WHY VIRTUAL MEETINGS ARE EXHAUSTING

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On the onset of the School Year 2021-2020, numerous zoom and google meetings were already done for the preparation of all the things before the classes start. Seminars and trainings that are designed to equip the teachers to the new normal mode of teaching-learning process is also done online via zoom, google or Facebook live. Faculty meetings and gatherings are also held online because of the increasing cases of COVID-19 patients. Individuals who are working from home or studying online are already tired of these online meetings or video calls.

Video calls, zoom meetings and other related things are tiresome because of the noise, glitches, and video interruption that the participants are experiencing. Slow internet signals interrupt the calls or meeting making the participant to be kicked out of the meeting automatically. The repetitive joining may irritate the member, therefore comprehension of the topic will be lessened. There are also irrelevant noise from the members who forgot to turn the mic off, leaving them to hear two persons speaking at the same time. Echoes and irritating sounds that the gadgets are producing may also the reason why virtual meetings are exhausting.

There are several signs that a person is already tired from virtual meetings and seminars, here some:

1. Red eyes or swelling eyes are signs of eye strain.
2. Weariness or burnout
3. Muscle strain
4. Increasing mood swings

5. Lack of interest on the next meeting

6. Headache

7. Irritability

In line with this, the administration or employers must think of alternatives for virtual meetings, small group gathering headed by the leaders may be one of the solutions to address the problem just to ensure the safety of the members. They may also schedule virtual meetings twice a week, everyday webinars are not that efficient because the participants are already tired and irritated. The objectives of the webinars won’t be achieved, it will be a merely complying with the task.

References: