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IMPACT OF THE PANDEMIC COVID-19 ON STRESS LEVEL OF STUDENTS FPOK IN WEST JAVA

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Abstract

This study aims to obtain empirical evidence about the direct impact of the pandemic Covid-19 on student FPOK stress levels in West Java. The population used is students FPOK throughout West Java and a random sample of 1509 students represents from each district. The sampling technique used a simple random technique (random sampling). The research method used is descriptive quantitative method. The instrument used is a questionnaire The Perceived Stress Scale (PSS) based on a Likert scale. Data analysis using Microsoft Excel and SPSS 24, the results are as follows: The stress level of students before the Pandemic Covid-19 was distributed at most in the low category as many as 1200 people (55%) and during the Pandemic Covid-19 the most in the medium category as many as 1224 people (60 people). Conclusion The stress level of students before the covid-19 pandemic was in the low category while during the covid-19 pandemic it was in the medium category. This data shows that during the Pandemi Covid-19, student stress levels rose higher than before the Pandemic Covid-19.

Keywords: Covid-19 Pandemic, Stress Level, Students.



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Introduction

The outbreak of the Covid-19 outbreak that hit Indonesia and the sector had an impact on all elements of lifestyles, including the sector of education. To break the chain of the unfold of Covid-19 which is very dangerous, the Indonesian government has made several efforts to lessen this variety, one in all that is implemented inside the training machine in Indonesia, namely stipulating that students are advised to observe at domestic and do assignments from home. The implementation of teaching and getting to know sports has been finished with an online gadget or an online device considering that March 2020. The gaining knowledge of device is executed without head to head, the gaining knowledge of facilities include the google meet software, zoom, google study room, youtube, whatsapp, television, and others. Other social media. It's miles the identical with lecturers and students of country Universities in West Java, specifically carrying out on line mastering with the aid of the usage of supporting packages such as WhatsApp, Zoom and Google lecture room to facilitate the transport of assignments. Judging from the content and subjects taught in schools all through the pandemic, they may be labeled into two agencies. The primary organization is a collection of subjects that is ruled via principle and little practice, at the same time as the second group is dominated by practice with little concept. Those two agencies are very exceptional in the application of online studying. Physical education is a systematic field that falls into the second class, with the dominance of exercise on physical interest, at the same time as in this pandemic scenario students are required to preserve their distance, put on masks and isolate themselves at domestic, this will have an impact on college students' active existence behaviors consisting of gambling football, basketball, futsal, badminton, strolling, swimming, gymnastics and others which might be normally done on the college grounds, now must be performed at home to prevent the unfold of covid 19. Sports that may be completed at home to keep students match are taking walks in the yard, going up and down stairs, educate power, flexibility, coordination, velocity, biking, aerobics and others.

The Covid-19 pandemic has generated a few controversy within the fitness area, especially regarding social isolation measures, that are extensively considered to be one of the best strategies to reduce the spread of the virus. Physical education being involved in those discussions reveals essential weaknesses in terms of primary health know-how methods, along with the ones associated with epidemiology and health measures. The emergence of a lethal virus and its worldwide outbreak poses a hazard to the health and financial system of the sector community. The Covid-19 pandemic is proving to be an unprecedented catastrophe, specifically from a health, social and monetary perspective (Roychoudhury et al., 2020). The Covid-19 pandemic condition reasons some human beings to experience excessive worry or worry and assume that doesn't make experience. Now not occasionally they have suspicions and prejudices on human beings who have symptoms of Covid-19 sufferers. This makes humans an increasing number of



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searching for news approximately Covid-19, and unable to kind out correct information, inflicting tension. Such circumstances make a person enjoy trouble sound asleep, headaches, and different physical disorders. that is what is known as a pressure condition. The authorities establishes WFH (earn a living from home) and Social Distancing policies. The impact of the Covid-19 pandemic has pressured human beings to carry out all their sports at domestic. The surroundings was definitely tense, the hustle and bustle of human lifestyles regarded to be useless, without any signs and symptoms of existence. This situation makes a few humans enjoy pressure

The speedy development of technology and information (IT) has led to all people having for you to do paintings through working from home (WFH). Even starting from children to adults, it is advocated now not to journey everywhere to do online learning activities and try to break the chain of Covid-19 unfold. Primarily based at the description found out, the government's coverage to carry out bodily distancing at some stage in the COVID-19 pandemic has an impact on athletes' stress degrees due to reduced exercising sports, wherein exercising can growth immunity to pressure. when someone performs sports sports, it'll produce a robust physical condition, in the meantime his intellectual condition can sense delight to achieve the preferred consequences of path with desirable, habitual, non-stop training, to be able to preserve performance on or off the sphere and to avoid pressure.

Numerous boundaries also arise in the software of online learning. learning via the internet has end up a hard thing to do in positive areas with inadequate networks (Hastini et al., 2020). barriers which can be additionally faced by using students inclusive of net applications that run out, homework that should be done too, and university assignments that have piled up. numerous educational demands that need to be completed by using college students purpose them to enjoy instructional stress. The inability of college students to evolve to those occasions makes them experience strain. anxiety, stress, and melancholy are commonplace intellectual disorders with a incidence of 10-40% in growing countries. strain is now a characteristic of cutting-edge existence because stress has emerge as a not unusual and inevitable a part of existence. pressure can be experienced by means of a person wherever they may be which include own family, college, paintings, and society. pressure can be felt via humans of every age, from kids, teenagers, adults or the elderly. stress can damage a person's physical and intellectual (Kupriyanov et al., 2014).

Pressure in keeping with its level is divided into slight, mild and extreme stress. moderate pressure is characterized through without problems worn-out, unable to relax, this may disappear if pressure may be overcome. slight stress is indicated via the body's response to feeling faint, the body looks like falling, and decreased awareness and memory. severe strain can result in digestive disorders, heart price getting louder, shortness of breath, and body shaking (Atziza, 2015). From the description it's far clear that stress will reason serious troubles if not dealt



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with college students have a high hazard of strain and are exposed to various stressors. strain experienced by using college students that happens in faculties/colleges is called educational stress (Barseli & Ifdil, 2017). educational pressure on college students does no longer only occur in Indonesia, Wang's research concludes that chinese language college students show higher tension in the course of the COVID-19 pandemic (Wang & Zhao, 2020).

Adjustments in curriculum, modifications in environmental situations, new gaining knowledge of climates purpose instructional pressure. on-line getting to know because of the covid-19 pandemic is a new mastering weather that is felt by means of students. this variation this is too short causes confusion for college kids and is delivered to the limitations encountered with the aid of college students in the course of the net gaining knowledge of procedure inflicting students to emerge as confused. Through making use of the net mastering machine, students had been located to be mentally disturbed, burdened and unable to observe the learning manner nicely (Watnaya et al., 2020). another observe also explained that the COVID-19 pandemic induced psychological issues in students, the results of this take a look at showed that 0.9% of college students skilled extreme anxiety, 2.7% slight anxiety and 21.3% slight tension (Cao et al., 2020).

In this research. on line gaining knowledge of is a mastering method this is carried out with out direct face to face between academics and college students, but on line the use of the internet community. on line studying incorporates numerous aspects, namely the media as a gaining knowledge of communique tool this is used as an alternative for the studying method, the readiness of academics in the manner of delivering material, evaluating the student getting to know manner with diverse styles of assignments and checks given, in addition to the independence of students in exploring information and honing competencies.

From the outline above, the cause of this look at become to decide the effect of on line getting to know on educational stress at some point of the covid-19 pandemic. This studies is critical because educational pressure skilled by way of college students can interfere with getting to know activities. Disrupted learning activities affect mastering effects, so there is a want for records related to this as a comply with-as much as on-line learning.

Methods

This research is a descriptive research with a quantitative approach. The research design used is a survey using a questionnaire distribution instrument about the Perceived Stress Scale (PSS) which has been modified by distributing questionnaires via google form.

Participant

FPOK students in West Java



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Population & Sample

The population is a general object which is the entire data source of a study and has the general characteristics of the object to be studied. Thus, the population will provide information about the needs in the study. In this study, researchers took the population of State students FPOK in West Java. The sample is part of the population that is considered to be representative of the research population, the sample selection technique must also be in accordance with the general characteristics of the research objectives. For the purposes of this study, the number of samples used was adjusted to the population of State students FPOK throughout West Java. The sampling technique used a simple random technique (random sampling). 1509 Student university in west java

Instrument

In this study, the variable to be studied is the level of stress during the covid-19 pandemic. Based on this, the most suitable instrument used in this study is The Perceived Stress Scale (PSS).

Procedure

The procedure in this study is structured as follows:

Preparation stage

At the preparation stage, the thing that must be done is to consult with the academic supervisor,

Observations to universities that will be used for research. observing activities and location conditions at universities in West Java

Propose the research instrument, namely the physical activity questionnaire.

Test the validity and reliability of the instrument.

Research Implementation Stage

At this stage the researcher gave a questionnaire about The Perceived Stress Scale (PSS). via google form to respondents, namely students FPOK in West Java.

Data Analysis Stage

At this stage, all the data obtained were analyzed according to the data analysis technique used by the researcher.

Conclusion Stage

This conclusion was obtained after knowing the results of data interpretation, which finally concluded whether the impact of the Pandemic Covid-19 on stress levels in students in West Java was In this section, please describe chronologically the research steps carried out, especially how the research design is operationalized. Especially the research flow, which a notation can accompany, and its elements are conveyed in detail. This makes it easier for other readers/researchers to conduct similar research.

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Data Analysis

Data analysis using Microsoft Excel and SPSS 24.

Result

The data are then presented as a whole and per indicator to be able to provide a more detailed picture of the impact of covid 19 on stress levels:

Table 1.1 Frequency Distribution of Student Stress Level Data Results before the Pandemic Covid-19

No	Stress Level Category	Frequency	Percentage
1	Very low	497	42%
2	Low	1200	55%
3	Moderate	272	3%
4	High	55	0%
5	Very High	13	0%
Total		1509	100%

Based on table 1.1, it is known that the results of the percentage of student stress levels before the Covid-19 pandemic are: In the very low category of 42%, the low category of 55%, the medium category of 3%, the high category of 0% and the High category of 0 %. This can be illustrated that as many as 55% of students before the pandemic had low stress levels.

Table 1.2 Frequency Distribution of Student Stress Level Data Results During the Pandemic Covid-19

No	Stress Level Category	Frequency	Percentage
1	Very low	55	3%
2	Low	473	23%
3	Moderate	1224	60%
4	High	272	13%
5	Very High	12	1%
Total		1509	100%

Based on table 1.1, it is known that the results of the percentage of student stress levels during the Covid-19 pandemic are: In the very low category by 3%, in the low category by 23%, in the moderate category by 60%, in the high category by



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13% and in the very High category by 1%. It can be illustrated that as many as 60% of students during the covid-19 pandemic had a moderate level of stress.

Discussion

Early educational stress is related to instructional failure. At the beginning of the COVID-19 pandemic, it entered Indonesia, in which the government's advice required all gaining knowledge of to be executed on line to save you the unfold of the Covid-19 virus. online gaining knowledge of calls for a pupil to be more energetic in independent gaining knowledge of throughout on-line lessons. Many assignments are usual by students and there are many barriers within the on line getting to know process. pupil dissatisfaction at some stage in the web getting to know manner makes college students sense heavy and hard to understand lecture cloth. Many students feel that face-to-face learning could make it less difficult for students to understand the lecturer's rationalization. things like this make college students experience frightened of their educational development. A experience of failure in achieving the anticipated goal.

Stress with the intention to examine independently, excessive attention in paying attention to lecturer motives in the course of lectures that are regularly limited by means of alerts in order that the lecturer's voice isn't definitely heard, tired of piling up obligations as opinions during the mastering manner, stress from mother and father, and swelling net quota costs make college students pressured by means of academic lifestyles. college students are involved about the fee of educational outcomes, resulting in instructional pressure.

This studies is in line with research conducted by means of Widiyono, which explains that on line gaining knowledge of in its implementation illustrates that it's far less than greatest in knowledge the cloth by way of college students and too many assignments are given to college students, so learning is considered less powerful (Widiyono, 2020). A preceding take a look at by way of Firman and Rahayu also mentioned that on-line lectures induced problems for many college students, especially in expertise lecture fabric.

Students cannot understand the whole path material, and suppose that studying the fabric and doing assignments alone isn't sufficient. college students want face-to-face contact in order that they get a verbal rationalization of the lecture material from the lecturer as in face-to-face lectures in elegance. Discussions in chat group boards aren't capable of provide a radical rationalization of the lecture fabric being discussed (Firman & Rahayu, 2020). The implementation of online learning cannot be separated from the support of several mobile devices, such as smartphones, laptops, and tablets which can be used anywhere and anytime (Gikas & Grant, 2013). The use of mobile technology in the online learning process makes a very big contribution in the field of education to achieve distance learning goals (Korucu & Alkan, 2011).



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The effectiveness of online mastering can be visible in desk four. The ineffectiveness of online getting to know is as a result of students feeling that their information of impartial studying from studying substances and assignments is unsatisfactory and tough for college students to recognize, the high price of buying internet quotas, sign interference, there are lecture sports outdoor the intended hours, and the readiness of lecturers to put together materials and media in on-line gaining knowledge of. preceding studies stated that net connection is the main element inside the on-line teaching and getting to know procedure wherein if there may be no adequate net connection, direct interaction among students and educators does now not materialize (Hamdani & Priatna, 2020).

Pressure shows success and look at-related stress among college students and its bad effect on their overall performance (Struthers et al., 2000). various of factors such as academic stress, large direction workloads, monetary issues, sleep deprivation, exposure to patient suffering and demise have been identified as negatively influencing pressure factors (Dyrbye et al., 2006). numerous studies have shown an increase in stress ranges at some stage in the instructional examination length that can purpose tension, emotional misery and impaired remember of facts capabilities, attention, operating memory and government function (Mogg et al., 1994). along with symptoms of post-stressful pressure, tension and depression (Brooks et al., 2020) strain is the maximum often detected problem on this uncertainty context, along with fear of transmitting the virus, followed with the aid of psychological sicknesses (Rajkumar, 2020) in this situation, university students document high ranges of stress, anxiety and despair (Debowska et al., 2020), which influences scholar motivation and their attitudes to studying (Al-Rabiaah et al., 2020)

GADS shows that 71,4 % of students experience tension and 81% revel in melancholy nearly 1 yr after the pandemic emerged. One preceding study was performed with chinese language populace suggests that more youthful human beings underneath the age of 35 are more liable to struggling anxiety and pressure than parents (Huang & Zhao, 2020)

Conclusion

Online learning during the Pandemic Covid-19 has an impact on student academic stress. Academic stress occurs because of the rapid change in the face-to-face learning process to online learning where students play an important role in their own academic progress. The independence and skills of students during the online learning process are the benchmarks for student academic success. The goals of national education can be implemented through an online learning process, but there is still a need for readiness and system improvements to support the online learning process so as not to have an impact on academic stress on students. The success of online learning is not only student-centered, but the infrastructure and skills of lecturers as facilitators are also very much needed.



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Based on the results of data processing and analysis, it can be concluded that the percentage of student stress levels before the covid-19 pandemic was in the low category while during the covid-19 pandemic it was in the medium category. This data shows that during the Pandemic Covid-19, student stress levels rose higher than before the Pandemic Covid-19.

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