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**BOOK OF ABSTRACTS**

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**FACULTY OF HEALTH-CARE SCIENCES  
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## CHALLENGES IN ADAPTATION TO THE SUDDEN SHIFT OF ONLINE LEARNING AMONG STUDENTS AT FACULTY OF HEALTH-CARE SCIENCES

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**Background:** Globally educational activities were switched to online mode from traditional face-to-face learning during COVID-19 pandemic. The aim of this study was to identify the challenges in adaptation to the sudden shift to online learning during the COVID-19 pandemic among students at Faculty of Health-Care Sciences, Eastern University, Sri Lanka.

**Methods & Materials:** Institutional-based descriptive cross-sectional study was carried out among students of the Faculty of Health-Care Sciences in February 2022 using Google form for data collection. Descriptive statistics were used to analyse the data in SPSS. Ethical clearance was obtained from the Ethics Review Committee.

**Results:** The response rate was 66.8% (438/656). Most participants were 70.1 % (n=307) females. Most of the participants 56.6% (n=248) prefer traditional face-to-face learning rather than online learning. Around 62.1% (n=272) prefer a balance of both face-to-face and online learning even after the pandemic ends. Zoom is the most used mode for online learning (99.5%) Challenges of adaptation to online learning are associated with internet coverage, problems in using devices, and financial assistance.

**Discussion & Conclusion:** The major challenges in sudden adaptation to online learning appears to be mostly related to the technical aspects of the device, internet and financial support in acquiring the adequate facilities to participate in the online session. Most of the

participants prefer traditional face-to-face learning. However, a majority prefer to have a blend of both types of learning experiences in future.

***Keywords:*** *Online learning, Challenges in adaptation, Face-to-face learning, Pandemic, Faculty of Health Care Sciences, Sri Lanka.*