

The Effect of Online Learning on Psychologically Affected Students by Social Distancing Due to Covid 19 at MAN 10 Jombang

Mochammad Syafiuddin Shobirin^{1*}, Siti Dewi Mar'atus Sholihah²

¹Agricultural Engineering Biosystems, Universitas KH. A. Wahab Hasbullah

²Islamic Education, Universitas KH. A. Wahab Hasbullah

*Email: syafiuddinshobirin@unwaha.ac.id

ABSTRACT

When the Covid-19 pandemic began to plague Indonesia in 2020, the Government implemented a policy to implement social distancing to prevent the transmission of Covid-19. In terms of education, online learning was also applied because it was an effective solution to continue learning for students affected by social distancing. However, online learning is not fully effective in the psychological development of students. As a result, the effectiveness of student learning decreases, student learning outcomes decrease and causes students to get bored easily in receiving lessons. The purpose of this article is to examine how the influence of online learning on the psychology of students affected by social distancing due to covid 19. The research approach used is qualitative. Sources of data were obtained from online learning literature, student psychology, and Covid-19. Data collection techniques were carried out by searching related literature, both manually and digitally. The results show that online learning is not effective for students because it affects students' psychology. It can be concluded that online learning is very effective during the Covid-19 pandemic, but there are problems or psychological disorders for students. Online learning can be developed into more effective learning by paying attention to the psychology of students affected by social distancing.

Keywords: *Online Learning; Student Psychology; Covid-19.*

INTRODUCTION

At the beginning of 2020, to be precise in February, there was a corona virus or Covid-19 that had plagued Indonesia (Mahmudah, 2020). The transmission of this outbreak is very easy, the initial outbreak of the corona virus will feel symptoms of fever, cough, flu, and shortness of breath. However, there are people who are exposed to this virus do not feel any symptoms. This makes it easy for close people to be infected, especially in poor health conditions.

Due to the Covid-19 outbreak, the government has decided to implement social distancing. This is an effort to prevent the spread of Covid-19 (Rohmah & Muslih, 2021). Including schools and universities implementing online learning. This is an alternative to continue the online teaching and learning process by using several applications. Online learning is learning that uses multimedia technology and communication without face-to-face online. Online learning methods as an alternative for teachers to teach online due to the corona outbreak that occurred in Indonesia. Teachers and students use this method to avoid the spread of the corona virus. The use of online was initially welcomed by students because it was an alternative, one of which was using the online method (Hariono dkk, 2020). However, several days of using the online system, many students complained that due to limited signals, limited data packages, especially in the midst of a corona outbreak like this, it was difficult to buy data packages. Students also complained about the large number of assignments with very short submissions.

The influence of online learning is very disturbing psychologically for students. Online learning used in the midst of an outbreak like this is indeed effective because it is to prevent the spread of the corona virus. However, for online learning like this, sometimes the schedule that has been set from the

school is just changed to coincide with other lessons. For example, physics lessons using the live application on zoom and at the same time math lessons using the youtube application. This is very disturbing focus in learning. Sometimes the lesson schedule is ahead of the allotted time. Students are required to be able to monitor the subject matter from mobile phones. And there are many other influences in online learning like this. The formulation of the problem in this study is: How is the influence of online learning on the psychology of students affected by social distancing due to Covid-19. With this research aims to find out how the influence of online learning on the psychology of students affected by social distancing due to Covid-19.

METHOD

This research is a field research using a qualitative approach. Qualitative research starts from determining the research subject and then asks research questions related to the problem under study. The location of the research was carried out at MAN 10 Jombang. As a source of data in this study are teachers and students. Data collection techniques in the form of observation and interviews.

RESULT AND DISCUSSION

The results of this study will explain excerpts from interviews accompanied by discussions about the influence of online learning on the psychology of students affected by social distancing due to Covid-19.

Result

Table 1. Interview with Teacher

No	Resource Name Nara	Question	Deskripsi
1.	Mohammad Ikhwan, S.Pd	How is the implementation of learning activities at MAN 10 Jombang during the Covid-19 pandemic?	During the Covid-19 pandemic, learning activities at MAN 10 Jombang were carried out online, starting in early March 2020 until January 2021. Until waiting for provisions from the government.
2.	Mohammad Ikhwan, S.Pd	Is online learning effective during the Covid-19 pandemic at MAN 10 Jombang.	I say less effective because teachers find it difficult to monitor student learning.
3.	Maria Yuni Purwanti, S.Psi	How is the influence of online learning on the psychology of students affected by social distancing due to Covid-19 at MAN 10 Jombang.	Students pay less attention when online learning takes place, there are even some students who do not take online learning and do not do the tasks given by the teacher.
4.	Maria Yuni Purwanti, S.Psi	How is the approach taken by the teacher when dealing with student psychology during the online learning process. Is there any problem in this.	There are so many obstacles, when the online learning process there are some students who don't take online learning, one of the approaches taken by the teacher is coming to students' homes by asking directly why they don't take online learning, and on average students say the problem is that there is no quota. internet, no cell phone. So the teacher provides cellphones to be borrowed by students, and provides internet quota so that students can still carry out online learning. Because many students do assignments outside the home with the help of wifi. However, there are also students who switch to playing games and do not do assignments, so the teachers provide understanding and advice directly to students' homes to be able to monitor them, although not every day.

The results of interviews with teachers are in Table 1. Explains that during the Covid-19 pandemic learning activities at MAN 10 Jombang were carried out online. For teachers, online learning is less effective because it is difficult to monitor student learning directly. Online learning affects students' psychology. The approach taken by the teacher to overcome the psychology of students is to come to

students' homes by providing understanding and advice to students so that they continue to follow online learning and do not miss the subject matter taught by the teacher through online.

Table 2. Results of interviews with 3 students of class XI IPA 1 at MAN 10 Jombang. First question asked: How are you prepared for online learning?

No.	Nama Narasumber	Deskripsi
1.	Alfian Ahmad Rizqi	My readiness for online learning was not ready, because it was different from the previous face-to-face learning that went to school early in the morning. And when I study online, I often wake up late so I am often late for assignments from the teacher.
2.	Nely Anjani	My readiness is not optimal because the learning atmosphere is different from the previous one, which can be face to face with the teacher directly.
3.	Iza Elfita	I have prepared my readiness for online learning since early in the morning because of encouragement from my parents so that I don't be late when online learning takes place.

The results of interviews with three students in Table 2. Show that students' readiness in online learning is not optimal, and some students' readiness is good because there is encouragement from parents who always remind when online learning takes place.

Table 3. Results of interviews with 3 students of class XI IPA 1 at MAN 10 Jombang. The second question asked: Is the availability of the internet network in schools sufficient to support the implementation of online learning?

No.	Nama Narasumber	Deskripsi
1.	Alfian Ahmad Rizqi	if the internet from madrasas is not enough to support it because at MAN 10 Jombang it is different from other schools that get internet quotas every month. If this Madrasah only provides 2x internet quota in January and April only.
2.	Nely Anjani	If the internet network can be said to be not supportive enough because students only get 2x internet quota. And the distance is too long. The first time I was given an internet quota in January, and the second time I was given an internet quota again in April.
3.	Iza Elfita	The internet network at school is not enough to support it, because it only gets 2x internet quota from the school.

The results of interviews with three students are in Table 3. Explaining that the availability of internet networks in schools is not sufficient enough, the madrasah only provides 2x internet quota with a distance of 3 months.

Table 4. Results of interviews with 3 students of class XI IPA 1 at MAN 10 Jombang. The third question asked: Are there any difficulties in online learning?

No.	Nama Narasumber	Deskripsi
1.	Alfian Ahmad Rizqi	the difficulty is from the internet network at home which is difficult to signal, and it is also difficult to understand some of the subject matter because the subject matter has not been explained but has been given an assignment. Usually, the material is also given directly via watshApp and told to understand the content of the material itself
2.	Nely Anjani	The difficulty is from the internet quota, ma'am, I often have signal difficulties, so I am not optimal when understanding the material during online learning.
3.	Iza Elfita	There must be difficulties, especially the internet network which is difficult to signal, and it is also difficult to understand some of the subject matter explained by the teacher.

The results of interviews with three students are in Table 4. Explains that the difficulties experienced by students during online learning are internet networks that are difficult to reach. Difficult to understand the subject matter and some teachers

Table 5. Results of interviews with 3 students of class XI IPA 1 at MAN 10 Jombang. The fourth question asked: What is your opinion about the implementation of online learning?

No.	Nama Narasumber	Deskripsi
1.	Alfian Ahmad Rizqi	I think this online learning makes students less able to understand the lesson, and when the exam my grades also drop and are not as expected.
2.	Nely Rizki Anjani	I don't like it, ma'am, because when the teacher explains the subject

		matter, it's not easy for me to understand. Some even give a link but it is not explained beforehand.
3.	Iza Elfita	I think online learning is fun, because it can be more relaxed to study at home, if the difficulty is that the tasks given are too many and are required to collect according to the set time and even though it coincides with many other tasks.

The results of interviews with three students are in Table 5. Explains that some students do not like online learning because their focus on learning is reduced by the number of assignments given by the teacher. And there are students who like online learning because they can study at home more relaxed.

Discussion

The Covid-19 outbreak has forced people to stop activities outside the home that should be done as on normal days. People must maintain a safe distance or what is called physical distancing (MPOC, 2020). During the Covid-19 pandemic, the Ministry of Education and Culture issued circular letter no. 15 of 2020 regarding guidelines for organizing learning from home to prevent the spread of the corona virus (Covid-19) whose purpose is to continue to carry out the teaching and learning process but through online. So that students continue to receive educational services during the Covid-19 pandemic (Mahmudah, R, 2020). The concept of learning from home is realized with the term online learning model that allows interaction between teachers and students in the learning process but not face to face. Online learning uses advances in information technology and internet access.

In online learning, the teacher must continue to explain the material that will be studied by students, although not optimally (Handayani et al., 2020). Therefore the use of the lecture method needs to be applied in online learning. The lecture method is a method of delivering lessons or materials with direct oral speech or intermediaries to achieve the desired indicators or learning objectives. After being given an explanation of the material, of course, students will more easily understand the material presented by the teacher so that students are able to do the tasks given by the teacher. Because in this online learning the teacher always gives assignments to measure students' understanding. The assignment method is a teaching method by giving assignments to students so that they can carry out learning activities so that they can be accounted for within a predetermined time span.

However, based on research that has been done by researchers in this journal, it is found that online learning is not effective for students. Because there are some teachers who do not explain the material first, and only provide links to the subject matter, even students study it themselves and then are given assignments, which sometimes have a very short collection schedule. This causes students to complain and feel bored because it is difficult to understand the subject matter.

The application of online learning is not fully able to have a positive impact, this affects the personality and psychology of students, including:

- Less learning effectiveness
- Lack of social interaction with others
- High anxiety
- Experiencing boredom, and so on.

One of the obstacles experienced by students when online learning takes place is that some students do not have their own cellphones so they have to borrow, some have cellphones but are hampered by quota facilities and internet connections, hampered in sending assignments because of difficult signals. Cases like this are very hampering, so teachers have to repeat notifications and information is not always immediately received by parents due to limited internet quota (Hayati, 2020).

This is in line with the results of research conducted by Agus Purwanto in 2020 with the title Exploratory Study of the Impact of the Covid-19 Pandemic on the Online Learning Process (Purwanto, 2018). The results of his research indicate the impact of the Covid-19 pandemic in the implementation of online learning in elementary schools. The impact is felt by students, parents, and teachers. What distinguishes the research that the researchers do is the research conducted by Agus and Aisyah, the focus of their research on "Online learning". Meanwhile, what the researchers did in this article was to focus on the effect of online learning on students' psychology.

CONCLUSION

Due to the Covid-19 outbreak, the government has decided to implement social distancing. This is an effort to prevent the spread of Covid-19. Including schools and universities implementing online

learning. This is an alternative to continue the online teaching and learning process by using several applications. However, several days of using the online system, many students complained because of limited signal, limited data packages. So that online learning has an effect on students' psychology. The most experienced complaints were feeling bored, the number of tasks with short collections, difficulty understanding the subject matter and internet networks that were difficult to reach.

For teachers of online learning, it is also less effective because it is difficult to monitor the student learning process directly. Many students complain about this. As a result, students are psychologically disturbed. The approach taken by the teacher to overcome the psychology of students is to come to students' homes by providing understanding and advice to students so that they continue to follow online learning and do not miss the subject matter taught by the teacher through online. Therefore, the application of online learning is feasible, but not by giving very many assignments with short collections, students must get support to improve or restore good student psychology with social support in the form of feelings of empathy, caring, trust, giving advice or direction. towards the individual concerned and support in the form of spending time with the individual.

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