



Guest Editorial

Work from Home: Bane for Instructors in Higher Education Institutes During Lockdown

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Every aspect of life has been saved by virtual reality since spring 2020 when the corona virus epidemic began to affect people's lives; the virtual world has intervened and rescued the globe in every sphere of life. Throughout the world, shopping, pleasure, employment, and education had gone online. COVID-19's global expansion has had a profound effect on education at all levels. Many people turned to technology in an attempt to maintain the teaching and learning process during the closure of schools and institutions. The COVID-19 outbreak has made working from home a reality for many. Remote working poses a new set of challenges and complications. Despite the fact that many people are now forced to work from home, it appears as though the majority of people are content with the trend and wish to continue working virtually at least part-time for the remainder of their lives.

However, the habit of working remotely presents a series of challenges that, if not properly addressed, can have a negative impact on the productivity and performance of the instructors. A wide range of issues was highlighted in the published research, but the most significant obstacles, such as an increased workload and a lack of physical activity, have a direct impact on the instructors' physical and emotional well-being. As a result, these issues are worth discussing in this editorial.

During the lockdown, instructors' workloads have continued to rise, putting a strain on their capacity to perform at their best as teachers and parents. They put in a lot of effort to assist their students with technical concerns, time management, and even filling the vacuum in the communication system by addressing students' questions about the issues of newly launched e-learning platforms. The workload nearly doubled, and they had to remain alert from morning to evening and even on weekends to continue the teaching and learning system without disruption.

As a result of the social distancing measures, people will have far fewer opportunities to engage in physical workouts, particularly if activities such as walking, cycling, and engaging in leisure activities (such as jogging in the park and going to the gym) are prohibited. Additionally, these strenuous measures make it significantly easier to remain sedentary at home for extended periods of time. The implications of this physical inactivity are predicted to be seen in a range of sectors, including health and social care, as well as teachers' mental health worldwide. While these social distancing strategies are important and vital in the modern era, our bodies and brains still require physical activity and the myriad benefits it delivers. Physical activity enhances immune function, decreases inflammation, and alleviates symptoms associated with chronic diseases. Additionally, physical activity is a good stress management method because it alleviates symptoms of anxiety and despair.