

A Self-Monitoring System for Online Education

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Over the past decade, the rapid growth of technology has resulted in online learning gaining a lot of traction as the preferred method of studying amongst students. During the COVID-19 global pandemic, online education has overtaken traditional classroom education as students' preferred choice in learning. Traditional classroom teaching has always been bi-directional, involving interactions between students and their teachers. Online Education in comparison has become more unidirectional and this lack of interaction between the student and teacher can severely impede a student's concentration. In addition, the presence of countless other distractions in a virtual environment has contributed towards students being more demotivated and uninterested in their education. This has brought the true effectiveness of online education into question. It is with the intention of countering these problems that a Self-Monitoring System for online education has been developed. The System will be developed to follow the guidelines of the Buddhist Philosophy of "Iddhipada" and will monitor students in a variety of ways including tracking emotion and monitoring activity which would help to improve concentration, and motivation and produce better results. It is hoped that this system will help make online education as productive and focused as it can be.

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