

Impact of Online Learning on Well-Being of Undergraduates: with reference to Management Faculty Undergraduates in University of Kelaniya

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The purpose of this study was to identify the impact of online learning on well-being of undergraduate in university of Kelaniya. In addition, this study intends to contribute to fill the knowledge gap by investigating impact of online learning on both mental well-being and physical well-being. There were very few studies have examined these impacts with online learning and well-being in the Sri Lankan context, especially in the education industry. This research was conducted using survey research strategy and management faculty undergraduate were chosen as the population of the study. Simple Random sampling technique was used to calculate the sample and sample size was 212 undergraduates. Data collection was done through a self-administered questionnaire. Statistical package for social science (SPSS), version 25.0 was used as tool for data analysis and both, descriptive and inferential statistics namely correlation and regression were used to analyzed data. The results indicates that online learning has significant impact on mental and physical well-being.

Keywords: *Online Learning, Mental Well-being, Physical Well-being*

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