic-highlights-failures-of-philippine-education/
- Tee, M. L., Tee, C. A., Anlacan, J. P., Aligam, K., Reyes, P., Kuruchittham, V., & Ho, R. C. (2020). Psychological impact of COVID-19 pandemic in the Philippines. *Journal of Affective Disorders*, 277, 379–391. https://doi. org/10.1016/j.jad.2020.08.043
- The World Bank (2020, June 18). COVID-19
 Could Lead to Permanent Loss in Learning and Trillions of Dollars in Lost Earnings. *Press Release*. Retrieved from https://www.worldbank.org/en/news/press-release/2020/06/18/covid-19-could-lead-to-permanent-loss-in-learning-and-trillions-of-dollars-in-lost-earnings
- Thorneloe, R., Wilcockson, H. E., Lamb, M., Jordan, C. H., & Arden, M. (2020). Willingness to receive a COVID-19 vaccine among adults at high-risk of COVID-19: A UK-wide survey. https://doi.org/10.31234/osf.io/fs9wk
- UNESCO (2020). Adverse consequences of school closures. Author. Retrieved from https://en.unesco.org/covid19/educationresponse/consequences
- UNICEF (2020, March 15). Keeping the world's children learning through COVID-19. Author. Retrieved from https://www.unicef. org/coronavirus/keeping- worlds-childrenlearning-through-covid-19
- World Health Organization. (2020, March 11). WHO Director-General's opening remarks at the media briefing on COVID-19. Author. https://www.who.int/director-general/speeches/detail/who-director-general-sopening-remarks-at-the-media-brie ng-on-covid-19—11-march-2020
- World Health Organization, (2021, March 17). WHO coronavirus disease (COVID-19) dashboard. Author. Retrieved from https://covid19.who.int



The Role of Psychological Resilience, Perceived Social Support and Cognitive Emotion Regulation in Predicting Obsessive Beliefs during COVID-19 Pandemic

Özlem ÇOLAK, Assist. Prof. Dr. Ahmet SAPANCI

1. Introduction

COVID-19 is an infectious disease caused by the SARS-CoV-2 virus that first appeared in Wuhan, China, in 2019. It is disseminated through contact with the virus, which sick people transfer through droplets into the environment (Pedersen & Ho, 2020). The virus spread quickly and had an impact all over the world, prompting the declaration of a global pandemic (World Health Organization [WHO], 2020). While the virus causes a severe course of the disease in some people, it can also lead to death in others. Important consequences for people such as the inability to perform cultural and religious rites after the loss, as well as the inability to bid farewell to their loss, cause the bereavement process to be postponed and not completed (Wallace et al., 2020). The COVID-19 pandemic, which is a life-threatening disease, is regarded as a life-complicating condition since it affects daily life (Celebi, 2020). Difficult life events are well established to be a key risk factor for people's mental health. Various studies examining the relationship between experienced experiences and psychological disorders exist. In a study, it was concluded that 35.8% of people with a psychiatric diagnosis had experienced at least one serious event before the illness (Farevelli et al., 2007). Although it is normal to follow the process and developments, it is thought that repetitive behaviors such as conducting extensive research on the pandemic, obsessively watching the news on social media and television, and frequently checking the body for signs of illness could be considered symptoms of anxiety disorder (Göka et al., 2020). Similarly, recent researches in Turkey have found that anxiety levels of the people have increased as a result of the COVID-19 era (Göksu & Kumcağız, 2020).

References

- BBC News. (2020). Koronavirüs: Türkiye'de hangi ilde, ne tür tedbirler uygulanıyor? [Coronavirus: What kind of measures are implemented in which province of Turkey?]. Retrieved from https://www.bbc.com/turkce/haberler-turkiye-52663160.
- Beşiroğlu, L., & Ağargün, M.Y. (2006). The correlates of healthcare seeking behavior in obsessive-compulsive disorder: A multidimensional approach. *Turkish Journal of Psychiatry*, 17, 213-222.
- Bonanno, G. A., Galea, S., Bucciarelli, A., & Vlahov, D. (2007). What predicts psychological resilience after disaster? the role of demographics, resources and life stres. *Journal of Consulting and Clinical Psychology*, 75(5), 671-682.
- Boysan, M., Besiroglu, L., Çetinkaya, N., Atli, A., & Aydin, A. (2010). The validity and reliability of the turkish version of the obsessive beliefs questionnaire-44 (OBQ-44). *Archives of Neuropsychiatry*, 47(3), 216.
- Cohen, S., & Wills, T. A. (1985). Stress, social support and buffering hypothesis. *Psychological Bulletin*, 98(2), 310-357.
- Çelebi, G. Y. (2020). Investigation of reactions to the covid 19 outbreak in terms of psychological resilience. *IBAD Journal of Social Sciences*, 5(8), 471-483.
- De Silva, P., & Marks, M. (2001). Traumatic experiences, post-traumatic stres disorder and obsessive–compulsive disorder. *International Journal of Psychiatry*, 13, 172–180.
- Doğan, T. (2015). Adaptation of the brief resilience scale into Turkish: A validity and reliability study. *The Journal of Happiness & Well Being*, *3*(1), 93-102.
- Eker, D., & Arkar, H.(1995). Factorial structure, validity, and reliability of revised form of the multidimensional scale of perceived social support. *Turkish Journal of Psychiatry*, 10(34), 45-55.

- Eker, D., Arkar, H., & Yaldız, H. (2001). Factorial structure, validity, and reliability of revised form of the multidimensional scale of perceived social support. *Turkish Journal of Psychiatry*, *12*(1), 17-25.
- Ercan, B. (2015). The effects of vulnerability to stress, cognitive emotion regulation and parenting style on obsessional beliefs. (Publication No. 427340) [Master's thesis, Uludağ University- Bursa]. Council of Higher Education Thesis Center.
- Faravelli, C., Catena, M., Scarpato, A., & Ricca, V. (2007). Epidemiology of life events: Life events and psychiatric disorders in the sesto fiorentino study. *Psychother Psychosom*, 76, 361–368.
- Fergus, T. A., & Berdeen J. R. (2014). Emotion regulation and obsessive-compulsive symptoms: A further examination of associations. *Journal of Obsessive-Compulsive and Related Disorders*, 243-248.
- Fredrickson, B. L., Tugade, M. M., Waugh, C. E., & Larkin, G. R. (2003). What good are positive emotions in criese? A prospective study of resilience and emotions following the terrorist attacks on the United States on September 11th, 2001. *Journal of Personality and Social Psychology*, 84(2), 365-376.
- Garnefski, N., & Kraaij, V. (2007). The cognitive emotion regulation questionnaire. European Journal of Psychological Assessment, 23(3), 141-149.
- Garnefski, N., Kraaij, V., & Spinhoven, P. (2001). Negative life events, cognitive emotion regulation and depression. *Personality and Individual Differences*, 30, 1311-1327.
- Göka, E., Türkçapar, M. H., Sayar, K., Rashid, T., Dinç, M., & Çakır, Z. (2020). Kaygı çağı: salgın zamanlarında ruh sağlığı [The age of anxiety: mental health in times of epidemic]. Kapı Publications.

- Göksu, Ö., & Kumcağız, H. (2020). Perceived stress level and anxiety levels in individuals in covid-19 outbreak. *Turkish Studies*, 15(4), 463-479.
- Hjemdal, O., Vogel, P.A., Solem,S., Hagen, K.,Tore C., & Stiles, T.C. (2011). The relationship between resilience and levels of anxiety, depression, and obsessive-compulsive symptoms in adolescents. *Clinical Psychology & Psychotherapy*, 18, 314–321.
- Konkan, R., Şenormancı,Ö., Güçlü, O., Aydın,E., & Sungur, M.Z. (2012). Obsessive compulsive disorder and obsessive beliefs. *Anatolian Journal of Psychiatry*, 13, 91-96.
- Leigh-Hunt, N., Bagguley, D., Bash, K., Turner, V., Turnbull, S., Valtorta, N., & Caan, W. (2017) An overview of systematic reviews on the public health consequences of social isolation and loneliness. *Public Health* 152, 157-171.
- Lensi, P., Cassano, G. B., Correddu, G., Ravagli, S., Kunovac, J. L., & Akiskal, H. S. (1996). Obsessive–compulsive disorder. *British Journal of Psychiatry*, 169(01), 101–107.
- Munoz-Navarro, R., Malonda, E., Llor-ca-Mestre, A., Cano-Vindel, A. & Fernandez- Berrocal, P. (2020). Worry about COVID-19 contagion and general anxiety: Moderation and mediation effects of cognitive emotion regulation. *Journal of Psychiatric Research*, 137, 311-318.
- Nejat, A, Rafezi, Z., & Hossseinsabet, F. (2020). Predicting obsessive-compulsive disorder based on mindfulness, cognitive emotion regulation strategies, and coping strategies. *Journal of Research in Behavioural Sciences*, 18 (2):249-259.
- Nikou, N., & Ahmadpour, F. (2020). Investigating anxiety, stress, and obsession during coronavirus pandemic and its relationship with resilience and life skills. *Journal of Advanced Pharmacy Education & Research*, 10(4), 85-90.

- Obsessive Compulsive Cognitions Working Group. (1997). Cognitive assessment of obsessive-compulsive disorder. *Behaviour Research and Therapy*, 35(7), 667–681
- Onat, O., & Otrar, M. (2012). Adaptation of cognitive emotion regulation questionnaire to turkish: Validity and reliability studies. *Marmara University Journal of Educational Sciences*, 31(31), 123-143.
- Öztürk, H. (2019). Investigate the relationship between the emotion regulation strategies and the psychologic resilience levels in undergraduate students (Publication No. 565244) [Master's thesis, Hasan Kalyoncu University- Gaziantep]. Council of Higher Education Thesis Center.
- Palardy, V., El-Baalbaki, G., Fredettea, C., Rizkallahc, E., & Guay, S. (2018). Social support and symptom severity among patients with obsessive compulsive disorder or panic disorder with agoraphobia: A systematic review. Europe's Journal of Psychology, 14(1), 254–286.
- Pan, K. Y., Kok, A., Eikelenboom, M., Horsfall, M., Jörg, F., Luteijn, R. A., Rhebergen, D., Oppen, P. V., Giltay, E. J., & Penninx, B. (2021). The mental health impact of the COVID-19 pandemic on people with and without depressive, anxiety, or obsessive-compulsive disorders: a longitudinal study of three Dutch case-control cohorts. *The Lancet Psychiatry*, 8(2), 121–129.
- Pedersen, S. F., & Ho, Y. C. (2020). SARS-CoV-2: A storm is raging. *The Journal of Clinical Investigation*, 130(5), 2202-2205.
- Ramirez, E. R. (2007). Resilience: A new concept analysis. *Nursing Forum*, 42(2), 73-82.
- Rudolph, S. G., Flett G. L., & Hewitt P. L.(2007). Perfectionism and deficits in cognitive emotion regulation. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 25(4)343-357.

- Sakarya, D., & Güneş, C. (2013). The Association between symptoms of posttraumatic stress disorder and psychological resilience in survivors of van earthquake. *Journal of Crisis*, 21(1), 25-32.
- Smith, B. W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P., & Jennifer Bernard, J. (2008). The brief resilience scale: Assessing the ability to bounce back. *International Journal of Behavioral Medicine*, 15, 194–200.
- Stern, M. R., Nota, J. A., Heimberg, R. G., Holaway, R. M. & Coles, M. E. (2014). An initial examination of emotion regulation and obsessive compulsive symptoms. *Journal of Obsessive-Compulsive and Related Disorders*, 3(2), 109-114.
- Subramaniam, M., Abdin E., Vaingankar. J., Shafie, S., Chang S., Seow, E., Chua, B.Y., Jeyagurunathan, A., Heng, D., Kwok,K.W., & Chong, S.A, (2020). Obsessive-compulsive disorder in singapore: Prevalence, comorbidity, quality of life and social support. *Annals of the Academy of Medicine, Singa*pore, 49 (1), 15-25.
- Taysi, E. (2000). Self esteem, perceived social support from friends and parents: A study with university students. (Publication No. 94707) [Master's thesis, Ankara University- Ankara]. Council of Higher Education Thesis Center.
- Tükel, R. (2020). Covid-19 Pandemisi Altıncı Ay Değerlendirme Raporu. [COVID-19 Pandemic 6th Month Evaluation Report]. Turkish Medical Association.

- Uçar, İ. (2019). An examination of the relationship between cognitive emotion regulation strategies with intolerance to uncertainty and childhood parental attitudes in adults (Publication No. 578285) [Master's thesis, Arel University- Istanbul]. Council of Higher Education Thesis Center.
- Vahedi, S., Hashemi, T., & Einipour, J. (2013). Investigation of relationship among emotional control, cognitive emotional regulation and obsessive beliefs in high school girl students of Rasht. Advances in Cognitive Science 15, 2.
- Wallace, C. L., Wladkowski, S. P., Gibson, A. & White, P. (2020). Grief during the COVID19 pandemic: considerations for palliative care providers. *Journal of Pain and Symptom Management*, 60,70-76.
- World Health Organization. (2020), Coronavirus disease (COVID-19) advice for the public.

 Retrieved from https://www.cdc.gov/coronavirus/2019-ncov/needextra-precautions/people-at-higher-risk.html
- Zimet, G.D., Dahlem, N.W., Zimet, S.G., & Farley, G.K. (1988). The multidimensional scale of perceived social support. *Journal of Personality Assessment*, 52(1), 30–41
- Zlomke, K.R., & Hahn, K.S. (2010). Cognitive emotion regulation strategies: Gender differences and associations to worry. *Personality and Individual Differences*, 48,408-41.