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# The effect of the emotional state on the type of personal attitude to online learning

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## Aim

We all encounter emotional experiences everywhere around us; they are found to be influential on cognitive aspects associated with academics. Academic examinations, home tasks, deadlines are related to emotional states that include disappointment, uneasiness and boredom, as a result emotional state influences one's capacity to learn. Different studies have tried to understand the influence of emotions on personal attitude and in this investigation we are trying to understand its link with learning. Our hypothesis states that the emotional state effects the personal attitude to online learning



## Material and methods

Our participants consisted of students from Ural Federal University, who are engaged in online learning due to COVID-19 pandemic.

To test our hypothesis participants filled online the self assessment of emotional states (Self-assessment of emotional states Uessman A. and D. Ricks) which divides emotional states to four sections: calmness-anxiety, energy-fatigue, elatedness-depression, self confidence-helplessness.

Then the goal orientation questionnaire (Button, S. B., Mathieu, J. E., & Zajac, D. M. 1996) was presented to participants. It enabled us to divide their goal orientation to two categories: learning goal orientation and performance goal orientation.

## Result

The results did not demonstrate a statistically significant influence of emotional state on the goal orientation When using one way anova (  $F < 6.39$  ). this can be a result of the small number of participants. However, primary results showed a tendency to learning goal orientation for students who choose calmness, energy, elatedness and self-confidence, while other emotional states did not show any difference in goal orientation.

People who self-reported themselves as being calm, energetic, elated and self confident; were more likely to choose the learning goal orientation. Since learning goal orientation was associated with both setting higher goals and maintaining higher performance over time, results of this study can be used by students to better understand the impact of certain emotional states on their learning orientation, and as a result modify it to have a better learning outcome.

## Conclusion