

ADVANTAGES AND DISADVANTAGES OF ONLINE EDUCATION IN THE EDUCATIONAL SYSTEM

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Abstract. *Online education refers to learning that takes place over the internet, allowing students to access courses, lectures, and resources remotely it encompasses a wide range of formats, from fully online degree programs to hybrid models that combine in-person and virtual instruction. Despite the fact that online education, which is becoming popular nowadays, is beneficial to everyone and creates a number of conveniences, it also has some disadvantages. This article examines the role of online education in the educational system, how important it is in modern life, and the advantages and disadvantages for students.*

Key words: *online education, advantages, disadvantages, learners, educational system*

Online education has become an integral part of the modern educational landscape, offering both advantages and disadvantages. Among its key benefits are flexibility, accessibility, and the ability to cater to diverse learning styles. Students can learn at their own pace, accessing resources from anywhere, which can enhance engagement and motivation. Additionally, online platforms often provide a wider range of courses and materials than traditional classrooms. However, online education also presents challenges, including issues of technology access and digital literacy, which can exacerbate existing inequalities. The lack of face-to-face interaction may hinder the development of social skills and collaborative learning experiences. Furthermore, self-discipline and time management become crucial, as students may struggle with the lack of structure inherent in online formats. While online education offers innovative opportunities for learning, it also poses significant challenges that must be addressed to ensure equitable and effective educational outcomes.

The online education market has seen exponential growth, projected to reach over \$350 billion by 2025. The COVID-19 pandemic accelerated the adoption of online learning, with millions of students transitioning to remote education.

The advantages of online education:

Accessibility: Online education provides access to quality learning resources for students in remote areas or those with disabilities. You can choose online courses according to your busy schedule. You can exercise anywhere, anytime. Almost all educational online platforms work on mobile devices. You can listen to lectures and attend classes in comfortable clothes with a cup of coffee. No need to spend time on the road. You can spend your time and energy on other useful and interesting things and on

your family. In addition, online education allows anyone to study. Some may not be able to attend school, university and courses due to physical disabilities due to illness, business trips, childbirth or the remoteness of their home. In such cases, it is possible to get a good education, acquire a new profession and necessary skills through online education.

Diverse Learning Materials: Various formats such as videos, interactive quizzes, and forums cater to different learning styles, enhancing understanding. Online learning tools can help make learning fun. Especially useful for exact sciences. Interactive activities, gameplay, achievements, and competitions keep students immersed in the learning process. In addition, communication in online classes is not so formal, students feel comfortable and feel less stress, which is especially important during tests and control work.

Quality Variance: The quality of online courses can differ widely, making it important for students to research and select accredited programs. A variety of convenient tools: presentations, tests, videos, chat, screencasts and the ability to watch lessons again and again represent the high efficiency of education. Participants of online education can invite teachers and professors from different cities and countries for lectures or workshops. This increases the quality of education and the reputation of the diploma. According to research, online education does not lag behind traditional education in terms of quality in many indicators. 77% of American university professors believe that online education is as good as, or sometimes better than, traditional education. The effectiveness of the course largely depends on the learner: distance learning requires more discipline and personal control.

Cost-Effective: The affordability of online education is attractive to many students and offers several economic advantages over traditional education. Here are its affordability factors:

- **Flexibility:** Online education often allows students to combine their studies with work and other commitments, making education more affordable while still earning.
- **Low Cost of Courses and Certifications:** Many online learning platforms, such as Coursera, Udemy, and edX, offer quality courses at low cost or even for free. A small fee may be charged for certificates or specialized courses, but these are usually less expensive than traditional degree programs.
- **Absence of Transportation and Living Expenses:** Online studies do not require a student to come to campus, which reduces transportation and living expenses. It offers great savings, especially for those living in remote areas or those who want to study abroad.
- **Savings on Materials and Textbooks:** In online courses, learning materials are often provided in digital format, which reduces the cost of books and printed materials. In some courses, all materials are available online for free.

The disadvantages of online education:

There is a problem with connecting to the Internet, which is essential for online learning. According to UNICEF, 463 million students worldwide did not have access to

distance learning modules in 2020. The biggest enemy of learning online is a slow internet service provider or disconnection. In this situation, the applicant's desire for education fades or becomes nervous. According to UNICEF, more than 200 million children around the world could miss out on distance learning if schools close. The main reasons for this are that internet networks do not work well everywhere and children lack educational tools such as computers and phones for online education. For example, in 2021, our republic took 124th place in terms of internet speed. It is difficult to implement high-quality distance education at this rate.

Assessment Challenges and Lack of control: Ensuring academic integrity during online assessments can be difficult, raising concerns about cheating and evaluation fairness. In addition, we can see that online education has less control over traditional education. For example, according to research conducted in Great Britain, in 2020, students spent only 2.5 hours studying, and the rest of the time they spent playing video games on social networks. The same situation happens in the Republic of Uzbekistan. In January 2021, the Ministry of Public Education announced in a special statement that most students spend their time inefficiently during the distance education process. In order to prevent this problem, from the 3rd quarter of the 2020-2021 academic year, classes have been held in a completely traditional form.

Less Hands-On Experience: Subjects that require practical training or lab work may not be effectively taught online, limiting skill acquisition. This can have a negative impact on the effectiveness of teaching in fields such as pharmacy, pedagogy, medicine, etc. Because these subjects require more practical lessons. For example, medical students should apply their knowledge in hospitals and laboratories. Such sciences cannot be limited to only theoretical knowledge.

Health Disadvantages of Online Education: Along with many benefits, online education can cause some harmful health effects in the long term. Here are the main health risks of online education:

- **Eye Fatigue and Vision Problems:** Staring at a computer, phone or tablet screen for long periods of time can cause eye fatigue, redness, drooping and reduced vision. This problem is especially relevant for students who spend a lot of time staring at a screen.
- **Sleep Disturbance:** Working with screens late in the evening and at night reduces the brain's production of melatonin, which negatively affects the quality of sleep. Also, studying in the evening or at night causes sleep disturbances for many students.
- **Improper Sitting and Back Pain:** Sitting for long periods of time and working in the wrong position can lead to back and neck pain. Often, students do not have ergonomic seats and proper working conditions, which can harm the health of the spine and neck.

CONCLUSION

Online education offers a transformative approach to learning, characterized by significant advantages such as flexibility, accessibility, and a diverse range of courses. It enables students to learn at their own pace and from various locations, making

education more inclusive. However, it also presents challenges, including limited personal interaction, the need for self-discipline, and potential disparities in course quality. Balancing these advantages and disadvantages is crucial for students and educators alike. While online education can provide unique opportunities for growth and learning, awareness of its drawbacks can help in developing strategies to mitigate them. Ultimately, the effectiveness of online education depends on individual learning styles, the quality of the program, and the commitment of both students and instructors.

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