

## STATEMENT OF ORIGINALITY

I declare that the research paper I have written in partial fulfilment of the requirements for obtaining a Bachelor's Degree and submitted to the English Language Education Study Programme, Faculty of Education and Teacher Training is entirely my own scientific work.

The works of other people whose ideas are quoted in this scientific paper have been properly referred to in accordance with legal ethics and intellectual ethics that apply in the tradition of writing scientific papers in the world.

However, if in the future it is proven that this paper is not original in part or in whole or is included in the category of convincing plagiarism, the I am willing to accept the consequences in the form of sanctions such as losing the academic degree I obtained from the relevant institution as well as other applicable regulations in Indonesia.

Bekasi, November 05<sup>th</sup>, 2022



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## ABSTRACT

**Taskia Assyfa Utami.** SRN. 181230141. 2022. Investigating EFL Students' Burnout During Distance Learning.

The distance learning policy during the COVID-19 pandemic is the main solution so that the learning process is able to continue. However, there are some obstacles and shortcomings in its implementation. The objective of this study is to investigating EFL students' burnout during distance learning period during the COVID-19 pandemic at SMP Negeri 25 Kota Bekasi. This study focused on two discussions: the factors that cause students to experience burnout during the distance learning period and learning strategies to overcome burnout. The method used a qualitative method with a descriptive approach. The participants of this study were students from grades 7-1 to 7-3 of SMP Negeri 25 Kota Bekasi. The instrument used a Likert-based questionnaire and interview. The results showed that the level of student burnout during distance learning based on high physical fatigue was 76%, while emotional fatigue was 71% and cognitive fatigue was 72%. Therefore, in overcoming various existing problems, the researcher found several strategies that need to be prepared by teachers, namely changing distance learning methods that are more flexible and improving student creativity.

***Keywords:*** *Burnout, Distance Learning, COVID-19 Pandemi*

## THE ADVISERS' APPROVAL

This is to certify that the undergraduate research paper of Taski Assyfa Utami entitled "Investigating EFL Students' Burnout During Distance Learning" has been approved by the research paper advisers for the future approval by the board of Examiners.

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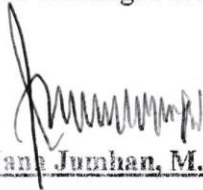


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## **DEDICATION**

The research paper is dedicated to the researcher's beloved parents as her first namely, Mr. Baharuddin, S. Ag and Mrs. Jasmonfrita, S. Pd. They always give her pure love, lesson life, and spirit no matter what. They mean a lot to her. This paper is also dedicated to the researcher's beloved husband and her child namely, Novem Alri Andian and Aleesha Qeisy Cedrela who always support, cared for and helped the researcher to complete this research.

## **MOTTO**

**”The aim of education should be to teach us rather how to think, than what to think – rather to improve our minds, so as to enable us to drink for ourselves, than to load the memory with thoughts of other men.”**

**- Bill Beattie**



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*In the name of Allah, the Most Gracious, the Most Merciful and the Most Merciful.*

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