



Psychological Analysis of Students in The Inline Lecture Process at STIE Bina Karya

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Abstract

The application of online learning is affected by social distancing in the world of education, especially among students, resulting in poor student health. As a result, students do not interact socially with the surrounding environment, reduce learning effectiveness and feel bored. This journal aims to provide an overview and analyze online learning models on the mental health of students affected by social disstanding. The research approach used is qualitative in the form of a Creswell model of literature. Data sources from online learning literature, Student mental health, COVID-19. Data collection techniques by conducting searches on related literature, both manually and digitally. The data analysis technique used the Moleong model analysis. The results show that online learning is not effective among students because students' mental health is disturbed by the application which currently plays an important role in the world of education but the application of the online learning system is not as easy as imagined, there are several aspects that must be met first.

Keywords: COVID-19 Pandemic, Online Learning, Mental Health

1. Introduction

The first positive case of the corona virus was announced by the Chinese government at the end of 2019. This virus spread quickly to all corners of the world including Indonesia. In Indonesia, the first case of the corona virus was reported by President JokoWidodo on Monday 2 March 2020 namely two Depok residents, until finally starting on March 17, 2021, the number of cases of corona virus in Indonesia has been counted as 1,430,458 cases.

The increase in cases of the spread of the corona virus in Indonesia requires the government to be firm in tackling this pandemic problem, especially in the field of education because the current pandemic has a very large impact. In the field of education, the government does not remain silent, the government has decided to implement social distancing and WFH or what is called work from home. This is an effort to prevent the spread of covid 19. Including every university implementing online learning. One alternative is to continue the material that must be delivered. Various applications are also used to support the online learning. Online learning is indeed the

only way to deliver material. Some of the complaints that can be felt by all students are the lack of signal, limited data packets, difficulty in controlling the group work system, to the point of stress going to work on tasks that must be prioritized first. The influence of online learning on student psychology is very disturbing.

Anxiety can be in the form of feelings of worry, feeling uneasy, uncertain or feeling very afraid as a result of a threat or threatening feeling where the real source of the anxiety is not known with certainty.² Anxiety affects student learning outcomes, because anxiety tends to produce confusion and distortion. perception. These distortions can interfere with learning by reducing the ability to focus attention, decreasing memory, interfering with the ability to connect one thing to another.³ The results of research by Cao, Fang, Hou, Han, Xu, Dong, &Zheng, (2020) on 7,143 students showed 0.9% of students experienced severe anxiety, 2.7% experienced moderate anxiety, and 21.3% experienced mild anxiety. Stress is one of the reactions or psychological responses of humans when faced withon things that they feel have crossed the line or are considered difficult to deal with. Every human being has experience with stress even before humans are born.⁴ Academic stress is mental and emotional stress, or tension, that occurs due to the demands of campus life.⁵

Sources of academic stress include: monotonous situations, noise, too many tasks, unreasonable expectations, ambiguity, lack of control, dangerous and critical situations, being unappreciated, ignored, missed opportunities, confusing rules, conflicting demands, and deadlines for lecture assignments (Davidson, 2001 in Purwati, S. 2012). The results of research by Maia, Berta Rodrigues, Paulo César (2020) showed that students who were evaluated during the pandemic period showed significantly higher levels of anxiety, depression, and stress, compared to students in normal times. The results show that the pandemic has a negative psychological effect on students.

a. **Research Objectives**

This study aims to determine the impact of online learning on students' mental health during the COVID-19 pandemic

b. **Research Benefits**

To increase knowledge about health and government policies in tackling problems, as well as as a basis for further research. Also so that the public knows the impact of this online lecture on the mental health of students or students during the pandemic

2. Literature Review

2.1 COVID-19 Pandemic

The WHO since January 2020 has declared the world to be in a global emergency regarding the corona virus. This corona virus has attacked more than 28 million people from 213 countries in the world, the permanent number has reached 28,916,010 cases 4 Smeltzer& Bare, 2008 in Binku., T.A et al, 2014 5Simbolon, 2015

positive for COVID-19 globally.⁶ The global epidemic has hit the world, as well as in Indonesia, so the stay at home program is implemented as an effort to suppress the expansion of COVID-19. To comply with the government's program, the learning mode

has been shifted to virtual classes, so that students still have the right to acquire knowledge but stay safe by staying at home.

2.2 Online Learning Concept

Education is a system that develops a fairly broad mission related to physical development, skills, thoughts, feelings, abilities, social to the problem of trust or faith. So that whatever obstacles or obstacles Education continues to run well.⁷ The learning barrier in the midst of the COVID-19 pandemic is that learning is done online not face to face, this requires lecturers to be able to develop innovations in learning. Not only lecturers, students also have obstacles in this online learning, namely limited internet quotas, unstable internet networks, to task barriers that pile up which eventually causes stress for students. Online learning is done through various applications, such as Whatsapp, Google Classroom, e-learning, Zoom, Edmodo or Google meet.

2.3 Student Mental Health

During the current pandemic, learning is done online, this of course creates many obstacles, such as the number of assignments given by lecturers, disruption to the internet network, limited quotas or data packages, time discipline that applies, hampering work programs in student organizations. This obstacle causes students to be inactive in participating in learning and also causes stress or interferes with students' mental health problems. Mental health is a state of well-being in which each individual can realize their own potential, meaning that they can cope with the normal stresses of life, can function productively and fruitfully and be able to make a contribution to their community.⁸

3. Research Method

This journal uses a qualitative approach in the form of literature.⁹ Sources of research data are literature sourced from books, COVID-19, psychology of students affected by social distancing and references to previous journals. Data collection techniques are carried out by looking for related references, both manually and digitally. After searching from various sources, then concluding from all the references that have been sought by developing in the form of new knowledge and insights and citing expert information from various sources such as books and other journals and then writing it down in this journal. Data analysis was carried out by content analysis.¹⁰

4. Results and Discussion

4.1 Online Lecture Model as a result of COVID-19

Corona virus or severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) is a virus that attacks the respiratory system. The disease caused by this viral infection is called COVID-19. Corona virus can cause mild disturbances to death. Here's the survival time of the virus.¹¹

Table 1
Corona Virus Survival Time (Zhou, 2020)

Environment Type	Temperature (degree centigrade)	Virus Survival
Air	10-15	4 hours
	25	2-3 minutes
splash	<25	24 hours
Nasal lender	56	30 minutes
Fluid	75	15 minutes
Hand	20-30	<5 minutes

Based on table 1 above, it can be concluded that transmission through inanimate objects will be very vulnerable to contracting COVID-19. If you feel symptoms, immediately check to avoid transmission to others. If you are infected or feel symptoms of COVID-19, immediately go to the nearest medical institution or hospital that serves the handling of the virus. The next step is isolation and quarantine for closest contacts from family and community (Tian et al., 2020).

The main difference between the two is in the media where an instruction is executed, in the conventional method the learning provider is fully regulated by the environment where changes can be made at any time, the delivery of the material is strongly influenced by the role of educators and material creation, while online learning is separated from students by virtual world, where the ability to interact directly is no longer available. Face-to-face material is prepared in such a way as conventional lectures, this model is followed such as learning contracts, assignments and media that are in accordance with face-to-face learning. While the material for online learning must be equipped with internet access. In addition to the basic differences as described above, learning and conventional and online or online also have advantages and disadvantages, each of which is from the responses obtained, for more details can be seen from the following table.

Below are the differences between conventional learning and learning from where the benefits of online learning methods are superior in terms of time and unlimited access. Not all of them are suitable for online learning, there are some students who are bored and don't like having to stare at a computer or cellphone for a long time. There should be no significant difference between conventional learning and online learning.

Table 2
Comparison of Advantages and Disadvantages between Conventional (face-to-face) and Online Learning

	Learning	Online Learning
Advantages	Conventional	Learning trains the independence of students in learning
	Fast feedback between educators and students	Time and place tend to be flexible
Deficiency	It has become something that is familiar to educators and participants	Not limited in the development of knowledge and learning
	Motivate participants to teach directly	Loss of focus in learning
	Cultivating the spirit of socialization or direct interaction with surrounding environment.	Frustration, anxiety and behavior appear confusion

4.2 Student Psychology in the Online Learning process

Social standing in the world of education results in psychologically disturbed students. For example, obstacles in the process of achieving learning, so that achievement decreases (Sugiyanto, 2014). Learning barriers are also caused by disorders of the brain's nervous system (neurobiological disorders).12ganggu

Table 3
Characteristics of Gender Based on Academic Stress Levels During Online Learning

Gender	Academic Stress	Frequency	Percentage (%)	Total Respondent
Man	Light	4	7	285 Respondents: 80% female and male
Total	Weight	53	93	
girl		9	4	20%
Total	Light	219	96	
		228	100	

Source: Primary Data, 2020 (processed: FunsuAndiarna, EstriKusumawati, 2020)

Based on Table 3, it can be seen that of the 285 people who experienced the most stress levels, namely women with severe stress levels as much as 96% compared to men, namely 93%.

Gender is one of the triggering factors for academic stress.¹³ Based on the results of Maryama's research, it is stated that the sex variable contributes 1.9% to academic stress.¹⁴ Other similar studies show that the female gender experiences severe stress as much as 2.2 times. compared to the male gender. Regarding the stress that occurs in both men and women, men are more active and explorative than women, so that

12Idris, 2009 13Hafifah et al., 2017 14Maryama, 2015

women tend to be more anxious and more sensitive (Kountul et al., 2018). Female students are more susceptible to stress conditions. Stress conditions in women are influenced by the hormone oxytocin, estrogen, and sex hormones as supporting factors (Potter & Perry, 2005).

5. Conclusion

Online learning is carried out with the aim of reducing the spread of COVID-19 cases. This is an alternative way for the government so that students can still participate in learning activities even if only online. Online learning carried out by students, especially students, has an influence on students' mental health, because online learning becomes a burden for students, students tend to be tired of using cellphones and tired of the tasks given by lecturers. Therefore, the application of online learning is feasible, but not by giving a lot of assignments with short collections, it can be replaced with joint discussions because it can support learning effectiveness and focus on learning.

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