

# THE IMPACT OF THE COVID-19 OUTBREAK ON CHILDREN'S BEHAVIOR

Ajeng Muliagita Kiswardhani  
English Education

[ajengmuliagita@gmail.com](mailto:ajengmuliagita@gmail.com)

## Abstract

As we know that the Covid-19 outbreak that comes from Wuhan, China has become a frightening specter since the end of 2019 and began to enter Indonesia in early 2020. Since March 2020 the government has implemented large-scale social distancing, everyone who works and children who go to school must start their activities at home. Then what about the behavior of children during the quarantine period at home ? Can Covid-19 change children's behavior during this pandemic period?

**Key words:** Covid-19 outbreak, children's behavior, Indonesia

---

## INTRODUCTION

What do you think, when you hear about the Corona virus or Covid-19? Most people of course think this is a deadly and terrible virus. Corona virus is a large family of viruses that can cause disease in humans and animals (Liu et al., 2020; Sohrabi et al., 2020; Tuhuteru, 2020). In humans, it usually causes respiratory infections, from the common cold to serious illnesses such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). A new type of coronavirus that was discovered in humans since the outbreak occurred in Wuhan China, in December 2019, then it was named Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-COV2), and causes Coronavirus Disease-2019 (COVID-19) (Andriadi, 2021; Fatimah & Puspaningtyas, 2020; Sinaga & Pustika, 2021).

Various negative impacts have been caused due to the Covid-19 virus, starting from endangering our health, decreased income in the economic sector especially among the middle to lower classes, until learning difficulties in children due to studying online at home and often make some children stress (Gumantan et al., 2021; Rohman et al., 2020).

Therefore, this research is discuss about the effect of the Covid-19 outbreak on children's behavior. This study uses the perspectives of several students, the researcher will reveal the perspective of the effect of Covid-19 outbreak on children's behavior effect of Covid-19 outbreak on children's behavior, especially during this pandemic many children are

stressed by online learning and many other factors and some parents pay less attention to this. Other researchers can also use this research as a reference or insight to make research or new studies more extensive and significant.

## **LITERATURE REVIEW**

Since the government announced the Covid-19 outbreak entered Indonesia on March 2020, all activities outside the home such as work, school and other activities that require us to meet many people have stopped to reduce the risk of contracting the Covid-19 virus (Aminatun et al., 2021; Mahfud & Gumantan, 2020; Saputra & Pasha, 2021).

Everything starts from home, such as working from home (WFH) and studying from home through online learning. It's been around 8 months the children can not go to school as usual and meet their friends at school and they are required to learn from home through online learning, there are many challenges that children and parents must face when studying at home, starting from the patience of parents when teaching their children at home, until the changes in children's learning patterns, children's sleep patterns and children's ability to master the lessons from home (Maskar et al., 2020; N. Putri & Aminatun, 2021; N. R. Putri & Sari, 2021).

About children's immunity, children's immunity is low and their self-prevention awareness is weak. And children became one of the focus at the peak of the epidemic (Ambarwati & Mandasari, 2020; Ayu & Pratiwi, 2021). During epidemic, it is important to pay attention to changes in children's psychological behavior. Previous studies have shown that children's mental behavior is easily affected by the family and social environment (Ahluwalia, 2020; Nadya et al., 2021). Affected by this epidemic, children cannot return to school on time, nor can they communicate face to face with their peers. Children often react negatively to such long-term negative events (Aguss, 2021; Oktaviani & Ayu, 2021; Saputra et al., 2020), such as reducing study time, increasing the use of electronic products and changing sleep patterns. In addition, the psychological pressure of parents during the epidemic will also affect children's behavior. Children's bad behaviors can affect their overall development. It is very important to pay attention about the impact of this epidemic on children's behavior (Aguss & Yuliandra, 2021; Diharjo et al., 2020; Simamora & Oktaviani, 2020).

## **METHOD**

This study aims to determine students' views on the impact of the COVID-19 outbreak on children's behavior. The researcher will use qualitative data for research. The researcher used a questionnaire to collect the data. The researcher also ask other questions to get perspective from the questionnaire or students (Endorser, 2018; Herison et al., 2019).

Participants in this study came from the English Education Study Program batch 2018 of Faculty of Arts and Education at the Universitas Teknokrat Indonesia. Participants consisting of 35 students were selected for this study. They consist of male and female students in the fifth semester. They were selected as representatives of the English Language Study Program at Universitas Teknokrat Indonesia. Their opinion will be treated as non-expert opinion. Hence, they represent the views of society and students.

Five questions in the questionnaire will be distributed to participants to collect their opinion data. Five questions consisting of three options, (1) Agree; (2) Neutral; (3) Disagree.

The questionnaire will be distributed in the chat application (Whatsapp). The researcher provides the participants with a link to the survey site and asks them to fill out a survey form. After the participants filled out the questionnaire, the researcher could immediately see the feedback from the participants. After collecting all responses from the survey location, the researcher will enter this data into the survey data. Why the researcher will do this study? The researcher will analyse the effect of Covid-19 outbreak on children's behavior. Through an analysis we can conclude what are the effect of Covid-19 outbreak on children's behavior and analyze participants' responses to understand how society or students perceive the impact of COVID-19 outbreak on children's behavior.

#### **Questionnaire about The Effect of COVID-19 Outbreak on Children's Behavior**

No	Question	Agree	Neutral	Disagree
1.	Do you think, Covid-19 can change children's behavior during quarantine period at home?			
2.	Do you think, Covid-19 can cause loss of face-to-face learning time which can make it difficult for many students to master the knowledge and abilities according to the expected grade level?			
3.	Do you think, Covid-19 can increase the use of electronic products (gadget,			

	laptop, etc.) which can cause dependency on children during the quarantine period at home?			
4.	Do you think, during Covid-19 quarantine period the child's sleep patterns changed? (due to the use of gadgets or other factors)			
5.	Do you think the psychological pressure on parents during the pandemic will also affect children's behavior?			

## RESULTS AND DISCUSSION

No	Question	Agree	Neutral	Disagree
1.	Do you think, Covid-19 can change children's behavior during quarantine period at home?	85,7%	14,3%	-
2.	Do you think, Covid-19 can cause loss of face-to-face learning time which can make it difficult for many students to master the knowledge and abilities according to the expected grade level?	91,4%	5,7%	2,9%
3.	Do you think, Covid-19 can increase the use of electronic products (gadget, laptop, etc.) which can cause dependency on children during the quarantine period at home?	82,9%	11,4%	5,7%
4.	Do you think, during Covid-19 quarantine period the child's sleep patterns changed? (due to the use of gadgets or other factors)	65,7%	28,6%	5,7%
5.	Do you think the psychological pressure on parents during the pandemic will also affect children's behavior?	74,3%	22,9%	2,9%

This paper aims to prove that there are changes in children's behavior during the quarantine period at home due to the Covid-19 virus outbreak. Based on the data that the researcher has obtained, it can be said that most of the students who participated in filling out the

questionnaire agreed with the change of behavior in children during the Covid-19 quarantine period. Then almost all or about 91.4% (32 people) who filled out the questionnaire agreed that the existence of Covid-19 could cause a loss of face-to-face learning time which could make it difficult for many students to master the knowledge and abilities according to the expected class level because according to most children or students learning at home through online learning is very different from studying at school, some children feel bored learning through online learning because it can spend their time for a full day and learning online at home also reduces children's play time so that children cannot meet, interact and play with their friends as usual due to the Covid-19 outbreak, this can also make children stressful so it is difficult to master the learning material (Handayani & Aminatun, 2020; Qodriani & Wijana, 2021; Sari & Oktaviani, 2021).

Then around 82.9% or 29 participants agreed and thought that the Covid-19 could increase the use of electronic products such as gadget, laptop, computer and etc, which could lead to dependency on children during the quarantine period at home because most children or students used gadgets for online learning at home, not only for online learning but they use their gadget to play games instead of playing with their friends and this can lead to dependency because it is likely that children will use gadgets all day long from studying online, communicating with their friends and teachers until playing games. Game applications in gadget contribute the most to children's addiction to gadgets, if the child has started to become addicted, this will change the child's daily behavior and can have a negative impact on health such as eye disorders, motor system disorders and can reduce the child's concentration level in learning (Adrian, 2019; Almuafiry et al., 2017; Oktaviani & Desiarti, 2019).

About 65.7% or 23 participants agreed that during the Covid-19 quarantine period children's sleep patterns changed, according to research it is around 75% of children aged 9-10 years experienced sleep deprivation due to unsupervised use of gadget. Lack of sleep can have a bad effect on their school grades, because the brain develops properly during sleep, and children need adequate sleep for their brains to function properly (Sudibyo & Nugroho, 2020; Yuliandra & Fahrizqi, 2020).

About 74.3% (26 participants) agreed that psychological pressure on parents during the pandemic of Covid-19 will also affect children's behavior, many parents are also stressed

with their work during the Covid-19 pandemic and tend to lose their patience with their children or those around them. It is indicated by losing patience when teaching their children in online learning activities at home and sometimes taking the stress out on their children, this can also cause stress to the child and it is feared that children will become lazy to learn because they are afraid their parents will be angry to them during the learning process at home (Mulyah et al., 2020; MULIYAH et al., 2021). Things like this make children to change their habits during the Covid-19 quarantine period, children can seek their own entertainment such as playing games and this will worsen children's willingness to learn and turn their habits into bad habits especially if they are addicted to games (Puspaningtyas & Dewi, 2020; Utami et al., 2020).

## **CONCLUSION**

By using a questionnaire as a research tool to collect data on student perceptions about the effects of the Covid-19 outbreak on children's behavior, most students agreed with the changes in habits that were caused during the Covid-19 quarantine period at home, due to stress because of online learning and unable to do normal activities outside the home as well and many other factors such as gadget addiction during the home quarantine period, psychological stress on parents and children can also cause changes in children's behavior.

The opinions or perceptions of students who participated in filling out the questionnaire in this study were influenced by their own experiences and from other sources.

With the results of this study, researchers hope to increase parental awareness about the importance of children's psychological and mental health during the quarantine period at home due to the Covid-19 outbreak, as we know children's understanding of the Covid-19 outbreak is not the same as adult understanding. Therefore, it is hoped that parents can provide understanding and explanation to children about the Covid-19 outbreak and it is hoped that parents can guide children during the quarantine period at home so that children's behavior do not turn into bad behavior that can interfere their learning activities and their health (Ayu, 2019; Choirunnisa & Mandasari, 2021). This research can also be used as a guide or reference for future research on the same topic or issue.

## **REFERENCES**

Adrian, Q. J. (2019). Game Edukasi Pembelajaran Matematika untuk Anak SD Kelas 1 dan 2 Berbasis Android. *Jurnal Teknoinfo*, 13(1), 51–54.

- Aguss, R. M. (2021). ANALYSIS OF PHYSICAL ACTIVITY CHILDREN AGED 7-8 YEARS IN THE TIME OF ADAPTATION TO NEW HABITS. *The 1st International Conference on Language Linguistic Literature and Education (ICLLLE)*.
- Aguss, R. M., & Yuliandra, R. (2021). The effect of hypnotherapy and mental toughness on concentration when competing for futsal athletes. *MEDIKORA*, 20(1), 53–64.
- Ahluwalia, L. (2020). EMPOWERMENT LEADERSHIP AND PERFORMANCE: ANTECEDENTS. *Angewandte Chemie International Edition*, 6(11), 951–952., 7(1), 283.  
[http://www.nostarch.com/javascriptforkids%0Ahttp://www.investopedia.com/terms/i/in\\_specie.asp%0Ahttp://dSPACE.UCUEÑA.EDU.EC/bitstream/123456789/35612/1/Trabajo de Titulacion.pdf%0Ahttps://educacion.gob.ec/wp-content/uploads/downloads/2019/01/GUIA-METODOL](http://www.nostarch.com/javascriptforkids%0Ahttp://www.investopedia.com/terms/i/in_specie.asp%0Ahttp://dSPACE.UCUEÑA.EDU.EC/bitstream/123456789/35612/1/Trabajo%20de%20Titulacion.pdf%0Ahttps://educacion.gob.ec/wp-content/uploads/downloads/2019/01/GUIA-METODOL)
- Almuafiry, H., Jurusan, E., Informatika, T., Adhi, T., & Surabaya, T. (2017). Game Edukasi Bahasa Indonesia Kelas 1 Sekolah Dasar Berbasis Android Menggunakan DGBL-ID Model. *Integer Journal*, 2(1), 10–20.
- Ambarwati, R., & Mandasari, B. (2020). THE INFLUENCE OF ONLINE CAMBRIDGE DICTIONARY TOWARD STUDENTS' PRONUNCIATION AND VOCABULARY MASTERY. *Journal of English Language Teaching and Learning*, 1(2), 50–55.
- Aminatun, D., Ayu, M., & Mulyah, P. (2021). ICT Implementation during Covid-19 Pandemic: How Teachers Deal with a New Style of Teaching. *The 1st International Conference on Language Linguistic Literature and Education (ICLLLE)*.
- Andriadi, B. P. (2021). PENTINGNYA PENGENALAN VAKSIN DI MASA PANDEMI COVID-19 DESA IBUL KECAMATAN SIMPANG TERITIP. 02(01), 100–104.
- Ayu, M. (2019). Interactive activities for effective learning in overcrowded classrooms. *Linguists: Journal of Linguistics and Language Teaching*, 4(2), 1–6.
- Ayu, M., & Pratiwi, Z. F. (2021). THE IMPLEMENTATION OF ONLINE LEARNING IN ENGLISH LANGUAGE TEACHING DURING PANDEMIC: THE TEACHERS' VOICE. *Journal of Research on Language Education*, 2(2), 93–99.
- Choirunnisa, M. R., & Mandasari, B. (2021). Secondary students' views towards the Use of Google Classroom as an online assessments tools during Covid-19 pandemic. *Journal of Arts and Education*, 1(1), 1–9.
- Diharjo, W., Sani, D. A., & Arif, M. F. (2020). Game Edukasi Bahasa Indonesia Menggunakan Metode Fisher Yates Shuffle Pada Genre Puzzle Game. *Journal of Information Technology*, 5(2), 23–35.
- Endorser, C. (2018). Pengaruh Celebrity Endorser Terhadap Keputusan Pembelian Wisatawan Yogyakarta Pada Produk Oleh-Oleh Jogja Scrummy. *Jurnal Manajemen*, 8(1), 1–9. <https://doi.org/10.26460/jm.v8i1.539>
- Fatimah, C., & Puspaningtyas, N. D. (2020). Dampak Pandemi Covid-19 terhadap Pembelajaran Online Mata Pelajaran Matematika di MAN 1 Lampung Selatan. *JURNAL PENDIDIKAN MATEMATIKA UNIVERSITAS LAMPUNG*, 8(4), 250–260.
- Gumantan, A., Nugroho, R. A., & Yuliandra, R. (2021). Learning during the covid-19 pandemic: Analysis of e-learning on sports education students. *Journal Sport Area*, 6(1), 51–58.
- Handayani, E. T., & Aminatun, D. (2020). STUDENTS' POINT OF VIEW ON THE USE OF WHATSAPP GROUP TO ELEVATE WRITING ABILITY. *Journal of English*

- Language Teaching and Learning*, 1(2), 31–37.
- Herison, A., Romdania, Y., Akbar, D., & Pramanda, D. (2019). PERAN AESTHETIC EXPERENTIAL QUALITIES DAN PERCEIVED VALUE UNTUK KEPUASAN DAN LOYALITAS PENGUNJUNG WISATA BAHARI DI PROVINSI LAMPUNG. *Pariwisata Pesona*, 04(1), 1–10.
- Liu, C., Zhou, Q., Li, Y., Garner, L. V., Watkins, S. P., Carter, L. J., Smoot, J., Gregg, A. C., Daniels, A. D., Jervey, S., & Albaiu, D. (2020). Research and Development on Therapeutic Agents and Vaccines for COVID-19 and Related Human Coronavirus Diseases. *ACS Central Science*, 6(3), 315–331.  
<https://doi.org/10.1021/acscentsci.0c00272>
- Mahtud, I., & Gumantan, A. (2020). Survey Of Student Anxiety Levels During The Covid-19 Pandemic. *Jp. Jok (Jurnal Pendidikan Jasmani, Olahraga Dan Kesehatan)*, 4(1), 86–97.
- Maskar, S., Dewi, P. S., & Puspaningtyas, N. D. (2020). Online Learning & Blended Learning: Perbandingan Hasil Belajar Metode Daring Penuh dan Terpadu. *PRISMA*, 9(2), 154–166.
- MULIYAH, P., AMINATUN, D., Hakim, L. N., & SEPTIANA, L. (2021). MONKEY STORIES: A NEW MEDIA FOR DIGILTAL ENGLISH LEARNING. *The 1st International Conference on Language Linguistic Literature and Education (ICLLLE)*.
- Muliyah, P., Aminatun, D., Nasution, S. S., Hastomo, T., & Sitepu, S. S. W. (2020). EXPLORING LEARNERS' AUTONOMY IN ONLINE LANGUAGE-LEARNING IN STAI SUFYAN TSAURI MAJENANG. *Getsempena English Education Journal*, 7(2), 382–394.
- Nadya, Z., Pustika, R., & Indonesia, U. T. (2021). *THE IMPORTANCE OF FAMILY MOTIVATION FOR STUDENT TO STUDY ONLINE DURING THE COVID-19*. 2(2), 86–89.
- Oktaviani, L., & Ayu, M. (2021). Pengembangan Sistem Informasi Sekolah Berbasis Web Dua Bahasa SMA Muhammadiyah Gading Rejo. *Jurnal Pengabdian Pada Masyarakat*, 6(2), 437–444.
- Oktaviani, L., & Desiarti, E. M. (2019). A lecturer's and students' perspective toward ethnic snake game in speaking class at Universitas Muhammadiyah Malang. *Teknosastik*, 15(2), 53–59.
- Puspaningtyas, N. D., & Dewi, P. S. (2020). Persepsi Peserta Didik terhadap Pembelajaran Berbasis Daring. *JPMI (Jurnal Pembelajaran Matematika Inovatif)*, 3(6), 703–712.
- Putri, N., & Aminatun, D. (2021). USING FACEBOOK TO PRACTICE WRITING SKILL: WHAT DO THE STUDENTS THINK? *Journal of English Language Teaching and Learning*, 2(1), 45–50.
- Putri, N. R., & Sari, F. M. (2021). INVESTIGATING ENGLISH TEACHING STRATEGIES TO REDUCE ONLINE TEACHING OBSTACLES IN THE SECONDARY SCHOOL. *Journal of English Language Teaching and Learning*, 2(1), 23–31.
- Qodriani, L. U., & Wijana, I. D. P. (2021). The 'New' Adjacency Pairs in Online Learning: Categories and Practices. *Ninth International Conference on Language and Arts (ICLA 2020)*, 121–125.
- Rohman, M., Marji, D. A. S., Sugandi, R. M., & Nurhadi, D. (2020). Online learning in higher education during covid-19 pandemic: students' perceptions. *Journal of Talent Development and Excellence*, 12(2s), 3644–3651.
- Saputra, V. H., & Pasha, D. (2021). Comics as Learning Medium During the Covid-19 Pandemic. *Proceeding International Conference on Science and Engineering*, 4, 330–



334.

- Saputra, V. H., Pasha, D., & Afriska, Y. (2020). Design of English Learning Application for Children Early Childhood. *Proceeding International Conference on Science and Engineering*, 3, 661–665.
- Sari, F. M., & Oktaviani, L. (2021). Undergraduate Students' Views on the Use of Online Learning Platform during COVID-19 Pandemic. *TEKNOSASTIK*, 19(1), 41–47.
- Simamora, M. W. B., & Oktaviani, L. (2020). WHAT IS YOUR FAVORITE MOVIE?: A STRATEGY OF ENGLISH EDUCATION STUDENTS TO IMPROVE ENGLISH VOCABULARY. *Journal of English Language Teaching and Learning*, 1(2), 44–49.
- Sinaga, R. R. F., & Pustika, R. (2021). EXPLORING STUDENTS' ATTITUDE TOWARDS ENGLISH ONLINE LEARNING USING MOODLE DURING COVID-19 PANDEMIC AT SMK YADIKA BANDARLAMPUNG. *Journal of English Language Teaching and Learning*, 2(1), 8–15.
- Sohrabi, C., Alsafi, Z., Neill, N. O., Khan, M., & Kerwan, A. (2020). *Since January 2020 Elsevier has created a COVID-19 resource centre with free information in English and Mandarin on the novel coronavirus COVID-19. The COVID-19 resource centre is hosted on Elsevier Connect, the company's public news and information. January.*
- Sudiby, N. A., & Nugroho, R. A. (2020). Survei sarana dan prasarana pembelajaran pendidikan jasmani olahraga dan kesehatan pada sekolah menengah pertama di kabupaten pringsewu tahun 2019. *Journal Of Physical Education*, 1(1), 18–24.
- Tuhuteru, H. (2020). Analisis Sentimen Masyarakat Terhadap Pembatasan Sosial Berksala Besar Menggunakan Algoritma Support Vector Machine. *Information System Development (ISD)*, 5(2), 7–13.
- Utami, A. R., Aminatun, D., & Fatriana, N. (2020). STUDENT WORKBOOK USE: DOES IT STILL MATTER TO THE EFFECTIVENESS OF STUDENTS' LEARNING? *Journal of English Language Teaching and Learning*, 1(1), 7–12.
- Yuliandra, R., & Fahrizqi, E. B. (2020). Development Of Endurance With The Ball Exercise Model In Basketball Games. *Jp. Jok (Jurnal Pendidikan Jasmani, Olahraga Dan Kesehatan)*, 4(1), 61–72.