

The Saturation of Learning Online during a Pandemic

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Abstract: This research was motivated by many students who experienced boredom during online learning that occurred in Indonesia, including at SMP Negeri 39 Semarang. The purpose of this study was to determine the learning process during the pandemic, the obstacles and causes of students experiencing boredom in online learning in class VIII A and VIII I of SMP Negeri 39 Semarang. This study uses a qualitative method with a descriptive phenomenological research approach. Sources of data in this study are interviews, observation and documentation. The informants in this study were 4 students as primary and 2 teachers as objects. The data analysis technique uses an interactive analysis model. The results of this study indicate that class VIII A and VIII I SMP Negeri 39 Semarang experience online learning boredom during the pandemic due to various causal factors shown by students, one of which is the learning method that does not vary, learning is monotonous and many school assignments. Based on this, it can be suggested that the implementation of the online learning process should use varied learning methods so that students do not feel bored while studying and can arouse students' enthusiasm in participating in online learning.

Keywords: learning, online, pandemic.



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Introduction

Education is the most important thing in human life, both in the family, society and nation (Mamurov, 2020). One of the efforts in realizing the goals of the Indonesian nation as stated in the preamble of the 1945 Constitution, paragraph 4, is to educate the nation's life by implementing good education. Education is a process of changing attitudes and behavior of a person or group of people in maturing humans through knowledge, training and skills. The purpose of education is to educate children so that they can have broad knowledge, have good character and be active and creative in learning (Ningsih, 2020). According to Kadir et al (2018: 983-984) Learning is a process of changing behavior from not good to good and from good to better, where the change in behavior requires practice and experience. Meanwhile, according to Vitasari (2013: 1) learning is an attempt to develop one's potential to become more insightful and knowledgeable.

Based on this, it can be concluded that learning is an individual effort to achieve good and maximum goals in the learning process at school.

Currently, students in Indonesia carry out online learning at home starting from Elementary School (SD), Junior High School (SMP), High School (SMA/SMK) and other universities due to the Covid-19 pandemic. .

Covid-19 is a new disease outbreak in Indonesia that has disrupted human activities, starting from the economic world which is currently experiencing a crisis due to the cessation of production activities, to the world of education which is experiencing a crisis due to the cessation of face-to-face learning activities (cnnIndonesia, 2020). Studying at home is one of the policies taken by the government to avoid the number of additional cases, because schools are a gathering place for students and teachers to carry out learning and become a place for the spread of Covid-19 (Kompas.com 2020).

According to Arifa (2020:14) the home study policy is implemented while still involving educators and students through distance learning (PJJ). In online/online learning activities have been carried out in mid-March and may be extended until now taking into account the situation and conditions in each region (Kompas.com, 2021). From March 16 to April 2020, the Indonesian Child Protection Commission (KPAI) received around 213 applications for distance learning from both parents and students (Kompas.com 2020) complaints related to many assignments with short collections given by eye teachers lessons, and the many tasks of summarizing and copying from books, until the study hours are still random not according to the schedule. Limited quotas for online learning, as well as some students who do not have gadgets so that they have difficulty doing online learning and exams (Irawan, 2020). One thing that cannot be avoided when carrying out learning activities both at school and at home is the existence of a problem, one of which is a problem that occurs during online learning, namely learning saturation or can be called learning burnout (Batubara, 2021).

Study saturation is one of the student problems that results in a decrease in the level of learning motivation, the emergence of a sense of laziness, and a decrease in the level of student achievement (Sutarjo et al, 2014: 2). According to Robiatul (2013: 100) Burnout is a manifestation of changes in psychological conditions in the form of physical fatigue, emotional exhaustion and mental fatigue (Bianchi, 2020). In this case, it can be interpreted that the cause of learning boredom experienced by students comes from changes in psychological conditions.

Based on the background of the experts above, the boredom experienced by students comes from a teacher who provides material that is watching, giving excessive assignments and the deadlines are very short, this must be changed so that students do not experience boredom in their studies (Ningsih: 2020).

The results of observations and information from the counseling teacher at SMP NEGERI 39 Semarang, almost some students in grades VI, VII, and IX do not take online learning, there are several reasons related to students who do not take part in learning, namely getting up late, forgetting to do assignments and not having quota. While the results of an interview with one of the students at SMP Negeri 39 Semarang at that time, students felt complaints when online learning took place, students felt bored in following online learning every day. Based on the description of the background above, the researchers are interested in conducting a study entitled "The Causes of Online Learning Saturation in Students of SMP Negeri 39 Semarang".

Method

Research Design

This research is a research conducted to see the phenomenon in learning. Each individual will have differences in terms of interpreting life, experiences and problems that they do. Therefore, the approach used in this study is a qualitative approach. Qualitative approach is research that intends to understand the phenomenon of what is experienced by the subject. The approach that will be used in this research is qualitative with phenomenology. Phenomenological research is research on the phenomenon of mental events/events/activities in various life experiences (Kahija, 2017: 27). Phenomenology is a view of thinking that emphasizes the focus on human subjective experiences and their interpretation of the world. According to (Moelong, 2013: 15) the phenomenological view of researchers seeks to understand the meaning of events and their relationships to people in certain situations. In this study, the researcher uses

this phenomenological method because he wants to know reality, explore and understand a phenomenon that involves learning saturation based on the point of view of the research participants.

Results and Discussion

Feelings or situations experienced by students

Based on the results of research on feelings or situations experienced by students, at SMP Negeri 39 Semarang with the current online learning, it shows that students experience boredom in learning due to various factors. These factors include a less attractive learning model, fatigue with assignments, difficulty understanding the subject matter and boredom with daily activities. With the many tasks given accompanied by the provision of material without in-depth explanation. This causes students to not understand the material, as a result, they feel lazy, lose enthusiasm, are tired and bored with the subject matter during online learning (Anggrayni, 2022). In this case it causes boredom in students.

Online learning tends to be monotonous as a result of feeling lazy and bored (Derakhshan, 2021). Like the subjects of Javanese, English and mathematics discussed by the informants, in those subjects they need more detailed and concrete explanations, it needs to be supported by marked media to increase enthusiasm in learning. And the online learning system used tends to be unstructured with a long period of time and the large number of tasks causing a feeling of laziness and boredom. The informants also explained that they did not like online learning through the zoom application because they could not meet face to face. A sense of saturation arises when the teacher explains the material monotonously and does not explain the material so that students seem to be forced to understand the material by themselves by the subject teacher. Many assignments are given without explanation, the more students feel lazy and bored in online learning.

The obstacles experienced by students

Based on the results of research on the obstacles that are often experienced by students of SMP Negeri 39 Semarang. Associated with online learning at home is no longer a reason for students to feel uncomfortable when online learning activities take place. Learning activities have been carried out for more than a year since March 16, 2020 until now, the Covid-19 outbreak has changed the strategy in the learning process in Indonesia. Learning from home raises various problems or problems in its implementation. Problems that arise are related to boredom in online learning, weak internet network, decreased concentration and school grades (Syam, 2022). According to the Big Indonesian Dictionary (KBBI), online is an acronym is a network. This means that it is connected via the internet network, online learning is still difficult for teachers to do, because students are very lazy when online learning takes place (Suryaman, 2020).

Online learning has its own impact on students, it is undeniable that online learning during the pandemic has put students at the point of saturation, decreasing student motivation and interest in learning and completing school assignments (Adedoyin, 2020). Even though the teacher has tried to design a simple lesson, the students' enthusiasm in learning has not increased. Learning saturation also results in the learning process not running effectively and optimally.

Another impact of boredom in online learning is seen from informants, they vent their boredom by playing online games, social media and accessing content that is not very educational, this is done when they are not comfortable with the learning that is being done every day (Mahyoob, 2020).

The saturation of learning is now at a very worrying point, and we must realize the consequences for the future of the nation's next generation (Muyor-Rodríguez, 2021).

Student's View on Learning Saturation

Based on the results of research on students' views when experiencing online learning boredom. Currently students are happy with the new program from the school, the principal has reopened face-to-face schools according to health protocols, where in the face-to-face method the principal places restrictions on his students doing face-to-face schooling with one class containing only 11 students in the school. In the room, the rest of the students who did not attend school were replaced with online learning at home as usual. Based on the results of interviews with several informants admitted that during online learning they felt a lack of concentration in learning due to the emergence of a sense of laziness and lack of enthusiasm in

online learning, related to the online learning process that cannot be separated from cellphones and laptops. Online learning does not have a stable network all the time, this makes students feel bored and lose concentration because they are constantly staring at the cellphone screen (Apriyanti, 2020).

The cause of students losing concentration when studying is due to too long monitoring the cellphone screen. Everything related to the online learning process is on the cellphone, such as the lesson schedule, materials, assignments, and information from the teacher on cellphones. This is what causes students to stare at the cellphone screen longer than usual. In addition to students feeling bored and tired of losing their learning focus, in online learning the role of parents is very important to accompany their children when they are no longer focused on their learning (Camacho-Zuñiga, 2021). Accompanying children when studying is very beneficial for their development, because parents who always pay attention to their children, especially in their learning activities while at home, will make children more active and more enthusiastic in learning (Efriana, 2021). So that the learning outcomes or learning achievements achieved by students are better.

The Process of Homeroom Services and Guidance and Counseling Teachers

Based on the results of research on the process of homeroom services and counseling guidance teachers, the online learning process is currently different from the face-to-face learning process, although for now the program at SMP Negeri 39 Semarang has started to open face-to-face schools with strict procedures and student admissions processes. Schools according to the existing order of absences, for students who do not get to go to face-to-face school they still feel online learning at home. Even with the different circumstances of students entering school, students must be able to participate in online learning as usual which has been done in the past year.

From the results of interviews conducted by researchers with homeroom teachers, students were able to follow the learning process well even though there were still students who did not take part in learning that day due to various obstacles that occurred in each student, both signal problems, still sleeping, not having quotas and various obstacles experienced. Students, in this case the teacher has no reason not to provide material when the number of students who are not present in learning is large.

Online learning cannot be separated from the task of the teacher who always gives assignments every day after learning (Kim, 2020). In this case, the importance of the teacher's role in the online learning process is to understand the condition of the students who are experiencing boredom in their learning at home (Literat, 2021). In the results of interviews here the homeroom teacher and counselor teacher have not fully provided motivation and reinforcement to students who experience problems with students. Motivation is one of the factors that affect the effectiveness of student learning activities. With the existence of motivation can encourage students to carry out learning activities, therefore in carrying out learning activities, motivation is very important for students because it can increase students' enthusiasm in learning so that the learning process gets optimal results (Vennix, 2018).

The Factors of Saturation in the View of Homeroom Teachers and Counseling Teachers

Based on the results of research on the factors of saturation in the view of homeroom teachers and BK teachers in influencing the level of student saturation. During the pandemic, schools and teachers are trying to create an effective learning atmosphere even though online, but there are some obstacles in the learning process, but efforts are always maximized to achieve goals in the level of student enthusiasm for learning. During online learning activities, it is not uncommon for many students to feel bored and bored, as a result, the expected learning outcomes are not effective and optimal. Saturation in learning is very bad for the learning process, there are several factors that cause students to be bored, tired, bored and not enthusiastic. With several factors that occur, the impact of student saturation in undergoing the learning process, namely online learning does not run smoothly.

Based on the results of interviews with teachers, online learning carried out at SMP Negeri 39 Semarang is very worrying, many students underestimate the online learning activities. Students are often found not collecting assignments that have been given by the teacher, not filling in absenteeism repeatedly, and rarely taking lessons through the zoom application. This can be a factor causing boredom that occurs in students at SMP Negeri 39 Semarang. Students who feel bored will lose interest in learning and be lazy, dissatisfaction can be caused by monotonous learning systems and methods so that students feel bored and

the tasks given are too many, and the effect of that students become stressed and depressed in themselves so that want to withdraw to take a break from activities that make them tired to think again.

Conclusion

This research was conducted with the aim of looking at the causes of students experiencing online learning boredom during the pandemic. Based on research conducted on the four student informants and the two teacher informants, the boredom of student learning in grades VIII A and VIII I at SMP Negeri 39 Semarang is that students feel a loss of enthusiasm in online learning because in learning the teacher does not explain the purpose of the tasks given or material with detailed explanations, besides that learning does not vary so that students feel lazy to take part in learning, and students feel bored and bored with the tasks given by the teacher.

For students who have boredom in learning in each subject or one of the lessons, here are tricks so that students can increase concentration when studying or doing assignments. Students must pay attention to lessons that are not only based on the teacher who is explaining the material, but students must have a different learning model from the teacher, by reading books or from the internet so that students do not experience boredom while studying which will cause problems for themselves.

The implementation of the online learning process should use varied learning methods so that students do not feel bored when studying and can arouse students' enthusiasm in participating in online learning, besides that the teacher must also pay attention to the learning atmosphere in the zoom application, whether students look good and not bored in learning. Teachers must also be able to take advantage of conventional or by making media from attractive power points.

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