CHAPTER I

INTRODUCTION

A. Background Of Study

Based on Law Number 20 of 2003 concerning the National Education System, it is explained that education is a conscious and planned effort to realize a learning environment and learning process so that students actively develop their potential to have religious spiritual strength, self-control, personality, intelligence, noble character, and skills needed by him, society, nation and state. To achieve quality education, of course, it must be supported by a good learning process.

Learning is a physical or bodily activity which is a form of growth or change in a person which is expressed in a new way of behavior thanks to experience and training due to interactions between individuals and individuals with their environment.

March 2020, Indonesia was hit by a pandemic of the 2019 corona virus disease (COVID-19), which resulted in 1.7 million cases as of May 6, 2021. The Indonesian government has implemented various efforts to prevent the spread of COVID-19, including social distancing, physical distancing, and restrictions. large-scale social

distance learning, which is one example of this policy, has had a great impact on education in Indonesia.[1]

The public's response to the COVID-19 pandemic made it necessary to suddenly switch from face-to-face teaching and learning sessions to online learning. Online learning can involve synchronous or asynchronous learning experiences using a variety of internet-enabled devices, such as laptops and cell phones.

Online learning has been implemented in many of the world's top universities in developed countries. However, for Indonesia, this is a new system they need to adapt the forces of COVID-19. Based on Permendikbud number 4 of 2020 concerning the Implementation of Education during the pandemic, lecturers and students must adapt to online learning.[2]

The demands of learning in the digital era make many students unable to integrate learning methods. As a result, not all learning materials can be delivered properly. Online learning helps prevent the spread of the pandemic, however, it also has detrimental effects on mental health such as depression, anxiety, and stress in

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[1] Ngatoiatu Rohmani and Rosi Andriani, "Correlation between Academic Self-Efficacy and Burnout Originating from Distance Learning among Nursing Students in Indonesia during the COVID-19 Pandemic," *Journal of Educational Evaluation for Health Professions* 18 (2021): 1–6.

[2] Rosdialena Rosdialena et al., "Investigating Students' Academic Stress on the Transition to Online Learning During the Covid-19 Pandemic," *Al-Ta lim Journal* 28, no. 3 (2021): 204–212.

students. Therefore, many students experience burnout in learning or what is called learning burnout. This unexpected situation calls for other teaching and learning strategies suitable for online learning or distance learning.[3]

Pines and Aronson defines "Burnout may be defined as a state of physical, emotional and mental exhaustion that results from long-term involvement that are emotionally demanding" which means burnout is an emotional condition in which a person feels tired and burnout. Mentally and physically as a result of increased work demands. Furthermore, Schaufeli and Bruunk in their research revealed that burnout behavior that occurs among students refers to emotional fatigue caused by learning guidance, having cynical behavior and leaving lessons, and feeling incompetent students.

The demands of distance learning can certainly increase the possibility of burnout among students of SMP Negeri 25 Kota Bekasi. Students are accustomed to doing group work and immediately consult the teacher in completing their learning assignments. With the policy that the entire learning process is

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[3] Heni P. Pamungkas and Eka I. Nurlaili, "Academic Burnout Among University Students During COVID-19 Outbreak," *Proceedings of the International Joint Conference on Arts and Humanities 2021 (IJCAH 2021)* 618, no. Ijcah (2022): 1163–1169.

carried out online, there is limited interaction between students and their teachers.

Pawicara and Conilie describe that students tend to feel burnout during online learning because they are too monotonous, intonation is less varied, and cannot interact directly with friends and teachers. This monotonous pattern makes burnout unavoidable.

The description of the problem above encourages researcher to conduct a study on student burnout in participating in distance learning. Efforts are needed to detect and describe the extent to which burnout is experienced by students during distance learning, as well as reveal what factors cause students to feel burnout in participating in distance learning, and examine what strategies should be taken to minimize student burnout in participating in distance learning.

B. Identification of the Problem

Based on interviews with students, researcher got some information about the problems of students' speaking skills in online learning as follows:

1. Students feel burnout during distance learning.

2. Lack of motivation and dislike distance learning.

3. The teacher gives a lot of practice to students so that it makes students become stressed.

4. The use of learning media by teachers does not vary.\

C. The limitation of the Research

This research is designed to help students' problems in overcoming burnout during distance learning. The sample of the research is 7th grade students SMP Negeri 25 Kota Bekasi for the 2021/2022 academic year.

D. Research Questions

1. What aspect can influence student burnout during distance learning?

2. What are the learning strategies in reducing student's burnout during distance learning?

E. The Objectivities of the Research

The study's goal is to find out what factors can cause students to experience burnout in distance learning. And to find out what learning strategies are appropriate in reducing student burnout in distance learning.

F. The Significant of the Research

The study's findings are intended to be benefical for teachers, students, and other researchers.

1. For teachers, teachers will benefit from this research because in this study there are effective learning strategies during the distance learning period.

2. For students, learning will benefit from this research because it can improve the quality and innovation of the teaching and learning process during the distance learning period.

3. For others, if there are researchers who are researching the same problem, this research can be used as consideration. Therefore, the researcher tries to make as big a contribution as possible.

G. Previous Study

In this study, the researcher uses three previous studies as a consideration in doing this research. Those previous studies are:

1. *"Strategies to Reduce Child Burnout in Distance Learning through the ICANDO Application for Class I Students at SDN Pondok Pinang 08 Morning"* by Anita, Agus, Tasyfi (2020). This study can be concluded to determine whether the

strategy to reduce child burnout in Distance Learning for grade I students can be overcome through the use of the ICANDO application. The subject of this research was conducted at SDN Pondok Pinang 08 Pagi with the number of subjects as many as 32 students in class 1. This study used qualitative research methods. The results of this study showed 27 students said the Icando application was an application that had an attractive appearance and creative delivery so that it kept students from feeling burnout when studying, 28 students said they were very excited when using it. Thus, it can be concluded that the strategy to reduce children's boredom in Class 1 Distance Learning at SDN Pondok Pinang 08 Pagi can use the ICANDO application as a media.

The similarity of this study the second previous study is to investigate student boredom during the distance learning period. The difference between this study and previous researchers is that previous studies only explained strategies to break students' burnout in distance learning through the ICANDO application. Meanwhile, this study looks for the factors causing distance learning burnout in students and

looking for solutions to reduce distance learning burnout in students.

2. *"Saturation of Learning During the Covid-19 Pandemic of High School Students in Kedawungu Indramayu"* by Laras Kristia Ningsih (2020). This study can be concluded to determine the occurrence of burnout learning during the Covid-19 pandemic at the high school in Kedungwungu Indramayu 2020. This type of research is one of the qualitative ethnographic studies. The subjects of this study were students of SMA Negeri Kedungwungu Indramayu. The data collection techniques used by the author were observation, interviews, and documentation. To ensure the validity of the data, the researcher used source triangulation and technique triangulation. The data analysis technique uses data reduction, data presentation, and drawing conclusions. The results of this study indicate that burnout learning during the Covid-19 pandemic occurred due to several factors, namely: (1) students had difficulty understanding the material due to the less varied teaching methods of teachers, (2) heavy tasks given by the teacher, (3) no friends in distance learning, (4) lack of concentration due to too much viewing of

cellphone screens, (5) limited quota, and (6) unsupportive environment.

The similarity of this study the second previous study is to investigate student boredom during the distance learning period. Meanwhile, the difference between this study and previous researchers lies in the research method. The method used from previous research is qualitative ethnographic studies, while this study uses a quantitative method with a descriptive approach.

3. *"Analysis of Accounting Students' Learning Burden of Learning Motivation During the Covid-19 Pandemic"* by Mita Ayu Susanti (2021). This study aims to determine the factors that occur in accounting student learning saturation during the covid-19 pandemic. This research method is descriptive qualitative by describing in depth and objectively from the data collected. This research uses the library research method. Sources of data obtained in analyzing using scientific journals related to seeing the saturation of learning accounting students during the covid-19 pandemic. This study uses research instruments using human instruments to determine the focus of research carried out by collecting data, analyzing

data, assessing data quality, analyzing data, interpreting data, and making conclusions on the findings. The data used in this research are observation and documentation. The researcher's observations and documentation were obtained by collecting data using journals/scientific articles about learning saturation. Based on the results of data analysis obtained from the results of previous studies, it is stated that internal and external factors are the impact of student learning saturation. This is evident from the results of previous studies of internal and external factors. Thus, the researcher can conclude that the internal and external factors that lead to the saturation of learning accounting students in the COVID-19 pandemic.

The similarity of this study with previous studies is to investigate student boredom during the distance learning period. While the difference between this study and previous researchers lies in the discussion of the research. The discussion used from previous research is research discussing student learning motivation during the covid-19 pandemic, while this study discusses student boredom during the distance learning period.

H. The Organization of Writing

Chapter I Intorduction, In this chapter, five sections related to the basis of the research will be discussed. The first part explains the background of why this research was conducted, the second part is a research question that will be answered through this research, the third part contains the research objectives, the fourth part is the benefits of the research results, and the fifth part explains the systematics of thesis writing.

Chapter II Theoritical Framework, this chapter contains theories that are taken from various experts.

Chapter III Research Methodology, describes the research method which contains the research design, population and samples, research instruments, research procedures and data analysis.

Chapter IV Finding and Discussion, describes the results of the research discussed using theories and references.

Chapter V Closing, closing which contains conclusions related to research and recommendations obtained from the results of this study.