

# THE EFFECT OF ONLINE LEARNING BY COVID 19 TOWARDS STUDENTS' ANXIETY

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## Abstract

Have you ever felt anxious for fear of being affected by COVID 19 during the learning process at home? We can be affected by COVID 19 unconsciously. COVID-19 is a disease caused by the severe acute respiratory syndrome corona virus 2 (SARS-CoV-2). COVID-19 can cause respiratory system disorders, ranging from mild symptoms such as flu, to lung infections, such as pneumonia. The cause and spread can be through touch and also any object around us when the item is not clean and unhygienic, our Smartphone for example, don't you imagine that our Smartphone has COVID 19 or maybe our laptop is also affected by the viruses that spread COVID? Surely we don't realize that. Meanwhile, currently the online learning process is very daunting, we cannot be separated from our electronic goods all day while doing assignments and following the online learning process.

**Key words:** COVID 19, Anxiety, Online Learning

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## INTRODUCTION

Do you know what the words above mean? It really makes us think about COVID 19, which we cannot predict where it is, who is affected and where is it, because all data collection results can only be detected with certain tools. We as humans and countries that are affected by COVID 19 are required to maintain our distance and implement security protocols to avoid the virus. What we know is that the first case of this disease occurred in the city of Wuhan, China, at the end of December 2019 (Risten & Pustika, 2021; Saputra & Pasha, 2021; Sohrabi et al., 2020). After that, COVID-19 spread among humans very quickly and spread to dozens of countries, including Indonesia, in just a few months. Its rapid spread has led several countries to implement policies to impose lockdowns to prevent the spread of the Corona virus (Nabila et al., 2021; F. M. Sari & Oktaviani, 2021; Tuhuteru, 2020). In Indonesia, the government implements a Large-Scale Social Restriction (PSBB) policy to suppress the spread of this virus. It is inevitable that education in Indonesia is also on lockdown and requires all students both still in school and also university students to study at home and continue their learning schemes through online networks (Adhinata et al., 2021; Isnain et al., n.d.; Liu et al., 2020). However, during the online learning process some students experienced deep anxiety disorders related to the scores they usually get easily through offline classes suddenly becoming

online, especially practical classes which are difficult if held online due to limited assessment and dependence on signals, media and quotas.

Based on this sudden condition, people are not ready to face it, physically or psychologically (Ahluwalia, 2020; Sulistiani et al., 2021). Among the psychological conditions experienced by the community is a sense of anxiety when infected (Damayanti & Listyani, 2020; Mahfud & Gumantan, 2020; Suhartono, 2014). According to the American Psychological Association (APA), anxiety is an emotional state that appears when an individual is stressed, and is characterized by feelings of tension, thoughts that make individuals feel worried and accompanied by physical responses (heart racing, increased blood pressure (Octavia et al., 2020; Panganiban1 & Madrigal, 2020). Kartini Kartono stated that anxiety is a form of discouragement plus worry about things that are not clear.

Students are worried that they will be affected by COVID during the online learning process because for days holding a smartphone that they don't know, even though they have cleaned it, germs and viruses can stick to their electronic goods (Aguss et al., 2021; Choirunnisa & Mandasari, 2021; Mastan et al., 2022). In line with that, anxiety is a feeling of fear that has no clear object. and the reasons for this are not clear. This anxiety is also experienced by teenagers, because adolescence can be said to be an unstable age in the face of unexpected conditions (Ayu, 2020; Santoso et al., 2021; Zuhud, 2014). The emotional condition of adolescents will be easily shaken, such as excessive anxiety, fear of contracting this virus and so on (Puspita et al., 2021; Qodriani & Wijana, 2021). This study reveals the anxiety conditions experienced by adolescents during the COVID-19 pandemic. They keep thinking that they will be affected by COVID during the online learning process because they read a lot of news related to COVID on internet media which is allegedly spreading through unexpected items.

## **LITERATURE REVIEW**

This year is the year that tests Indonesian education because Indonesia was hit by the Corona virus outbreak in March 2020 so that the education sector was transferred to online functions or the online learning process. And during that time the students' anxiety increased drastically, both those who were still in school and also university students who were thinking about how to improve their practical skills through online? While online

practicum advice is limited, especially if it is linked to signals and quotas, the government does provide a learning quota, but even that is not enough to pay for their practicum values which are usually less and below standard during online classes (Mulyah et al., 2020; Rohman et al., 2020; Thornton & Houser, 2005). The anxiety that occurs in students makes them lose their mood drastically, they lack sleep because they think about endless tasks and also think about what if they catch the corona virus even though studying online? Because we don't know where the virus is. It has been eight months since the corona pandemic has hit, and students still have to do distance learning.

Students feel various psychological pressures so that psychosocial support is needed to help them through the teaching and learning process (Fatimah & Puspaningtyas, 2020; Pradani, 2021; Yudiawan et al., 2021). The outbreak of the corona virus has significantly affected the world of education. Distance learning or learning from home is the only option so that students can continue to learn, even if they do not meet their teacher directly. Eight months of studying from home, has made the students bored and experienced psychological stress. This anxiety is also experienced by teenagers, because adolescence can be said to be an unstable age in the face of unexpected conditions (Nindyarini Wirawan, 2018; Saifuddin Dahlan, 2013).

The emotional condition of adolescents will be easily shaken, such as excessive anxiety, fear of contracting this virus and so on (Ambarwati & Mandasari, 2020; Oktaviani et al., 2020; S. N. Sari & Aminatun, 2021). This study reveals the anxiety conditions experienced by adolescents during the COVID-19 pandemic. And it's not uncommon for students to think they will catch COVID 19 when they touch their electronic devices, including cellphones and laptops. The transmission of the corona virus is very fast because of this the World Health Organization (WHO) declared the corona virus a pandemic on March 11, 2020 (Fahrizqi et al., 2021; Gumantan et al., 2021; Rahman, 2021). A pandemic or global epidemic status indicates that the spread of COVID-19 is very fast. Several quick steps have been taken by the government so that the corona virus does not spread quickly, such as implementing work from home (WFH), Social Distancing, and others (Anshari et al., 2021). The community is also educated to adopt a healthy lifestyle by washing hands with soap as often as possible, wearing a mask when traveling outside the house and keeping a distance (Nadya et al., 2021; Oktavia & Suprayogi, 2021). Based on a survey conducted by KPAI, distance learning methods by studying at home during the COVID-19 pandemic have apparently made children stressed and tired. Even at home, they also feel less rested.

There are many tasks given by the teacher that are considered heavy and assignments are often without interaction. The findings are from a survey conducted by the Indonesian Child Protection Commission (KPAI) with student and teacher respondents on 13-21 April 2020. The survey was conducted in 20 provinces and 54 districts. / city in Indonesia. As many as 64.3 percent of the 1,522 respondents had psychological problems of anxiety or depression after conducting independent online checks regarding mental health as a result of the COVID-19 pandemic which was carried out on the official website of the Indonesian Psychiatric Specialists Association (PDSKJI). Including students who experience acute anxiety disorders and their fear of contracting COVID 19.

## **METHOD**

To support this research in real terms, research uses a questionnaire to help real surveys around us, namely by using the participation of friends to fill out the questionnaire and collect it to be used as supporting data for this research (Herison et al., 2019). I am not only using the participation of classmates but also outside of my class to develop this research through a wide survey of other people, to find out students' concerns and also what things they feel during COVID 19 and study online at home. I used experimental methods to collect data through a questionnaire. The purpose of conducting experiments in psychology is to "test" beliefs or opinions about human behavior in certain situations or conditions (Baker & Edwards, 2012; Setri & Setiawan, 2020). In other words, experiments are carried out assuming that all situations or conditions can be carefully controlled, which are different from controlled observation. Through experiment methods, then students' psychological truths so that through this method we can also survey directly through many people and we can know how mental they are.

## **RESULTS AND DISCUSSION**

This section is a series of questions and surveys that I conducted to find data from friends so that they can support my research according to the things I asked about anxiety while studying online, some of them are indeed anxious about getting COVID and some are responding casually and thinking positive, because in my opinion everything can be passed if we implement the health protocol properly.

### **Table Survey Questioner About Anxiety Students During Online Learning in Pademic**

Questions	%
Do you feel anxious if you are affected by COVID 19 even when online learning because your smartphone not cleaned?	<b>Yes: 42%</b>  <b>No: 24 %</b>
Do you feel that your laptop is not clean and you are afraid if when you are doing ZOOM Class and touch your laptop it turns out that your laptop is affected by the COVID 19 virus?	<b>Yes: 64%</b>  <b>No: 39%</b>
Do you think studying online by holding a smartphone all day can cause COVID 19?	<b>Yes: 54%</b>  <b>No: 32%</b>
Do you feel anxious when studying online that your score is not satisfactory? Especially in practicum courses.	<b>Yes: 72%</b>  <b>No: 12%</b>
Have you ever felt that if you were constantly worried because you were afraid of being affected by Covid 19, even though studying online, in the end our health condition was really disturbed and make us a total anxiety disorder to sick?	<b>Yes: 48%</b>  <b>No: 27%</b>

It can be seen from the survey above that around 42% of students feel anxious about being exposed to the corona virus when touching their Smartphone and are based on anxiety whether their Smartphone are clean or not. Then in question number two there are around

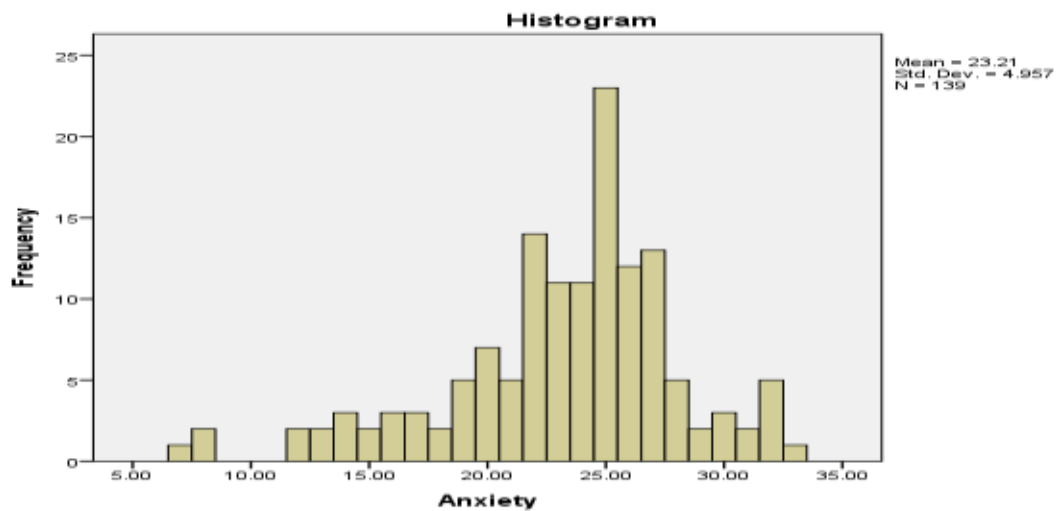
64% who agree with their anxiety about handling electronic devices and feel afraid of being affected by the corona when touching it for too long. In question number 3 about 54% agreed to the same thing, namely holding electronic devices and feeling anxious about not being hygienic even though they felt they had cleaned it.

Number 4, there are around 72% of participants who feel anxious that their practicum skills are not as expected because they experience online and offline practices, of course the results will be different. In their reaction questions, 48% agreed that if they didn't pay attention to their health, they could really be affected by COVID 19. It can be concluded that the level of anxiety of students during the pandemic period actually increased about those who were afraid that their practice scores were lacking and they were also worried that their electronic objects had COVID 19 unexpectedly.

Then from another researchers, the results of a descriptive analysis of research data about the anxiety experienced by students during the COVID-19 pandemic are described in the following table. This data is data sourced from other researchers that I permit to use to support my data above that the level of anxiety in students during a pandemic does fluctuate and increase according to the survey I conducted.

Categories	Interval	F	%
Low	$< 12$	3	2,1
Medium	$12 \geq X < 24$	61	43,9
High	24 - 35	75	54

Based on the table above, it can be seen that the anxiety level of adolescents during the Covid-19 pandemic is in the low category of 2.1%, the medium category is 43.9% and the high category is 54%. (*Linda Fitria, Universitas Negeri Padang*).



**Grafik 1. Diagram Batang hasil pengolahan Data Tentang Tingkat Anxiety Pelajar Pada Masa Pandemi Covid-19.**

The results of the study stated that 54% of adolescent anxiety level was in the high category. Thing this is most likely due to the lack of information that youth have received regarding the pandemic covid-19 (Utami et al., 2021). What teenagers have in mind is that the corona virus is very dangerous. Someone is infected with this virus is difficult to recover and most died (Ayu, 2021; Puspaningtyas & Dewi, 2020). Several factors cause anxiety during the COVID-19 pandemic.

The reasons for students to feel anxious are: 1) Lack of sleep, 2) Too overthinking make them cry and feel their world is destroyed when online classes hit their grades can worsen, 3) Anxiety about their electronic objects affected by COVID-19 unexpectedly , 4) Feeling anxious about not being able to complete college or school assignments properly, 5) Anxiety with decreased practical scores due to inadequate online facilities and those who could be forgetful. Anxiety can affect memory. Anything that relaxes the body helps memory, because relaxation involves the parasympathetic nervous system. Good relaxation activities such as exercise can also relax memory. Such causes can increase their anxiety levels so that we can have difficulty thinking clearly and only thinking about assignments, fear of contracting the corona virus and also lose a lot of enthusiasm to carry out our daily activities.

So for that, some experts suggest that they can relax during the pandemic, among others, make a schedule and build a routine. Routine schedules that can be arranged, for example,

a consistent sleep schedule and consistent waking time, as well as playing time and reading time factors. While setting up a structured routine is important to us, we also need to consider certain flexibility. Then we have to form positive thoughts so that the direction of our habits follows a positive pattern and does not think negatively all the time. During a pandemic like this, we, as students, are also required to love ourselves to get rid of overthinking and anxiety, but I understand that this is not an easy thing, but if we try it slowly, everything will not be in vain. Because a high level of anxiety can make us fall sick and also lose a lot of mood, from the series that I have stated above, we must be able to avoid anxiety itself. The anxiety condition experienced by students during this pandemic certainly cannot be ignored (Aminatun et al., 2019; Kuswoyo et al., 2021; Oktaviani, 2021). To overcome anxiety in students, the role of parents is needed including always motivating, providing knowledge about this COVID-19. As a counselor or guidance and counseling teacher, there are several things that can be done. To help students overcome anxiety is to provide services such as counseling services individual, group guidance and counseling. Various counseling approaches can be applied in this activity. Based on several studies, it is stated that using the Cognitive Behavioral Shortener Therapy (CBT) is more effective for dealing with anxiety compared to other approaches.

## **CONCLUSION**

Anxiety cannot be ignored by us because this mental illness torments our internal organs, especially during a pandemic like this, students like us are more prone to anxiety and also stress thinking about difficult and heavy things. The conclusion in my paper is that the level of anxiety in students during a pandemic is quite high and becomes a scourge in our lives if we cannot overcome ourselves to fight anxiety during a pandemic. About 72% of students at both the student and school level experienced the same anxiety on their electronic goods and their percentage of practicum skills while in another study about 54% had anxiety during the pandemic and that was the highest number in the research survey. To avoid these things we must comply with health protocols as well as adopt a positive life so that we are protected from negative thoughts during a pandemic. According to the psychiatrist's view, being in the house is no reason not to exercise.

If you can't go to the gym, you can take advantage of tutorials on the Internet, or exercise that can be done indoors. Don't forget to bask in the sun every day. Psychiatrists also recommend maintaining a routine by waking up at the same time, as well as for eating.



"Avoid blue light from cellphones or laptops, especially before bedtime," (Elisa 2020). Then make a plan. Write down specifically what impact a pandemic has on aspects of your life, then come up with possible solutions that can be applied. Focus on concrete things, then evaluate which ones can be done. Then make a plan and do it. So we have to start living a healthy life both in terms of mind and also what if we overcome anxiety with positive steps because yes playing with electronic objects too often can cause illness in ourselves.

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