

DAMPAK COVID-19 TERHADAP KECEMASAN BELAJAR SISWA

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ABSTRAK

Kondisi dunia pendidikan di Indonesia saat ini mengalami fase kecemasan bagi siswa dan orangtua dalam mengikuti proses pembelajaran yang akan dilaksanakan pada tahun ajaran baru, dikarenakan kondisi yang belum optimal akibat dampak pandemic Covid-19 (Corona Virus diseases-19) yang melanda di Indonesia. Pandemi covid-19 juga berpengaruh pada tingkat kecemasan belajar para siswa Selain itu kecemasan juga dirasakan oleh sebagian orangtua. Berdasarkan hasil observasi, dokumentasi, serta wawancara dengan siswa, orangtua siswa, dan guru kelas, menyatakan bahwa tingkat kecemasan belajar siswa sekolah dasar pada masa pandemi covid-19 tidak menunjukkan tingkat kecemasan yang tinggi atau masih dibatas wajar. Karena tingkat kecemasan siswa sekolah dasar masih dinilai ringan, tidak menimbulkan kecemasan yang berlebih. Selain itu peran serta orangtua dalam mendampingi dan membimbing siswa belajar di rumah terbilang efektif dapat mengatasi kecemasan belajar siswa. Berbagai upaya dilakukan untuk mengatasi kecemasan belajar siswa pada masa pandemic covid-19. Siswa berusaha untuk tetap belajar dan didampingi oleh orangtua siswa di rumah. Siswa belajar untuk tetap belajar mandiri dan mengerjakan tugas sesuai kemampuannya, serta diskusi dengan orangtua dan guru agar mampu memahami materi dengan baik. Aktivitas lain yang dilakukan untuk menurunkan kecemasan adalah tidur, mendengarkan musik, menonton televisi atau bermain game, makan minum, dan olahraga memang mampu membuat siswa terhindar dari rasa cemas.

Kata kunci: kecemasan belajar, siswa, Covid-19

IMPACT OF COVID-19 ON STUDENT'S LEARNING ANNIVERS

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ABSTRACT

The condition of the world of education in Indonesia is currently experiencing a phase of anxiety for students and parents in participating in the learning process that will be carried out in the new academic year, due to conditions that are not yet optimal due to the impact of the Covid-19 (Corona Virus diseases-19) pandemic that has hit Indonesia. The Covid-19 pandemic also affects the level of student learning anxiety. In addition, some parents also feel anxiety. Based on the results of observations, documentation, and interviews with students, parents, and class teachers, it was stated that the level of learning anxiety among elementary school students during the Covid-19 pandemic did not show a high level of anxiety or was still limited. Because the level of anxiety of elementary school students is still considered light, it does not cause excessive anxiety. In addition, the role of parents in accompanying and guiding students to study at home is quite effective in overcoming student learning anxiety. Various attempts were made to overcome student learning anxiety during the Covid-19 pandemic. Students try to keep learning and are accompanied by their parents at home. Students learn to continue to study independently and do assignments according to their abilities, as well as discussions with parents and teachers so that they are able to understand the material well. Other activities carried out to reduce anxiety are sleeping, listening to music, watching television or playing games, eating drinking, and exercising which can make students avoid feeling anxious.

Keyword: Study anxiety, Students, Covid-19