

Impact of Virtual Learning on Stress: Study of Final Year Undergraduates of Faculty of Commerce and Management Studies, University of Kelaniya, Sri Lanka

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Stress is the natural body reaction it can be either negatively or positively impact on human health. It related with the feelings of the humans as their own. Because stress is different from one person to another. Virtual learning is a critical role of achieving common goals of the learning. Stress and virtual learning is having supportive bond. Based on the Covid- 19 pandemic, without virtual learning difficult to process the learning and stress of the students. The prime purpose of this paper is to investigate the impact of virtual learning on stress in the Faculty of Commerce and Management Studies in the University of Kelaniya, Sri Lanka. The current study was adopted a quantitative research approach and to collect data a self-administrated questionnaire was used. Final sample included of 225 final year undergraduates in Faculty of Commerce and Management Studies in University of Kelaniya Sri Lanka. Correlation and Regression analysis was performed using SPSS version 23.0 to test the research hypothesis of the study. This study was found that there is a strong negative correlation between virtual learning and stress. Furthermore, it shows that there is a significant impact of virtual learning and stress. Based on the findings of the study emphasizes the prime importance of virtual learning plays in discouraging stress. Final year undergraduates need to pay more attention to both training activities or internship activities, academic activities and dissertation activities together to get better achievements and it needs less stress among interns. According to this study, final year undergraduates must impact on virtual learning.

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