

Student Stress Level by Learning Online During Covid- 19 Pandemic

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1 **Abstrak.** Covid-19 merupakan penyakit yang disebabkan oleh infeksi virus yang dapat menular dengan sangat cepat dan telah menyebar ke hampir semua negara, termasuk Indonesia, hanya dalam waktu beberapa bulan. Dibeberapa negara sudah membuat suatu kebijakan untuk melakukan lockdown dalam rangka mencegah penyebaran virus ini dan bahkan di Indonesia diambil suatu kebijakan Pembatasan Sosial Berskala Besar (PSBB) untuk menekan penyebaran virus ini. Akibat dari adanya Lockdown maka ini berdampak besar terhadap perubahan kehidupan sehari-hari mulai dari kehidupan sosial hingga pendidikan. Tujuan penelitian ini adalah melihat gambaran tingkat stress mahasiswa dalam pembelajaran daring selama Covid 19. Model pendidikan yang dulunya tatap muka berubah menjadi sistem Daring yang membuat sebagian mahasiswa stres. Stres merupakan fenomena umum yang terjadi dalam kehidupan modern. Stres terjadi umumnya karena konflik yang berasal dari harapan yang tinggi dan tujuan yang tidak tercapai. Hasil penelitian ini dilakukan pada 47 responden, design penelitian adalah penelitian kuantitatif menggunakan analisis deskriptif. Hasil penelitian ini menunjukkan sebanyak 48,9 % mahasiswa mengalami stress ringan, sebanyak 42,6 % dan yang mengalami stress berat sebanyak 4 %. Simpulan dalam penelitian ini bahwa mahasiswa berada pada rentang stres ringan (skor 1-14) dimana mahasiswa mampu beradaptasi dengan perubahan proses pembelajaran yang dilakukan melalui Daring.

Kata Kunci : Stres, Pembelajaran Daring, Covid-19

1 **Abstract.** Covid-19 is a disease caused by a viral infection that can spread very quickly and has spread to almost all countries, including Indonesia, in just a few months. Even in some countries have made a policy to do a **2** lockdown in order to prevent the spread of this virus and even in Indonesia a policy of Large-Scale Social Distancing was taken to suppress the spread virus. As a result of the Lockdown, this has a major impact on changes in daily life, from social life to education. The purpose **2** to knowing description of the level **2** student stress in online learning during Covid-19. The educational conventional model turned into an e-learning, which makes some stu**2**ts stress. Stress is a common phenomenon that occurs in modern life. Stress occurs generally because of conflicts originating from high expectations and unreachable goals. The results of this study were conduc**2** on 47 respondents, the research design is quantitative research using descriptive analysis. The results were indicating that 4**2**% of students experience mild stress, 42.6% and severe stress was 4%. The conclusion that students in the range of stress mild (score 1-14) where students are able to adapt to changes in the process **3** with e-learning.

Keywords: Stress, E-Leraning, Covid-19

INTRODUCTION

Corona Virus Disease 2019 (Covid-19) is a disease that shook the world, the origin of the disease is known to originate from China in the City of Wuhan, which is found at the end of December 2019 (Yuliana, 2020). This Virus can be transmitted to others and are able to spread widely in china even in the 190 other countries. On March 12, 2020 WHO notify that Covid-19 as a disease pandemic. The WHO also announced there 634.835 case and 33.106 number of deaths around the world (Susilo et al., 2020). Up to June 21, 2020 case covid in Indonesia 45.891, who died 2.456 and a cured 18.404, (Kemenkes, 2020). Medan city is also a city that the number of cases Covid-19 continue to rise, found on May 29, 2020 number of patients covid reach 246, cured 86, patients with the supervision of 89 and died 21 (Kemenkes,2020)

3 Corona virus is an RNA Virus with a particle size of 120-160 **3** m. Initially the virus infects animals including bats and camels, as time goes by this virus infect humans, namely *alphacoronavirus 229E*, *alphacoronavirus NL63*, *betacoronavirus OC43*, *betacoronavirus HKU1*, *Severe Acute Respiratory Illness Coronavirus (SARS-CoV)*, and *Middle East Respiratory Syndrome Coronavirus (MERS-CoV)*, (Susilo et al., 2020). Covid 19 pathogenesis and transmission are strong and can be transmitted through contact with another person who has been declared positive, it can also be through droplet spread, this virus can also be found through the Stool of patients with covid 19 however, the transmission through the fecal can not be found, the virus may persist in stools for 1-2 days (Han & Yang, 2020). The initial symptoms are felt

patients are fever (98%), cough (76%), dyspepsia (55%), myalgia or fatigue (44%), production of sputum (28%), headache (8%), hemoptysis (5%), and diarrhea (3%). Only one patient who did not have a fever in the early stages of the disease. Twelve (29%) cases had acute respiratory distress syndrome (ARDS), 5 (12%) had cardiac injury acute, 3 (7%) experienced acute kidney injury (AKI), and 3 (7%) experienced a shock, (Jiang et al., 2020).

The current vaccine for the corona virus is still not found but various countries do a lot of research related to the discovery of vaccine, corona virus, currently the efforts made in various countries differ, including Indonesia, (Balasa, 2020). The efforts undertaken in Indonesia to suppress the spread of this virus is through socialization techniques and strategies of communications performed is the specialized instruction waived social distancing by closing the car free day, close the school in its territory and also to perform the technique Canalizing, cooperating with hospital and university to cooperate in dealing with the prevention of the transmission of Covid-19 also conducted the examination of proactive and building an information center which can be accessed by residents related to information and education regarding the prevention of transmission of the virus Covid-19, (Zahrotunnimah, 2020).

The advice of the government of Indonesia to implement social distancing and close the school, a policy was taken by the Ministry of Education one of them is Learning through the Online (In the Network), including in Higher Education, Online Learning is distance learning and is done online. According to the Ministry of Education and Culture of Indonesia, (2014) the goal of Online learning is increasing the availability of educational services, increase the similarity in getting the quality of education and increase the certainty/assurance of getting quality service good education. Online learning is a learning method online or done through the internet. System lectures online is developed by the Ministry of Education and Culture Republic of Indonesia through the Program of College Online Indonesia Open and Integrated (KDITT), (Mustofa et al., 2019). KDITT is a program of the government in reaching out to students a national scale (Kemendikbud RI, 2014: 1). Lecture facilities in the network (Online) is an important part in learning at this time, because lectures online bias replace learning face-to-face when the lecturer was unable to attend, so the learning process remains running smoothly, (Rusdiana & Nugroho, 2020).

Prerequisite in implementing the lectures online also need to be prepared and equipped is the process of teaching and learning is carried out through an internet connection, the availability of facilities to the students in its services and the availability of the tutor if difficulties occur in the learning process, (Mustofa et al., 2019).

Online learning provide benefits to students and lecturers. For students, Online learning is an alternative learning compared to conventional learning faculty, where the learning can take place outside the lecture hall, forming self-regulated learning, help make learning as lifelong learning and encouraged to interact between students with one another. While for lecturers, online learning change the style of teaching that have an impact on the professional work, providing opportunities to assess students and evaluate the learning of each student and explore yourself efficiently, (Saifuddin, 2018).

The implementation of online learning also brings benefits to students and universities, the benefit is an increase in the streaming quality of higher education and the quality of graduates, the formation of a community sharing knowledge of swordfish is limited in one location, the increase in intense communication between the lecturer and the student, not the limited sources of learning and increasing the quality of lecturers because easy to get access to information, (Mustofa et al., 2019).

Adaptation Khoe Yao Tang, the characteristics of online learning is communication is performed simultaneously and synchronously such as video conferencing, chat rooms, or discussion forums, teaching Materials presented in the besides the text, graphics and various multimedia elements, used to learn at the time and place of the virtual world, can be used various elements of the learning-based CD-ROM, to enhance communication of learning, the teaching material is relatively easy to update, enhance interaction between students and facilitators, enabling a form of communication learning formal and informal, be able to use diverse learning resources area at internet, (Mustofa et al., 2019).

The constraints of online learning is the lack of readiness of students and lecturers in the learning process through online, because the method of learning like this is still rarely in use, therefore need some adaptation in the process of its use and need of socialization to the process of its use. The process of this adaptation cause anxiety for students each to carry out lectures, anxiously perceived, among others, is worried about network outages which makes the system the lecture is disrupted, the anxiety often experienced by this bias cause stress for students, (Hendrastomo, 2008).

Model of Online learning is still very rarely done by several universities considering the readiness of the campus in carrying out lectures online this takes time, so also the readiness of the student in following the lectures online this takes time and the process of adaptation, (Rusdiana & Nugroho, 2020). The process of adaptation experienced by a person are sometimes able to cause stress if a person is not able to adapt to the situation, (Paramythis & Loidl-Reisinger, 2004).

The stress of being the second largest cause students to be absent or not attend the lectures even though done in the learning system Online, for that professors need to remind students about their readiness in implementing online learning that is mental readiness, the network, the time needed role of the group if the discussions between the group and group cohesion, (Lawless & Allan, 2004).

Stress is a condition that can be caused by physical demands, environment, and social situations that are not controlled. Stress can cause disease if not handled properly, If the stress experienced by a person then this will have an effect on his life, so also with the students, it will have an impact on the progress of education that are being lived even if the stress is too heavy can trigger disorders of memory, concentration, decreased ability for resolving problems, and academic ability even to negative behavior, such as smoking, alcohol, brawls, sex and even DRUG abuse, (Rana et al., 2019). Stress can be managed properly then it will have a positive impact, namely in the form of increased creativity and trigger the development of the self, for the stress experienced within the limits of the capacity of the individual. The stress needed for self-development of students, (Ambarwati et al., 2019).

According to Lazarus and Folkman (1984) stress are closely associated with human interaction with the environment, therefore stress is considered as a close relationship between the individual and the environment, if the stress increase will cause the mind is both chaotic and can be destructive to the life of the individual if it can not be in control with better, (Gamayanti et al., 2018).

The stress appears due to the presence of Stressor, it is felt to be able to exceed the capacity and capabilities of the individual and can be considered as a threat for the individual. Symptoms of stress appear in the form of physical symptoms i.e. sleep disorders, appetite decrease, emotional symptoms in the form of feeling jittery, mood swings, anxiety and do not have the passion in doing the activity, not the focus of the mind becomes chaotic, (Gamayanti et al., 2018).

Cope and reduce stress can be done a variety of techniques as appropriate. Lazarus and Folkman (1984) noted that to reduce the stress the individual must understand what the causes of stress and what situations can cause stress, and one of the efforts to be able to understand the stress experienced is by way of open up or called with self disclosure, (Gamayanti et al., 2018).

Self disclosure is self-disclosure which is considered able to reduce stress, how to communicate with others the impact a person will feel relieved when all negative feelings are able to be revealed, (Gamayanti et al., 2018)

The process of online learning conducted when the pandemic covid is reaping a wide variety of responses in students, there is a positive response and there is also a response negative. According to the Results of research done by the Faculty of Political Science, University of Sebelas Maret in the Year 2020 about the experience of Teaching for Online showed that the level of stress experienced by students in online learning 120% of students complain not stress, (Sebelas et al., 2020) for that purpose in the study to see an overview of the level of stress in students in the learning process through online.

METHODS

The design of research used was quantitative research with descriptive approach. The population of this research was as many as 140 people and sample of 47 student respondents from InKes Helvetia Medan. Research conducted in April until May 2020 at Inkes Helvetia Medan. This study have got the letter of approval for research from LPPM STikes Murni Teguh Medan, then apply for a research permit to InKes Helvetia Medan and spread the informed consent to respondents. Instruments this study used questionnaires in the form of a google form that refers to the measurement of stress according to Perceived Stress Scale (PSS-10) with the category of mild stress (total score 1-14), moderate stress (total score 15-26) and severe stress (total score >26). The instruments was shared through online to the respondents. Approval of conduct research has been obtained from the ethics committee of Research Faculty of Nursing Universitas Sumatera Utara No:1969/III/SP/2020.

RESULTS AND DISCUSSION

Based on Table 1 were known from the 47 respondents that the male were 4 (8,3 %) people and the female were 43 (91,7 %) people, the age category of the students aged 17 - 20 years as many as 37(79,3 %) and the aged 20-23 years with as many as 10 (20,7 %) of the respondents, based on religion was noted that respondents who are Islam as much as 32 (to 68.8 %), Catholic 4 (10,4 %), Protestant as much as 10 (18.8 %) and Hindu 2 (2.0 %) of the respondents. According to the program of studies was that Diploma three of Nursing as much as 23 (50,5 %), Bachelor of nursing as much as 7 (15,5 %), and the profession of nursing as much as 17 (30,0 %) respondents.

Based on table 2, that respondents who experience mild stress level as much as 23 (48.9 %), while experiencing moderate stress level as much as 20 (42,6%) and who were experiencing severe stress level as many as 4 (8,5 %) of the respondents.

Learning Online Indonesia Open and Integrated (PDITT) is one of the models of learning by utilizing technology that can facilitate the limitations of face to face meetings on the teaching-learning process, (Najib, 2017). In the pandemic Covid-19 there is a demand to do social distancing, which means keep distance with other people, the efforts made by the government in reducing the rate of transmission of one of them is off the course and school, (Ihsan et al., 2019). The ministry of Education and Culture also participate in determining the policy in cooperation with the Cluster Covid 19 which applies the method of learning through Online (In the Network). Model of Online learning is a model of new learning for several Universities, in use need adaptation by both students and lecturers. The adaptation process is able to cause impact stress for students, due to the readiness of students in the process of the use of online immature, (Sarwar et al., 2015)

Stress on students can be caused of the inability to perform its obligations or the inability of the student in resolving the problem, (Arnsten et al., 2015). Stress can be the external demands faced by the individual in fact can harm or even cause problems. Stress can also have a positive impact and can impact negatively, (Pascoe et al., 2020). Positive stress impact when pressure that does not exceed the tolerance of stress or does not exceed the capacity itself. The positive impact of stress on the students is visible while the student was challenged to be able to develop himself and is able to cultivate the creativity that them possesses.

Gender and stress turned out to have a relationship, the results of this study in line with research conducted by Yikealo et al., (2018) stated that female students experience stress levels higher than men, this is due to that women because women have a sense sensitive to the environment higher than men, while men are taught to be more masculine and not show emotional weakness.

Age is very influential on the occurrence of stress, usually adolescence and early adulthood are very susceptible to stress, (Ambarwati et al., 2019). Based on the results of this study to the 47 respondents, aged 17-20 years as many as 37 (79,35) of respondents where the age this is the age of the teen and 21-23 year as many as 10 (20,7 %). Students with the age of teenagers who are experiencing stress usually due to internal factors that are less able to understand and address

problems properly, while the factor of external, namely the increasing burden of college and get a value smaller than expected, (Frömel et al., 2020).

Based on the research results of 47 respondents indicated that students who experienced mild stress due to changes in the model of learning by using online was as much as 23 (48,3 %) of the respondents, moderate stress was as much as 20 (42,6%), and who experienced severe stress was as much as 4 (8,5%) of the respondents. The Stress arises due to the use of the online this is because the students have not got used the online learning system and can even so this is the first experience for them, in the conventional learning models for example face-to-face lecturers and students to have interaction and a close relationship and have assistance, however when using this method of learning system, online interaction between faculty and students only through the platform and sometimes the interaction is done using non-verbal, this resulted in the interaction of less and information and communication limited, the impact for students is the student not able to explore that curiosity and there are some problem that he did not understand but difficult to explain because of the limitations of the communication (Jiluan, 2013; Abshire et al., 2017).

This study is also in line with the research of George Saadé et al., (2017), which found that 30 % of students experience stress in the use of learning methods Online, but the results also show that as many as 20% of students do not experience stress while learning through online because these students before already trained how to use of Online learning model. The results of research conducted by Nortvig et al., (2018) that the factors that make the student experience the student stress due to changes in the learning with online or Online is the interaction between students and lecturers less, the network is inadequate, the lack of guidance and direction due to the absence of lecturers on students which make the students difficulties in the learning process, but the results of this study also suggest that student learning achievement is better. Theoretically many factors that influence the level of stress a person is substantially stressed is the interaction of the individual with the environment that causes the existence of a pressure and can be affected aspects of the physical, behavioral, cognitive and emotional, (Dwivedi et al., 2020). The pressure experienced by each person can be derived from internal factors, namely confidence and ability, (Shah & Barge, 2018). To eliminate stress in the individual's self-required self efficacy is the ability of a person to face the obstacles and difficulties experienced, self efficacy high achieved from experience and training (Gamayanti et al., 2018). The learning process of the online well done if the process of exercise, education and socialization given first to students, (Reavley et al., 2018).

CONCLUSION AND SUGGESTIONS

Conclusion

The method of Online Learning is a learning method that most new college use them, in the process of the use of this method turned out to have the impact that students experience stress. The results of this study showed that as many as 23 (48,3 %) of the respondents, stress was as much as 20 (42,6%), and who experienced severe stress is as much as 4 (8,5%) of the respondents. Stress is interaction between individual with the environment that causes the existence of a pressure that can affect physical, behavioral, cognitive and emotions of a person. To handle the stress it takes self efficacy which is obtained from experience and practice. Models

of learning Online are good if prepared well away from the infrastructure, human resources and training use, both students and lecturers.

Suggestion

This study aims to know of the level of stress students due to changes in methods of learning using online, the result was a student experience the level of stress mild to moderate. For further research it is advisable examine the factors that affect students experience stress with the methods of learning Online as well as find a formulation how to cope with stress of students by using the method of online learning.

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