

Original Research Report

## Analysis of the Impact of Study From Home on Adolescent during the Covid-19 Pandemic: Literature Review

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**Abstract:** The Covid-19 pandemic is an infectious disease that affects the performance of various sectors, one of which is the education sector. To deal with this, learning is made using the Study From Home method, namely an online learning system. This learning method has adaptations that are quite difficult to practice for adolescents, this is due to Study From Home having many obstacles in its implementation. This study uses a literature review study approach using sources based on predetermined criteria. The results of the journal, found the impact of Study From Home on adolescent mental health such as spending more time locking themselves in the room (psychosocial), adolescents who are stressed due to difficulty meeting their peers, changing lifestyle patterns of adolescents. So from these factors it can cause adolescents to experience a decrease in both interest in learning and achievement.

**Keywords:** Adolescents, Covid-19, Study From Home.



## 1. Introduction

Currently the world is being hit by an epidemic that can spread over a large area through the air and can cause death. The outbreak is called Corona Virus Disease 2019 (Covid-19) [1]. The World Health Organization mentioned that the three countries with the highest data on the spread of positive cases of Covid-19 were the United States, India, and Brazil. Meanwhile, Indonesia is ranked 20th or first in the Asian continent [2].

The results of the daily data from the Covid-19 task force said that there are 5 provinces in Indonesia that have the highest positive cases of Covid-19, the first is DKI Jakarta (94.327%), the second is East Java (48.932%), the third is West Java (30.254%) and the fourth is West Java. Central Java (29.079%) and the fifth South Sulawesi (17.483%). Meanwhile, South Kalimantan is ranked 9th with prevalence [3].

This epidemic has had a very bad impact on all people in the world, one of which affects the education sector which has to close schools, colleges and universities, including Indonesia (Aji, 2020). In anticipation of dealing with the COVID-19 virus outbreak in Indonesia, the Ministry of Education and Culture has prepared a learning scenario using the *Study From Home* (SFH) method [4].

SFH is an online learning system method that will reduce the intensity of time and distance with the help of internet-based digital applications that are able to support learning without involving physical interaction between educators and students [5].

Research says that learning at home with an online system during the pandemic has a positive thing, namely forming other educational services so that they are able to carry out learning through internet facilities by providing online material and the material can be accessed by anyone who needs it [6].

In fact, the learning method using SFH has a fairly difficult adaptation and needs special attention from the students along with their parents as the mentors during the learning process [7]. This condition makes children more stressed because of the inability to catch the lessons delivered and additional tasks that must be done every day [8].

From these problems, it is necessary for the role of the government to help reduce the impact felt by children during SFH learning by making a very fun learning curriculum.

The role of teachers, parents, and various parties in the environment around children can also reduce the impact experienced by children, so that this problem can minimize the impact of the Covid-19 pandemic for children, especially for teenagers. That way teenagers can still learn with fun even though the pandemic period is not over.

Based on the above phenomenon, researchers are interested in examining more deeply about the impact of SFH on adolescents during the Covid-19 pandemic.

## 2. Method

The research method using literature review is a method of collecting data from journals, books, documentation and libraries to answer predetermined research questions [9].

## 3. Result and Discussion

### 3.1. Result

In the findings of these 11 journals, there are 4 journals that discuss the impact of SFH on psychological problems in adolescents. There are 3 journals that discuss the impact of SFH on decreased interest and learning achievement in adolescents. And there are 4 journals that discuss both, namely the impact of SFH on psychology, decreased interest and learning achievement in adolescents during the Covid-19 pandemic.

### 3.2. Discussion

SFH has both positive and negative impacts on adolescents during the Covid-19 pandemic. One of the positive impacts of implementing SFH is that it can foster independence in terms of learning for students, this is because it focuses more on the student center [10].

However, the application of SFH is very influential in the problem of forming adolescent character and has negative impacts from mild impacts to severe impacts that can damage the mental health of students, especially teenagers because students are not ready with the SFH learning method so that many students experience a decrease in interest and enthusiasm achievement in learning [7].

SFH is learning that is done at home while quarantine is still in effect. Children are getting bored with the learning system that spends hours of badtime sitting in front of their computer or smartphone. Plus there are tasks at every meeting and until the tasks become piled up, teens experience stress. This also adds to the burden of teenagers where some teenagers while at home also help their parents do housework [11].

Prolonged quarantine makes adolescents who are in their developmental period experience problems at risk of psychosocial stress. This is indicated by the presence of some teenagers withdrawing from their social environment and preferring to lock themselves all day in their room [12]. And support from research which states that one of the impacts of SFH for adolescents is the risk of losing friends [13]. Research also shows the results that adolescents who are prone to experiencing psychosocial risk are higher in adolescent girls than adolescent boys [14].

Prolonged quarantine makes the pattern and lifestyle of teenagers change drastically. Teenagers who are bored at home show significant changes such as experiencing changes in sleeping patterns above normal, which is 12 hours per day, irregular eating patterns which will cause the risk of obesity or anorexia in adolescents, spending free time not to study but a lot to watch television, play games. Online all day which indicates that the child will be addicted to gadgets. This is indicated by the presence of aggressive behavior in adolescents [15].

Research reveals that parents are the main source of stress and the risk of psychological pressure experienced by adolescents when carrying out SFH, this is due to the impatient behavior of parents who accompany their children to study, are not satisfied with the results of their children's hard work, there are even cases that mention the occurrence of violence against children in the household when carrying out online learning and the worsening economic pressure in the household [16].

This research is supported by stating that, there are as many as 44% of adolescents experiencing increased depressive thoughts and even 3-7% of adolescents reported having suicidal thoughts [17]. And research also mentions that those who are prone to experiencing excessive anxiety, stress, depression and OCD like parents are teenage girls compared to teenage boys [18].

The impact of SFH is also very influential on the decline in interest and learning achievement in adolescents during the Covid-19 pandemic, when undergoing learning with SFH there are often obstacles such as the study quota running out or different internet networks in each region experienced by teachers and educators. So that the delivery of material from teacher to educator is not conveyed properly. This of course makes children unable to understand the material provided, and their interest in learning decreases [11].

Research shows that some teenagers experience learning pressure due to SFH, this is due to a lack of support from parents [7]. The study also states that parents have obstacles when assisting children in learning such as difficulty operating gadgets, not enough time to accompany children, impatient when accompanying children to learn, lack of understanding of the material by parents and parents often fight with children to meet demands parents so that their children excel [12]. Children who feel depressed will have reduced interest (passion) in learning and carry out their activities less enthusiastically [7].

Based on the results of the study, it can be found that there is an impact from SFH which attacks the mental health of adolescents because many teenagers complain when running SFH, more tasks are given than when they learn face to face.

The online learning system during the quarantine period makes it difficult for teenagers to meet their peers, spend more time locking themselves in their rooms, this can put teenagers at risk for psychosocial problems.

The lifestyle patterns of teenagers have changed to become unhealthy since quarantine was imposed, such as sleeping patterns above 12 hours per day, unhealthy eating patterns, spending free time playing online games so that teenagers are at risk of getting addicted to gadgets. Some teenagers, especially girls, experience excessive anxiety, stress and even depression due to the demands of parents for their children to be more accomplished and it is even reported that some teenagers experience domestic violence so that 3-7% of teenagers have suicidal thoughts.

#### **4. Conclusion**

Here are some alternatives that can be used to help overcome or reduce the impact of SFH on adolescents during the Covid-19 pandemic:

- Enjoyable physical activity during quarantine as coping with adolescent stress with self-help methods such as relaxation at home, exercising, and cooking at home during the Covid-19 pandemic.
- The role of parents in accompanying children while undergoing SFH by always giving attention, motivation, enthusiasm, and appreciation to children can rebuild lost children's interest in learning during the Covid-19 pandemic.
- The role of teachers and schools is to support reducing the impact of SFH on adolescents by activating online-based Counseling Guidance (BK) regarding students' problems or complaints during learning with the SFH method during the pandemic. This aims to reduce stress and help solve problems for students during the Covid-19 pandemic.

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