

Getting the **BEST** of Emergency Remote Teaching : [Recognizing and Managing Digital Fatigue]

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Interesting facts

**APR
2020**

GLOBAL DIGITAL GROWTH

THE YEAR-ON-YEAR CHANGE IN ESSENTIAL INDICATORS OF DIGITAL ADOPTION

TOTAL
POPULATION



we
are
social

+1.1%

APR 2020 vs. APR 2019

+82 MILLION

UNIQUE MOBILE
PHONE USERS



we
are
social

+2.5%

APR 2020 vs. APR 2019

+128 MILLION

INTERNET
USERS



we
are
social

+7.1%

APR 2020 vs. APR 2019

+301 MILLION

ACTIVE SOCIAL
MEDIA USERS



+8.7%

APR 2020 vs. APR 2019

+304 MILLION

Interesting facts

**APR
2020**

COVID-19: PEOPLE SPENDING MORE TIME WITH DEVICES

PERCENTAGE OF INTERNET USERS AGED 16 TO 64 IN SELECT COUNTRIES* WHO REPORT SPENDING MORE TIME USING EACH DEVICE IN RECENT WEEKS

SMARTPHONE OR
MOBILE PHONE



76%



LAPTOP
COMPUTER



45%



DESKTOP
COMPUTER



32%



TABLET
DEVICE



22%

SMART TV OR MEDIA
STREAMING DEVICE



34%



GAMES
CONSOLE



17%



SMART
SPEAKER



11%



SMART
WATCH



6.3%



Do you feel **exhausted** physically and mentally after having continual online meetings?

Majority of your day is spent on apps and replying messages that are **overwhelming**?

Juggling through many apps while trying to achieve expectations for teaching and learning?

Sometimes you feel **disengaged**?

What is Digital Fatigue?

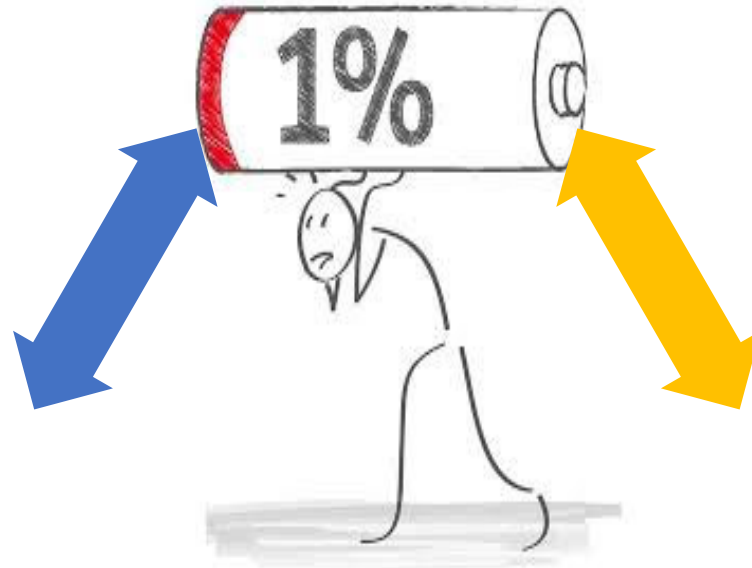


Image: Freepik.com

Digital fatigue is a **state of mental exhaustion** and **disengagement** when we are required to use multiple apps and tools in daily lives.

However, it is **not** classified as a medical condition.

**Emotional
exhaustion**



Disengaged

**Work related
dissatisfaction**

Some of the possible symptoms

Physical:

Fatigue, poor sleeping quality, tight muscles, back pain

Cognitive:

difficult to commit/be responsible and concentrate

Society:

Social withdrawal, disengaged

Emotion:

easily agitated, annoyed, stressful

Energy:

lack of enjoyment in work/study, diminishing of self-confidence

Managing Digital Fatigue: The "Three R" Approach

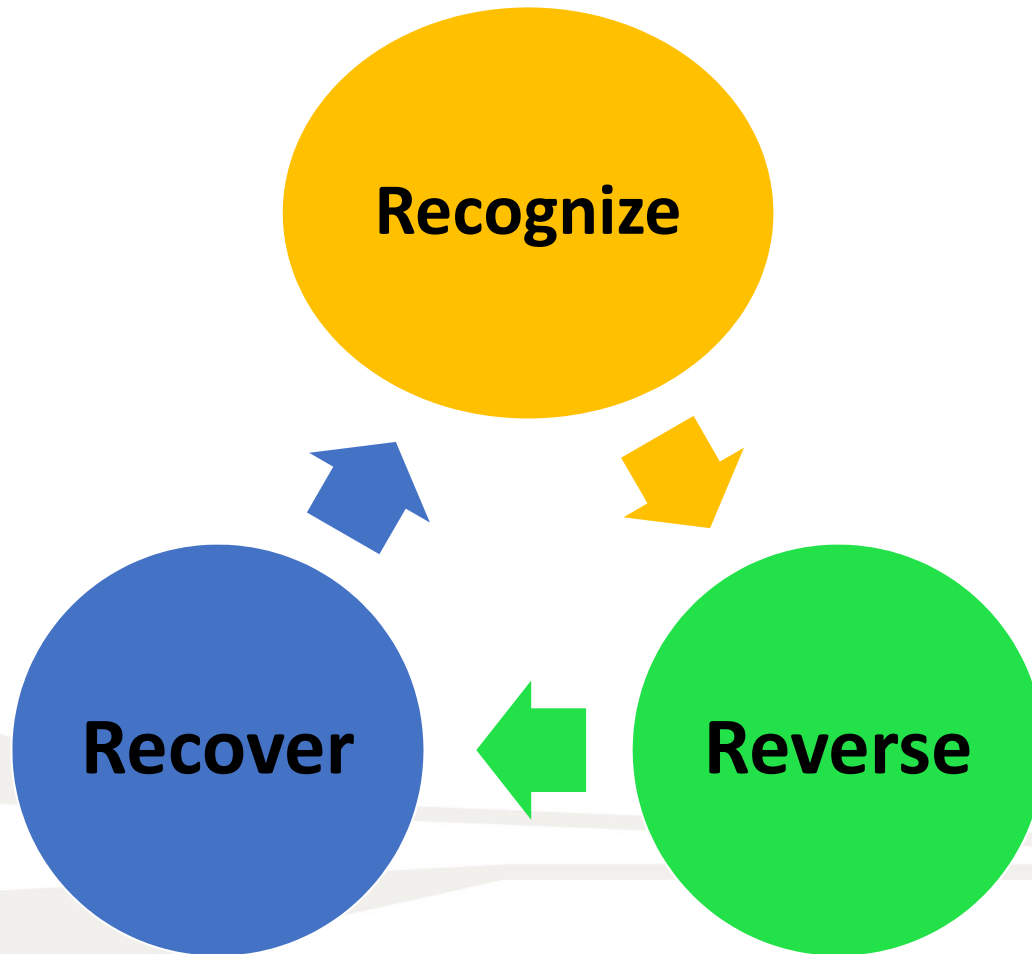






Image: Freepik.com

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