STUDY INTRO

A Study About . . .

Social Emotional Connections in Tai Chi / Qigong Class On-Premise vs. Online

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On Premise

- Existing 60-minute Qigong class.
- Delivered free weekly to the community.
- Curriculum is generally unstructured.
- Limits = 50 people/day, Central Wisconsin
- "Experience-bound" – perpetual new students

Study: New Online Platform

- New 16 Movement Qigong Form (Online)
- 1 Focus Group of 7 Raving Fan Students
    - (Pre and Post Instruction Surveys)
- 1 Large Client Group Survey
    - 14,068 Sent
    - 1,319 Opens
    - 101 Survey Completes

Research Question

"Does online delivery of a learning module, in this case a Tai Chi/Qigong class, <u>deliver the same kind of social-emotional connection as an in-person, on-premise Tai Chi class</u>?

In other words, do participants experience or do they perceive they will experience, the same kind of connection as being in an on-premise, person-to-person class?"

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THEMES

1. <u>Community of Inquiry (CoI) Framework</u>

   a) The framework outlines 3 categories of 'presence' in online learning including "<u>cognitive</u> presence, <u>teaching</u> presence and <u>social</u> presence – and remains one of the most cited research areas on online learning environments." (Williams, 2017)

   b) The research has spanned multiple domains - CoI has influenced studies related to: online self-efficacy and self-regulation, linked influences, emotional presence online, social connectedness online and Sense of Belonging (SoB) online.
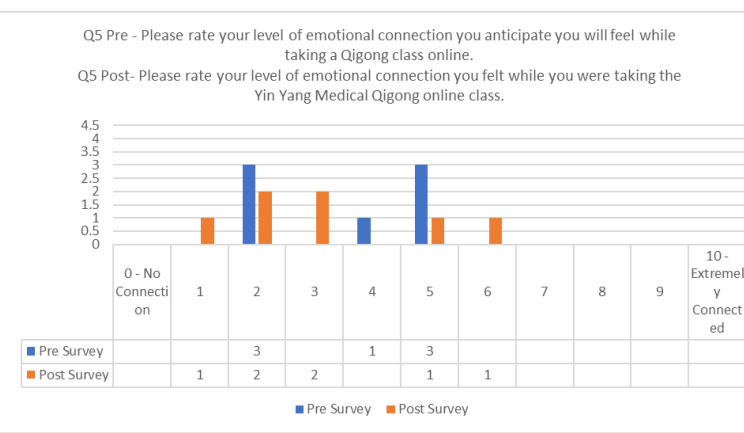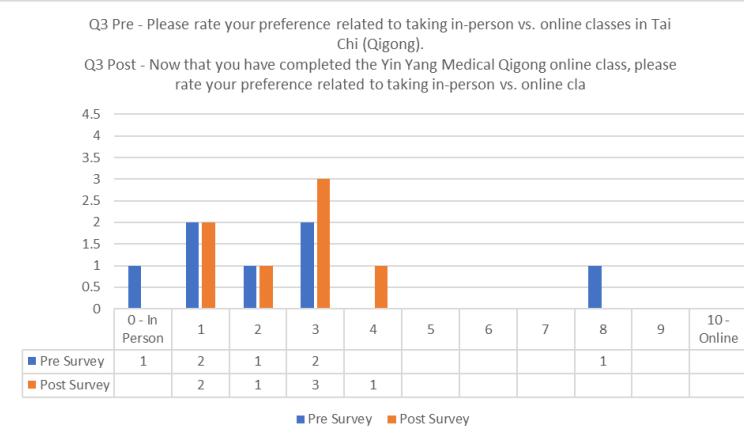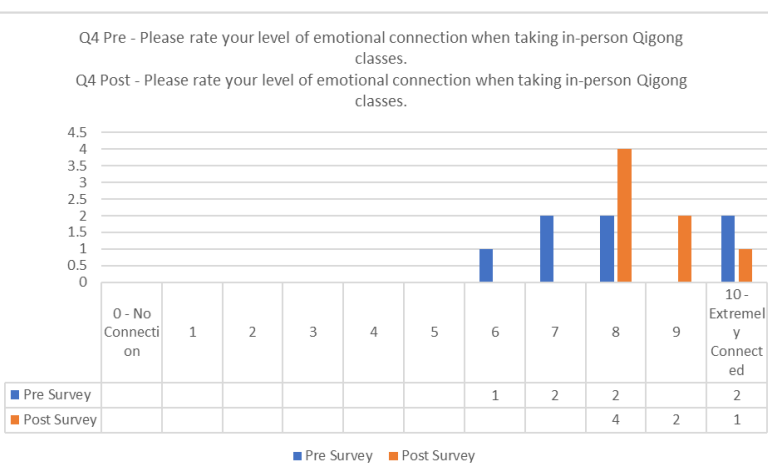
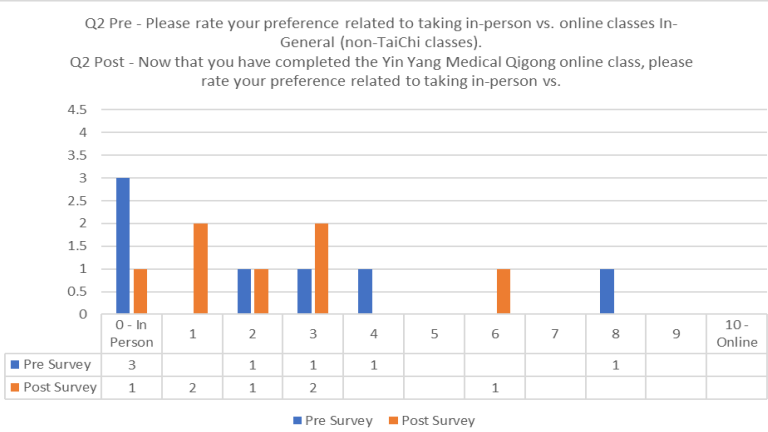2. <u>Engagement, Participation and Self Regulation</u>

   a) Are critically important to online education effectiveness and relational connections.

   b) Online participation is "a complex process of taking part in and maintaining relations with others." Further, "online participation be captured by three dimensions: discussion contribution, collaborative facilitation, and social interaction. (N. A. Diep, et. al., 2018).

   c) "Distance education literature is replete with principles organized around engagement." (Williams, 2017)

3. <u>Socio-Emotional Connection</u>

   a) Socio-emotional connection aspects in online learning including interaction, sense of community/belonging and identity formation have an important link to quality learning.

<u>Overall:</u> the literature presents <u>Community of Inquiry (CoI)</u>, <u>Learners' Self-Oriented Actions</u>, and <u>Socio-Emotional Connections</u> as thematic threads that run throughout. These threads help create a narrative, communicating key elements that contribute to vital, successful online learning, laying a robust foundation for further theoretical and applied research.

Charts

Q2 Pre - Please rate your preference related to taking in-person vs. online classes In-General (non-TaiChi classes).
Q2 Post - Now that you have completed the Yin Yang Medical Qigong online class, please rate your preference related to taking in-person vs.

	0 - In Person	1	2	3	4	5	6	7	8	9	10 - Online
Pre Survey	3		1	1	1				1		
Post Survey	1	2	1	2			1				

Q3 Pre - Please rate your preference related to taking in-person vs. online classes in Tai Chi (Qigong).
Q3 Post - Now that you have completed the Yin Yang Medical Qigong online class, please rate your preference related to taking in-person vs. online cla

	0 - In Person	1	2	3	4	5	6	7	8	9	10 - Online
Pre Survey	1	2	1	2					1		
Post Survey		2	1	3	1						

Q4 Pre - Please rate your level of emotional connection when taking in-person Qigong classes.
Q4 Post - Please rate your level of emotional connection when taking in-person Qigong classes.

	0 - No Connection	1	2	3	4	5	6	7	8	9	10 - Extremely Connected
Pre Survey							1	2	2		2
Post Survey									4	2	1

Q5 Pre - Please rate your level of emotional connection you anticipate you will feel while taking a Qigong class online.
Q5 Post- Please rate your level of emotional connection you felt while you were taking the Yin Yang Medical Qigong online class.

	0 - No Connection	1	2	3	4	5	6	7	8	9	10 - Extremely Connected
Pre Survey			3		1	3					
Post Survey	1		2	2		1	1				

Mean Scores

MEAN SCORES	Pre-Survey	Post-Survey	Change
Q2 Pre - Please rate your preference related to taking in-person vs. online classes In-General (non-TaiChi classes). Q2 Post - Now that you have completed the Yin Yang Medical Qigong online class, please rate your preference related to taking in-person vs. online classes In-General (non-TaiChi classes).	2.43	2.29	-0.14
Q3 Pre - Please rate your preference related to taking in-person vs. online classes in Tai Chi (Qigong). Q3 Post - Now that you have completed the Yin Yang Medical Qigong online class, please rate your preference related to taking in-person vs. online classes in Tai Chi (Qigong).	2.57	2.43	-0.14
Q4 Pre - Please rate your level of emotional connection when taking in-person Qigong classes. Q4 Post - Please rate your level of emotional connection when taking in-person Qigong classes.	8.00	8.57	+0.57
Q5 Pre - Please rate your level of emotional connection you will feel while taking a Qigong class online. Q5 Post - Please rate your level of emotional connection you felt while you were taking the Yin Yang Medical Qigong online class.	3.57	3.14	-0.43

FOCUS GROUP

7 Raving Fans

Focus Group Summary
This data suggests the presence of a social emotional connection is perceived as being important in online classes even when other significant variables stay the same (instructor, instructor's style, room, and nature of content).

For Post-Survey free-form responses, the comments moved slightly more toward a positive attitude toward online learning. In the Pre-Survey the Positive/Both Positive and Negative/Negative ratios were 1/2/4. In the Post Survey the ratio
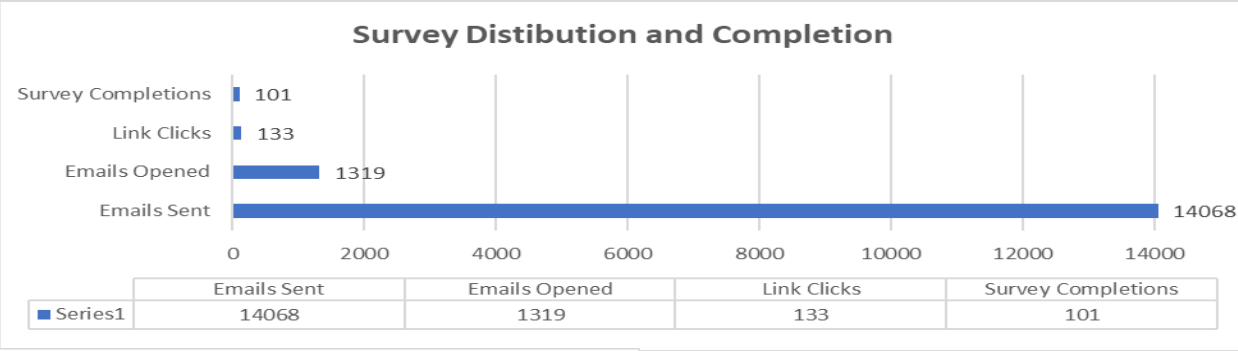
Summary Box

Q2, Q3 – PREFERENCE - Participation in the online Qigong course:
- Slightly decreased participants' preference for online courses both across general online courses and Tai Chi/Qigong courses.

Q4, Q5 – CONNECTION – Participation in the online Qigong course:
- Actually decreased participants feelings of emotional connection when taking an online course from their baseline in the pre-survey condition.

MOST SIGNIFICANT- Participation in the online Qigong course:
- Participants actually increased their rating of emotional connection for in-person Qigong classes.
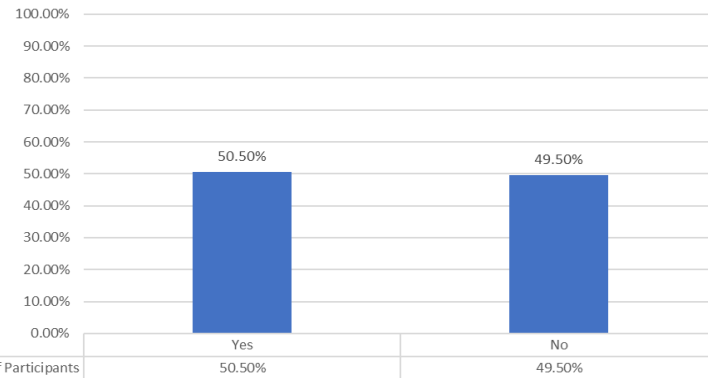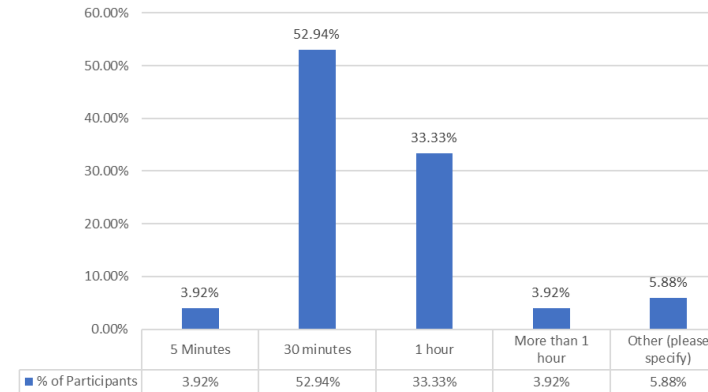
CLIENT SURVEY

101 Clients

This study also surveyed _potential_ online learning participants with a different set of questions. This survey sought to determine the likelihood that a group of current clients would take online courses - if so, asked what characteristics of those courses they would prefer. They key question, was for those clients answering 'No' to the question if they would take online courses if offered. The No branch of the survey posed a single question: "What is the biggest reason you are not interested in online classes?
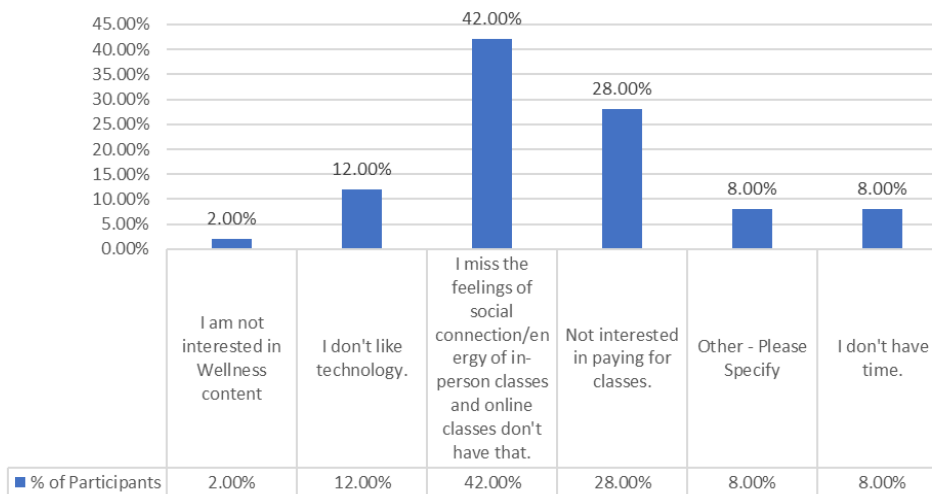
SUMMARY

"Does online delivery of a learning module, in this case a Tai Chi/Qigong class, <u>deliver the same kind of social-emotional connection as an in-person, on-premise Tai Chi class</u>? In other words, do participants experience or do they perceive they will experience, the same kind of connection as being in an on-premise, person-to-person class?"

1. Online learning of Tai Chi/Qigong does not deliver the same kind of social-emotional connection as an in-person Tai Chi/Qigong class.
2. The presence of social-emotional connection is a critical, if not mandatory element for successful online learning.
3. Limitations of Study
   - Number of overall participants & time constraints.
   - Quantity and quality of precisely aligned questions.
   - Presence of COVID-19.
4. Future Study
   - What methods for social emotional connection work best in online learning?
   - Include larger and more diverse population.
   - Longer duration study.
   - Vary online content subjects.
   - 2 Groups – 1 where CoI is present, 1 where it is not.