

CHAPTER V

CONCLUSION AND SUGGESTION

A. Conclusion

Based on the results of research and discussion, researcher can draw the following conclusions. Study burnout is a mental condition of a person when experiencing extreme burnout and tiredness, resulting in a feeling of sluggishness and not eager to do a learning activity.

1. Factors that cause student burnout during distance learning are physical fatigue, emotional fatigue and cognitive fatigue. This is because the learning method used by the teacher is not liked by students, the learning media is less supportive in the learning process, too much memorization, assignments, and pressure from subjects from other teachers, and when teaching the teacher is too monotonous for students without relaxation in learning so that students quickly feel burnout and are not enthusiastic about participating in learning activities.
2. Strategies learning to reduce students burnout during distance learning include changing online learning methods that are

more flexible and improving students creativity, both strategies are expected to reduce student burnout and be able to create student enthusiasm in participating in distance learning.

B. Suggestion

Based on the conclusion above, the researcher would give some suggestion as follows:

1. For Teachers

Teachers should apply varied learning. Because one of the causes of the emergence of feelings burnout and burnout in students is due to monotonous learning.

2. For Students

To avoid burnout during distance learning and concentrate more on learning, it would be nice for students to find a comfortable online learning place.

3. For Further Researchers

It is hoped that further researcher will be able to use this research as input for research related to the same problem. With the limitations in this study, it is hoped that further research can conduct better research.