

## **Emotional Readiness on Virtual Learning**

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There is limited research on emotional readiness on virtual learning in world context. There is almost no research on emotional readiness on virtual learning in the Sri Lankan context. Thus, this study intends to contribute to filling the literature gap by looking into the relationship between emotional readiness and virtual learning. Also, the current research seeks to address fill to the emotional readiness on virtual learning of middle level employees. The researcher identified five dimensions of emotional readiness as computer/internet self-efficacy, self-directed learning, learner control, motivation for learning and online communication self-efficacy. Here the researcher predicted emotional readiness with virtual learning. The main purpose of this study is to study the effect of emotional readiness on virtual learning. This was conducted as a cross-sectional, quantitative study and was conducted among a sample of 97 middle level employees {Executive and Senior Executive} in apparel companies located in the Colombo district of Sri Lanka. Preliminary data were collected through a standard questionnaire that met acceptable validity and reliability. Using SPSS, the gathered data were examined (version 25). Detailed statistics, Pearson correlation coefficient, and simple return were used to analyze the data. The present study finds that emotional readiness has the strongest impact on virtual learning among middle level employees of the apparel sector. Analyzed results show a positive impact of computer/internet self-efficacy, self-directed learning, learner control, motivation for learning and online communication self-efficacy on virtual learning among middle level employees. This study raises the apparel companies to look at employee emotional readiness on virtual learning in a more serious and holistic approach. The finding of the study, it is evident that emotional readiness improves the success of virtual learning among middle level employees of the apparel sector in Sri Lanka.

**Keywords:** *Emotional Readiness, Computer/Internet Self Efficacy, Self-Directed Learning, Learner Control, Motivation for Learning, Online Communication Self Efficacy and Virtual Learning*

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