

## Impact of the 2020 Confinement on Students of Pedagogy of The Open Teaching System

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### Abstract

Exploratory, descriptive cross-sectional study carried out on 93 students in the age range of 18 to 57 years, who were studying for a degree in Pedagogy-Xalapa Mexico from the Open Education System of the Universidad Veracruzana (UV). The objective was to identify how students experienced the confinement derived from COVID-19 through a questionnaire applied by digital media, divided into three areas in relation to their experiences during the pandemic: physical health, emotional health, and academic aspect. The results showed that the students presented in their physical health discomforts such as headache and tiredness mainly, in the emotional aspect they mostly showed anxiety, insomnia and irritability; in academic situations, the majority reported taking all their subjects and being in contact with their teachers, the online classes were not dynamic and the teachers assigned a lot of homework. Few students did not take subjects due to illness or lack of electronic devices, and more than half of the students interviewed did not find learning in the virtual modality easier.

**Keywords:** physical health, emotional health, academic aspect, university students, descriptive study