

EFFECT OF VIRTUAL SCHOOLING ON STUDENT'S ACADEMIC ACHIEVEMENT AND ADJUSTMENT SKILLS

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DOI: 10.5958/2249-7137.2026.00004.X

ABSTRACT

Virtual schooling has become a significant mode of education, especially after the rapid integration of digital technologies in teaching and learning. This study examines the effect of virtual schooling on student's academic achievement and adjustment skills. Academic achievement is analyzed in terms of learning outcomes, performance, motivation and engagement, while adjustment skills include emotional, social and behavioural adaptation to the online learning environment. The study highlights how virtual schooling offers flexibility, self-paced learning and access to digital resources, which can positively influence academic performance for self-regulated learners. However, it also identifies challenges such as reduced teacher student interaction, limited peer collaboration, technological barriers and increased screen time, which may negatively affect students' adjustment and learning consistency. Students with self-discipline and family support perform better in virtual learning, while others face stress. Structured environments, teacher guidance and psychosocial support are essential for inclusive and effective virtual education models.

KEYWORDS: *Virtual Schooling, Academic Achievement, Adjustment Skills, Online Learning, Student Development.*

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