

ONLINE TRAINING IS ONE OF THE BENEFICIAL WAY OF TEACHING FOR ADULTS

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Abstract: In this article, we are talking about online education and its benefits.

Keywords: Training, online education, synchronous classes, asynchronous classes, hybrid classes.

Education is a more important thing for bringing up a cleverer and more creative generation in our country. In Uzbekistan, we have two types of education, offline and online. If we look at the history of our country's education system, we are able to know that there was only one type-offline system of education at different study places of Uzbekistan.

In 2020, the education system faced to a new challenge all over the world. In this period, about 180 countries closed their schools and universities, and over 1,7 billion students were affected. Uzbekistan also closed schools, colleges, and universities during the pandemic period to prevent the spread of the virus. It was the 15th of March when the first coronavirus infection was found in our country. After two days the Ministry of Public Education (MOE) proclaimed an unusual decision that was a distance learning program for pupils and students. Then distance learning system began from 2020 because of pandemic period in our country.

Everybody knows what offline education is. It is a traditional education system, and it is held in the classroom with live interaction of students, pupils, and teachers. In this education system, students, pupils, and teachers must go to universities, schools, or another study place. But when people get online courses, they do not have to go somewhere. «Online education»: instruction where the learner and faculty member are geographically separated, and interaction is accomplished through the internet.” (Phillip A. Olt, 2018) Distance learning classes have different useful sides for learners and online education has three main types: synchronous, asynchronous and hybrid (or blended).



Synchronous online classes: «online education where interaction does occur simultaneously at scheduled times.» (Phillip A Olt, 2018).

Asynchronous online education: «online education where interaction does not occur simultaneously or at scheduled times» (Phillip A Olt, 2018)

Hybrid: it is a mixed form of online and face-to-face classes which occur at a scheduled time.

Nowadays online learning is so popular in Uzbekistan. When we looked at the online education of students at universities, we noticed that there are three main benefits of online education system. They are, good option for people who work, it is comfortable for students who have family and children, and they can save time and money.

What are the three main benefits?

1. **Good option for people who work:** The internet has extended many new advantages to people who are busy with their work. One such benefit is the ability to be able to continue education courses online. Many universities, colleges and other training facilities are now using distance-learning technology to deliver the training you want to study when you need it. Most of the students who work somewhere and have completed or not completed traditional degrees, want to expand their skill sets and are turning to online study. As a result, they would have the ability to reskill to remain competitive in the workplace. Online learning can help adults of all ages meet their education and career goals simultaneously. When they enroll in an online course, they have the option to study from any location and at a pace that works with busy or inconsistent schedule. «The biggest advantage of online learning is the capability of studying at your own pace at any time,» says Cindy Mims, member of Commonwealth Blue Chapter and River City Express Network in Richmond. She has completed more than 70 hours (about 3 days) continuing online classes through Quick Knowledge.com. Nowadays she is studying at the sociology faculty with the help of online courses. She says that she prefers flexibility of online learning. Because she can study at work or after work at any time. Sometimes she cannot go out of her office, but she can take online courses. Learning materials are available 24/7 all the time and if somebody is busy with work during the day, they can find, learn, and use this information. Working people easily incorporate some learning during their lunch break, after work or on the weekends.

As we know, some people have jobs where they should travel abroad in their jobs, sometimes for weeks or ten days, and they are able to continue their online studies without any challenges at any time and in any country.

We have hybrid class at Webster university in Tashkent. When I asked about some experiences of our online groupmates Znahar and Svetlana, they gave me the following answers. Znahar Serikova says: «One of the profitable advantages that you can get an appropriate desirable education in any location. Online education is more convenient to interact both with students and teacher at any time. “She is from Kazakhstan and works at her country. She cannot give up her work and cannot come to Uzbekistan to study. So, it is amazingly comfortable for her to study online at Webster university in Tashkent. That is why she can work and study at once. Svetlana’s opinion: «For me, as an adult and working individual online is an advantage and opportunity to get master without distracting myself too much from work.” Of course, online education gives a fantastic opportunity to get a master's degree without any difficulties far from the distance after work or during the break at work.

A better tomorrow begins with a single step. By going back to school, parents are investing in their dreams. They are working toward a goal that can positively impact their families’ livelihood. As a mom going back to school, she is not only actualizing her own educational and career goals but also inspiring her children to believe in the power of a good education to reach higher and bigger. Mother and her children dare to be brave. Mothers are busy from raising a family to building a career, so they may not have much free time available. However, there are a wide array of online course programs designed for students and they are very suitable for people who have family and are caring for young children at home. Some mothers have to look after their children at home because their children are not of age or they do not have enough money to hire a babysitter, in such cases online classes can help them a lot. Distance learning courses have a lot of benefits for them. Not only can children have the advantages of online classes, but there are some good opportunities for adults and parents.

If I talk about my life experience, I have been learning psychology for six years with the help of online courses. Online education helped me to get various useful and interesting information about this field. I could care for my family, children and learn my lovely subject simultaneously. Even though I have a family and children, I



did not face any challenges during the online lessons, that is why I found that this type of education is especially useful and helpful for adults who have family and children. Student-parents deserve to be congratulated, because finding ways to balance familial responsibilities and homework deadlines is not easy. If they feel like they have a grasp on most of the challenges they face as student-parent, they are still looking for creative ways to blend family time with study time. Some children are prone to many diseases when they are young and because of this they often get sick, and at this time mother will not have the opportunity to go to university and take part in face-to-face classes. Such kind of situations can cause parents to choose online classes at home while caring for their children. They can give some special pills in time and be aware of the health of their children at any time. Also, they can dedicate comfortable study area for themselves at their own home without going to university. For example, once the kids have some to sleep, the kitchen table could be an ideal spot, because it gives them enough room to spread out textbooks, pens, notebooks, and laptops. Or if they need to study while the family is awake, they can share study space with the whole family. For instance, student-parents who have older children may be able to study separately while to around the table. People who have younger children can give their kids some kind of learning games, puzzles, and educational coloring books that they can use at the table while their parents' studies. In this case online education of parents would be useful for children and their parents. Children can learn different new things and have an enjoyable time with the help of playing puzzles and such kinds of games. Also, parents would be in the comfort during the online study time. In addition to this, children who have student-parents have more passion to study. Because they see everyday learning of their parents. A 2018 study by the US Education Department National Center for Education statistics found that children whose parents attended college or university are more likely to attend college or university themselves.

2. **Save time and cost:**

Online learning is less expensive than traditional classroom learning, although every school has its own pricing structure. Traditional learning is more expensive for a variety of reasons such as amenities (health services, cafes, sports room, etc.), onsite staff to support students in all areas, and space rental. With lower overhead costs needed to support online learning, students now have access to quality education at a lower price point. In addition to tuition being lower, students can also

save money by not having to travel to classes. No room and board-According to statistics provided by college board in their “Trends in college Pricing” (US), study from 2009, the average cost for a four-year public education is \$7,020, and the average cost for a four-year private college is \$26,273. Much of this cost comes from room, board and meal passes- expenses that online students avoid. In Uzbekistan, this price is approximately 3 million sums, but it is only for rooms. No travel cost-students who already save money on room and board by commuting to school still spend plenty on travel. Not only do they pay for gas, but they also put costly wear and tear on their vehicles. Low cost for materials-according to a Washington post article, “Break on Cost of Textbooks Unlikely Before Last Bell, 2010” from August 2008, textbook prices are on the rise. Estimates say the average student pays between \$700 per year. Many students taking classes online save money on textbooks because much of their curriculum is online. Digital reading is also comprehensive for students. «Like similarities and differences in the reading process observed via reading behaviors we also found that digital and paper reading comprehension was both similar and different depending on the content of the text.” (Amanda P. 2019).

Also, one of the main benefits of studying online that people overlook is the availability of time. Being able to schedule classes according to your own individual needs helps free up so much time that families can then have a lot of it to spend with each other. How often have you, as a parent, been caught up in traffic and missed an important event? Or how tired do you show up home every day after having to travel to school and then to work, and then back again? Online environments eliminate all those unwanted time-consuming activities. No more snowy days, no more worrying about missing the bus. In the late 1990s, approximately 86 percent of US students commute to school. Many of these students spend more than one hour a day driving back and forth between classes. Online learning requires no travel and today’s mobile technology means students can stay to school anywhere.

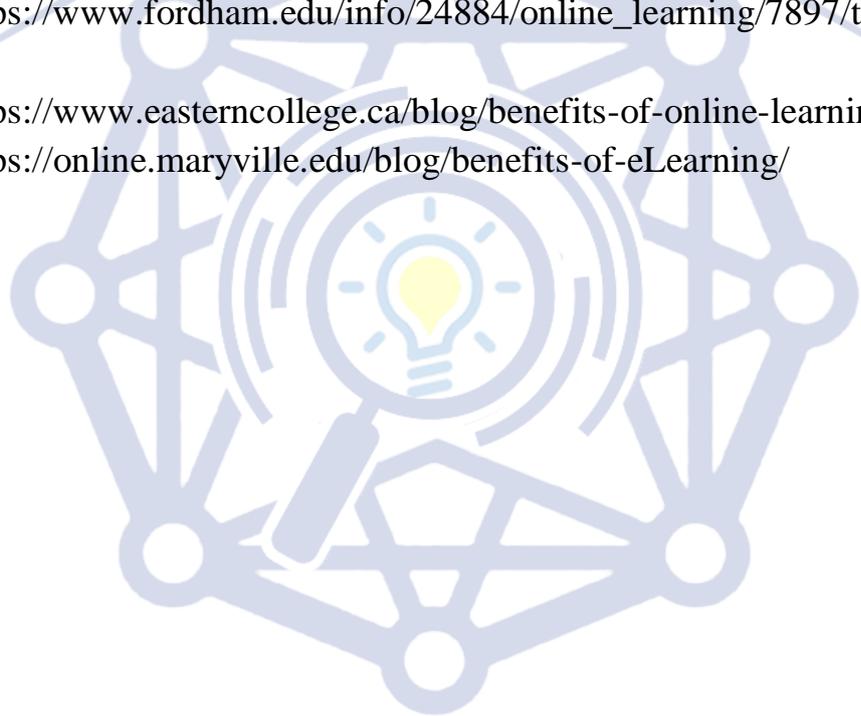
Conclusion

These are the most common benefits of online learning for adults who are studying online courses at their home and at work or have family and children. While I was doing research, looking for and learning the advantages of distance learning, I chose these three main good points of digital courses. In this case study, I also gave some suggestions about how to manage studies while caring for children, to mothers who are studying online at home with their young kids. Online classes give adults a

great opportunity of gaining career goals and paying more attention without any difficulties to their families simultaneously.

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