



JURNAL BASICEDU

Volume 5 Nomor 4 Tahun 2021 Halaman 2145 - 2155

Research & Learning in Elementary Education

<https://jbasic.org/index.php/basicedu>



The Impact and Strategy for Combating the Outbreak Covid-19 in Student

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Abstrak

Penelitian ini bertujuan untuk menemukan dampak sosial, akhlak, dan strategi untuk menghadapi covid-19 pada kalangan mahasiswa. Tujuan yang lain yaitu untuk menemukan dampak COVID-19 secara sosial, agama dan psikologi bahwa mahasiswa pada universitas Ibn Khaldun Bogor. Pendekatan metode penelitian menggunakan pendekatan kualitatif deskriptif. Data dikumpulkan dengan wawancara mendalam dengan ketua kelas mahasiswa. Sampel dipilih melalui teknik purposive. Hasilnya diteliti dengan cermat melalui teknik triangulasi dan triangulasi sumber. Hasil penelitian menunjukkan bahwa mahasiswa menghadapi berbagai masalah sosial termasuk mahasiswa tidak bisa menjalin hubungan sosial antar mahasiswa dan tidak mengikuti organisasi sosial kampus. Temuan lain, wabah covid-19 berdampak terhadap akhlak mahasiswa karena pertemuan online lebih sulit untuk membina akhlak mahasiswa sebab pengajar tidak bertemu dengan mahasiswa. Disamping itu, mahasiswa mengalami berbagai stress karena tugas menumpuk dan pembelajaran online tidak berhadapan dengan berbagai kendala seperti kesulitan komunikasi dengan dosen dan tidak paham akan materi. Untuk itu mahasiswa melakukan berbagai cara untuk mengatasi masalah stress selama masa pandemic mulai dari mendengarkan musik kesukaan, nonton youtube, main game, istirahat yang cukup, makan makanan kesukaan seperti makan bakso, meluruskan niat, dan juga memperkuat ibadah serta mendekatkan diri kepada Tuhan.

Kata Kunci: Sosial, Stress, Akhlak, strategy, Covid-19, Mahasiswa

Abstract

This study aims to find the social impact, morals, and strategies for dealing with COVID-19 among students. Another goal is to find out the social, religious, and psychological impact of COVID-19 on students at Ibn Khaldun University, Bogor. The research method approach uses a descriptive qualitative approach. Data were collected by in-depth interviews with the head of the student class. The sample was selected through a purposive technique. The results were carefully examined through triangulation. The results showed that students could not establish social relations between students and did not participate in campus social organizations. Another finding, the Covid-19 outbreak has an impact on student morals because online meetings are more difficult to foster student morals because teachers do not meet students. In addition, students experience various stresses due to piling tasks and online learning does not face various obstacles such as difficulty communicating with lecturers and not understanding the material. Students take various ways to overcome stress such as listening to favorite music, watching YouTube, playing games, getting enough rest, eating favorite foods such as eating meatballs, straightening intentions, and also strengthening worship and getting closer to God.

Keywords: Social, Stress, morality, strategy, covid-19, student

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DOI : <https://doi.org/10.31004/basicedu.v5i4.1057>

ISSN 2580-3735 (Media Cetak)

ISSN 2580-1147 (Media Online)

Jurnal Basicedu Vol 5 No 4 Tahun 2021
p-ISSN 2580-3735 e-ISSN 2580-1147

INTRODUCTION

The beginning of the COVID-19 pandemic occurred when the spread of the coronavirus entered the Wuhan area, China. After China, the spread of the virus was followed by several other countries including Indonesia. This virus has had an impact on the education sector in Indonesia. The outbreak of covid 19 has an adverse impact on education typically for a student at university. Changes in habits were also made among university students by means of home-study activities. The change in habits brought various pressures to life (Sejati et al., 2021). Various adaptations have been made by lecturers to teach at universities. It alters the system of learning from face-to-face mechanism transform into the online system. The learning patterns of students who are usually face-to-face and now switch to online also cause psychological disturbances and the impact of the immune system is reduced because they only watch at home, so it is undeniable that emotions quickly rise so that speech is not good anymore, sometimes in online lectures, there is impatient and in and out of the application directly and can display behavior in ways of speaking and behaving that are not as they should be (Kartika et al., 2020). It rises some of the causes including the student experience stress in academic and physics issues. Students experience stress because of events that are against the will of the heart.

Nurmala et al.(2020) remark that these life events must be faced, for example, illness, losing someone, financial problems, and one of them is facing learning changes that are usually face to face in class, switching to online during the covid 19 pandemic which can be a stressor for students. Fauziyyah et al.(2021)said that the average stress rate for students in Indonesia during distance lectures was 55.1%, while for students outside Indonesia it was 66.3%. The anxiety rate of students in Indonesia during distance lectures is an average of 40%, while for students outside Indonesia it is 57.2%. Another finding related to the stress level of students towards online learning is that students experience the most academic stress in the moderate category, namely 80 students (39.2%). Academic stress in the high category was 55 people (27%), the low category was 48 people (21%), the very high category was 14 people (6.9%), and the very low category was 11 people (5.4%). This means that students feel quite heavy pressure during online learning during the Covid19 pandemic (Lubis et al., 2021). Ratanuman et al. (2021) reported that the psychological impacts found were anxiety, depression, stress, post-traumatic stress syndrome, and post-traumatic growth. The psychological impacts found were anxiety, depression, stress, post-traumatic stress syndrome, and post-traumatic growth.

Jannah & Santoso (2021)reveals that the factors that are a trigger to scale up the level of student stress is the process was ineffective learning methods, and the conceptual concept of learning applied in face-to-face learning did not work well Anxiety affects student learning outcomes, as it tends to produce perceptual confusion and distortion. Anxiety that is prolonged and occurs continuously can cause stress that interferes with daily activities. If not resolved can lead to more serious psychological problems such as depression. Anxiety, stress, and depression of students are increasing with the Covid-19 pandemic using online learning methods (Hasanah & Ludiana, 2020). Another opinion is Noviarini (2021)said that there are many problems in the interaction between lecturers and students and students with students in PJJ. Student interaction with students, lack of classroom environment, technical problems, unavailability of Technology equipment for each student, appropriate and relevant virtual teaching and learning training for teachers and students, students answering incorrect statements, etc. Online learning system has a detrimental impact on the rate of student understand about the absorption of the material.

Even the absorption is slower than learning face-to-face. Hatmo (2021) said that the transition from face-to-face learning methods (81.8%) to online distance learning (PJJ) (18.2%) has an effect on understanding the absorption of material; 2) the occurrence of constraints caused by the condition of the infrastructure, as the main medium the quality is not guaranteed, namely internet connection (42.9%), resulting in less effective online learning activities. Despite online learning lead to an increase in the level of stress and effect on the physics of students, the other discovering that online learning refers to rise the motivation of students in embroidering

online classes. While Argaheni (2020) reveals that online learning has several impacts on students, namely (1) online learning still confuses students (2) students become passive, less creative, and productive, (3) accumulation of information/concepts on students is less useful, (4) students experience stress, (5) increase students' language literacy skills.

It is supported by another finding to convey that the problems experienced by these students are the internet network that is not supported, the internet quota is limited and the material is difficult to understand (Deli & Candra, 2021).

There are two other problems as a result of online learning, including online learning during the Covid 19 pandemic, causing students to experience stress and this online learning habituation causes students to become bored and lazy because of some disturbances that may occur in the habit of online learning (Jatira & Neviyarni, 2021). Student learning motivation is very good, it is obtained from the percentage score of the motivation which amounts to 83.22%. It can be concluded that online learning can increase motivation and interest, independent learning, courage to express ideas and questions (Rahma & Safarati, 2021). To overcome the problem of a pandemic can be done with coping strategies. There are several findings in this case, namely how a student who is doing a thesis has to deal with the covid-19 outbreak. Angelica & Hemme (2021) said that student coping in dealing with online learning stress is mostly using emotional-focused coping. The first form of coping strategy is to divert. Doing activities outside the thesis such as reading books, watching movies, listening to music, cooking, window shopping, writing, playing online games, sports, and meditation are done by respondents to distract their minds from situations that cause stress. Doing positive affirmations and self-talk were also found as respondents' efforts to reduce stress (Sawitri & Wideasavitri, 2021).

Another way that can be used to deal with stress is through relaxation. The significant effect of providing progressive muscle relaxation technique therapy on reducing community stress levels during the COVID-19 pandemic in the Central Lombok Regency (Mutawalli et al., 2020). Meanwhile, Mylsidayu (2021) reported that students can manage stress by stress coping, managing stress, doing physical activity, thinking positively, and doing self-talk. Another way to deal with the covid-19 pandemic can be to ask for social support. Santoso (2020) said that social support is very important in the psychological dimension to provide self-confidence, improve coping mechanisms and quality of life. Social cooperation is one method to boost other people when they suffer from covid-19. Happy, (Bahagia et al., 2020) utter that the other finding is housewives create resilience through creating and practicing new food recipes. The method for food recipes new is studied by youtube and the internet. The community, especially housewives, can overcome the covid-19 outbreak by creating and practicing new food recipes. The method for food recipes new is studied by youtube and the internet (Bahagia et al., 2021). In this research, the research will not repeat again the previous research discovering but the research attempt to find out several purposes including the benefit and the adverse effect of the learning system from in student perspective. The other is to find out about the impact of online learning on the moral value of the student. The other is to discover why online learning leads to student stress when numerous online programs use in class. Lastly, to investigate whether online learning refers to worsening social connection and social linkage among students as well as what sorts of strategy that student determines to combat pandemic covid-19.

METHOD

The research about social impact and the strategy to combat the COVID-19 pandemic was conducted in the faculty of the Islamic University of Ibn Khaldun Bogor. The studies use qualitative research with a descriptive approach. Qualitative research is data collection in a natural setting to interpret the phenomena that occur where the researcher is the key instrument, sampling of data sources is carried out purposively, and snowballing, collection techniques are triangulation (combined), inductive/qualitative analysis, and research results. Qualitative research emphasizes meaning rather than generalization (Anggito & Setiawan, 2018). Rukajat (2018) Qualitative research has the following characteristics, namely: In qualitative research, disclosure

of meaning (meaning) is essential, natural setting is used as a direct data source where the researcher himself is a key instrument.

The objectives of qualitative research are (1) to describe the object of research (Describing Object), (2) to reveal the meaning behind the phenomenon (exploring meaning behind the phenomenon). To determine the sample, the research uses the purposive sampling technique.

The method is implied because the research gathers some students which can understand the research purpose. The chief of a student at class for 6 semesters in Islamic studies at Islamic Faculty is gathered. There are 5 heads of class are determined as a sample. For collecting data, an in-depth interview is implied to respondents. Data are collected including demanding an answer about the impact of pandemic covid-19 in the morality of students, a social impact like social connection among of student as well as the social perturbances in involving in several organizations at the campus. The other is to ask the student profoundly about the condition of students' stress amid the online learning system. The student experience stress when they include in class because the students confront some burden such as heavy task from lecture, internet networking obstacle, and the cost of online learning, as well as student, doesn't comprehend about the material once after the class, completing. The other is to investigate numerous students' strategies to deal with pandemic covid-19. To collect the data above, the researcher exerts video calls through whats app several times and record the voice of respondents.

Once the interview is completed, the researcher tries to analyze the persistence of respondents about the answer. As the result is consistent, no answer is different in the first time interview and the last time, meaning that the result is valid based on social aspects namely student. The data which is gathered from an interview with the sample will be mixed to observation. Observation can be mentioned as collecting data from observing directly, such as viewing objects and locations or real fact of the application of indigenous knowledge. Data will be investigated and analyzed by triangulation data to obtain valid data. Triangulation can be defined as mixing some way to gather valid data. Suciana (2018) said that there is two triangulation including time and technique. Triangulation time is to collect data based on time (morning, daylight, and evening). When data is collected in the morning, respondents still fresh and it distinguishes as garnishing data in the evening. While the triangulation technique is to exert a variety of ways. The combination of the interview with main respondents, documentation, and observation can be believed as valid data.

RESULT AND DISCUSSION

The outbreak of covid 19 has an adverse impact on students who study at university. Some students convey that the transformation of the learning system from face-to-face in class to the online system has a benefit and detrimental impact on the student. Online lectures or commonly called online are a form of internet use that can increase the role of students in the learning process (Hasibuan, 2020). Student confronts to obstacle like the lack of internet network, it leads to the student have a burden to follow the class. Once the network is unstable, Internet Quota can't react because Internet Quota is spent. The online system also impels the student to complete the task from the lecture because when the online system implies, the number of homework from the lecture increased dramatically. It is similar that an unstable internet network, limited quota, and minimal interaction when the online learning process takes place (Turmuzi et al., 2021). When offline learning in class, the lecture rendering task is about 70 percent but it jumps when the pandemic is around 98 percent. Despite there are disadvantages, there are some advantages such as the schedule of learning in class can be negotiated and it is more flexible because some student involves becoming a teacher or working outside of campus. It can be boosted that the source of material in class is abandoned online.

The other challenges are the student have difficulty to link with lecture and have a burden to mutual knowing, lack of cooperation and coordination between student and campus as well as the policy inform accidentally, the impact is the program doesn't work properly, the student regret the periods where they must

include in class because the list attendance is not working smoothly, the time for lecture sometime can't be released without clear reason, the student can't comprehend about the material where the lecture explains in online learning and it stimulates student feel sleepy at a class when the student turn on the video when class running but it is unclear when it listens once after class complete and the student receive overtask from the lecture. At the end of learning, it makes the student sluggish to pursue the studies. It can be exacerbated by some issues including the equipment of students is not support the online system because handphone of students cannot save the size of material and video from the lecture, to give a clear example, the lecture gives the size of teaching material about 4 Giga bait but the student can salvage the material only least than 4 Giga bait like 3 Giga bait, the student can't blend to class because the student can catch the signal of internet especially the student who lives in the countryside.

Then, the campus and government have distributed the Internet Quota to the student, sadly there is a student who receives it but there is also the student who doesn't have the quota. Syafrilia et al. (2021) reported that new students received assistance from the government such as free quotas from the Ministry of Education and Culture; The UKT discount from the University is 20% and 100% for families experiencing difficulties during the COVID-19 period. New students hope that the situation will improve soon so that they can study like students as usual, namely face to face at the university (campus). As a result, as the students experience stress, students are confronted with stress because the lecture gave the task continuously. It refers to students' lack of taking a rest. It leads to the student have an obstacle to deal with covid 19 because the rate of body immune can decline. The students experience stress for several causes including their parents perceives that their children don't learn from campus because the parent perceives that their children only listen to the class from the lecturer. Even their elder asks the student for conducting household activities like cleaning the floor, sweeping, cooking, working outside the house, and apply for a job at a company. Sometimes their parent asks when the online learning run, it hinders the student, therefore, the learning just begin.

It is bolstered that most students said that they did not understand what the lecturer explained, the limited learning resources (such as books that were not available), it was difficult to discuss with friends because many friends did not understand either, there was no practice for lectures that should have been practical, limited time given by lecturers to complete assignments, many disturbances both from the learning environment that is not conducive or other tasks given by parents N & Putra (2010). Constraints are also related to the limitations of the learning services provided, lack of understanding of the use of learning applications, and internet constraints. This must be one of the things that the government, educational institutions, teachers, and students must pay attention to when preparing and implementing online learning Fikri et al.(2021). On the contrary, some finding conveys that online learning outweighs the advantage. During learning, there are no problems during the online learning process. Student learning activities can be carried out well. Even when network conditions are not possible, online learning can be done using the WhatsApp application which does not require the best quality network (Al Anshori & Sohriati, 2021). The Covid-19 pandemic has caused all learning activities to turn online. Changes in the learning system from face-to-face to online systems cause students to become stressed (Deliviana et al., 2020).

The feeling of stress that students get when online learning is that students have no respect for the learning, their minds cannot focus on a lesson. On the contrary, other parents still bolster their children to complete their classes online. To deal with stress during online or online learning, there are several things that students do, including taking a break immediately when the eyes and mind are already feeling heavy due to facing/looking at the laptop for too long, HP when learning online, making a clear schedule, when it is time to do assignments and when to rest, enough rest so that fatigue disappears so that they can attend lectures again in the morning, students do not force themselves to do assignments until late at night because this behavior causes the body to be unwell the next day to attend online lectures. While another opinion where students in relieving stress while studying are by running in the morning because if you study at home for one full day, it will have an impact on

increasing stress. While female students, eat spicy meatballs as an outlet. They also watch entertaining films, like watching the drama of most films. Meanwhile, male students play games on their cellphones or laptops, listen to pleasant music, and get enough sleep. In addition, students believe that getting closer to God is part of the solution to overcome stress, such as praying and praying to God.

At the same time strengthening the relationship with God and making religion a solution to overcome the covid-19 outbreak. In Islam, this coronavirus outbreak is a test for a people to always get closer to Allah. Islam also teaches the terms lockdown and social distancing to prevent disease transmission, some scholars say the term this disease is called Tho'un, which is an epidemic that causes people to get sick and is at risk of infection (Supriatna, 2020). Alkaf (2020) said that on the other hand, related to the plague, religion doctrinally provides a distinctive perspective, that it can be a punishment or a trial from God. Then, religious people are asked to return to God in submission. Therefore, when Covid-19 began to become epidemic, religious scholars were also present to provide a counter-narrative with the attitude of the state and scientists in dealing with the outbreak. This finding is supported that religious reasoning and the COVID-19 pandemic are two different things. One of the rules built by the scholars is maqashid ashri'ah is to protect the nafs/life, so everything that endangers the nafs/life must be avoided even if it clashes with religious orders because religion is essentially present to save human lives. God's destiny occurs at the end of the choice. Therefore, when a disaster strikes, you cannot immediately say this is God's destiny. Even though choosing is part of God's destiny (Mutiara et al., 2020). For this reason, worship restrictions are carried out to prevent the spread of COVID-19. Jubba (2021) said that the Covid-19 pandemic has changed the worship pattern of religious people widely.

Religious practices conducted regularly and carried out in special places have shifted. Communal worship practices that involve many worshippers are limited at home and involve limited people. Muslim (2020) also said that people who can adapt and manage the existing conditions well will avoid stress, even being able to turn stress into eustress (positive stress) because they are creative and productive. In addition, the impact of online learning can reduce the moral quality of students. During the pandemic, the quality of morals can decline among students. Suriadi et al. (2021) said that the success of education is seen from how big their character is when they can balance their cognitive, affective, and psychomotor skills to become perfect human beings. Sopiah (2021) said that the success of education cannot be separated from the process of moral formation. Good morals and become a culture in a person. Morals can affect the quality of a person's personality that unites patterns of thinking, acting, acting, interests, philosophy of life, and diversity (Hadarah, 2020).

Students' perspective after being interviewed online, the moral decline can occur due to a lack of communication between students and lecturers. When studying online, students are also not serious, plus lecturers during this pandemic have caused distance learning, where distance learning makes it difficult for lecturers to educate students due to various reasons such as the infrequent attendance of students, the difficulty of internet access, limitations of Kouta, limited ownership. In the end, it is difficult for a lecturer to judge how students behave and it is difficult to find ways to improve their behavior. When talking about morals, the issue of moral formation is not enough just to be told or explained verbally because, when offline learning methods are very difficult to form and instill morals. If learning is done offline, a teacher still gives examples so students can follow. Even though online lectures are explained, it is more difficult to evaluate the moral condition of students. Even a lecturer cannot know whether what has been explained about karimah morality has been implemented or not on student behavior. This condition is made worse by the inhibition of social activities such as campus organizations. The pandemic is not an obstacle for students to be able to maintain social relationships through campus organizations. Organizational activities can still run well, but only reduce the number of meetings and comply with health protocols when offline. Social networks can still be built in a wide range but not so intensively and also many online pieces of training are carried out at certain moments. However, the COVID-19 pandemic has also had an impact on organizational activities on campus.

During the current pandemic, various events and meetings are postponed, then all activities have been changed. This method makes it less good at communicating in socializing. Besides that, this pandemic period has made some people have an excessive fear of socializing with other people because they are afraid of being infected or afraid of transmitting covid 19. In addition, online communication has many obstacles that can be overcome by offline communication because sometimes it is difficult to signal, limited internet quota, limited gadget ownership. Even online learning makes it difficult to understand and know the emotional state of the interlocutor, as a result of which miscommunication occurs. Friendship networks are also getting narrower, online learning makes it difficult to find friends so they can't build networks and social networks on campus, and some campus organizations are forced to not have offline activities that hinder the organization's running process. In campus social life, Covid-19 has a detrimental effect on social relations among students. The impact of covid 16 causes a lack of kinship, friendship because they rarely see each other face to face. Covid 19 is also a social barrier for students themselves because they usually chat directly on campus asking for some kind of assignment but when online they can only communicate through social media. The way to overcome this is we have to use communication tools such as cellphones or laptops so that we can continue to establish ties of friendship and be able to ask things like lectures.

If this condition is prolonged it will cause various problems in the new generation. This online learning is not good for long-term implementation, it is suitable as an alternative such as an emergency. If it continues it can be a waste of time and money. The first impact of students will be more focused on their budget in the loss of the culture of reading books. Second, the students' morals are getting worse because parents and teachers cannot control the use of social media. Third, more and more funds are being spent on online learning needs. Fourth, the difficulty of achieving learning objectives. Fifth, there is a lack of good emotional bonds between teachers and students and also guardians of students. They will be in their comfort zone, which is to continue to use media such as cellphones and they will be very lazy because they are comfortable playing these technological tools. It can be aggravated that the current generation is looking at cellphones continuously and playing games because they are dizzy doing assignments. In health, this is not good for the current generation because it causes stress and can lead to obesity due to eating constantly and moving a little. However, learning online outweighs the benefit despite some disadvantages that have been mentioned above. To begin with, the student can be functional to attend the class because no burden for them like the distance of the location of class with they live despite online system can be ineffective as the network of the internet does not work properly. The other the student where they house location is far from the campus, they can mingle to class and stay with their family at the same time online learning performed.

In addition, information access is easier, as consequences as, the student can search some of the articles or materials for supporting tasks which are mandated by the lecture. The other is, being freer to attend lectures or not because some lecturers also feel that students need lecturers. Whereas students pay the salaries of lecturers and all campus employees. This condition must be realized because they both need it. Another merit is online learning in my opinion has the advantage of making each student aware of technological advances. The student understands the use of systems and applications for online learning. Online learning makes it easier to access course materials in completing assigned assignments. It is boosted that online media used in the learning process are various, including; WhatsApp, Google Meet, Zoom, Classroom, and even e-learning. But among the media, the simplest to use is WhatsApp, which is easy to access at every level of education (Rohana, 2020). Another advantage is that some students can also help their parents. Simultaneously, online learning can be controlled from time to time and adapted to student activities, some of which teach. In terms of religion, students can preach more or excel, participating in various competitions even though they are alone. Students' opinions are supported by various findings ranging from the delivery of information faster and can reach many students, students are more interested in doing assignments, lecturers and students gain new experiences related to online learning (Adi et al., 2021).

Even the implementation of online learning can have an impact on increasing student understanding during the implementation of learning including several aspects, namely attention, understanding, ability, and motivation which are in the sufficient and good category in receiving the material presented (Anangsetyo et al., 2021). Meanwhile, Sadikin & Hamidah (2020) reported that increasing learning independence, interest and motivation, courage to express ideas and questions are other advantages of online learning. However, in general, students are quite able to take lectures online, but as many as 86.9% of students want lectures to be conducted face-to-face in class. This is a mindset that must be changed to support the new normal policy (Prakoso, 2020). The other is it is encouraged that the Covid-19 pandemic has an impact on learning behavior, social and health, but from the constraints experienced, students become more adaptive to identify technologies that can support learning, increasing social relations and application of healthy lifestyles (Ulfa & Mikdar, 2020). Several strategies must be done in the view of students. First, for me, it is the campus party that should be in charge of formulating online learning strategies, whether it is the curriculum compiler or the person in charge of the related courses.

However, here as students, there are several things we can suggest, including monitoring the discipline of lecture hours at each meeting, monitoring the financial condition of the minimum student quota, many obstacles in the aid quota because it can only be used zoom and some can be for YouTube, providing alternatives or relief for students who are difficult in technical circumstances (network) and always provide support and prayers, don't put too much pressure on and force students to pay tuition immediately. Improve communication with the parents of related students, align their intentions, desires, and goals so that they can quickly complete their studies. This intention will motivate them to be able to survive in difficult circumstances. If the intention is not straight and always complains about the situation then the lecture is not smooth. So it is because of these intentions and goals that we will always follow learning activities even though they are online. And most importantly, learning must be equipped with student needs such as data quotas, adequate internet for continued online learning, lecturers also don't keep hitting students with assignments and assignments will be stressful for the students themselves. Another strategy is that students must be able to control themselves so they don't spend a lot, for example, if they want to spend, they must be eliminated during the pandemic so that spending can be reduced economically. The money earned is better used for various other purposes, starting from saving money to buying an internet quota so that you can attend online lectures properly and correctly.

Meanwhile, from the lecturer's side, they must be able to at least continue online lectures by conveying the most important material and seeing what the strengths and weaknesses of each student are so that it can be known which ones must be improved properly and students and lecturers must be able to interact and collaborate in learning well and right. The finding can be tightened by discovering some of the findings. Various strategies can also be carried out to overcome the Covid-19 outbreak. The strategies undertaken include building positive emotions and spiritualism and solving problems rationally. The economic resilience strategy carried out during this pandemic is a culture of frugality as an application of the strategy carried out by the Prophet Yusuf. The results of other studies indicate that individual, family, and community factors are factors that support the formation of resilience. Especially the individual independence factor and social support (Sukiyah et al., 2021). The other finding is teachers conduct some strategies for coping with the pandemic including teacher release home visits to the student house. Besides that, the teacher has distorted learning face to face to the online system to ensure that learning activity can be implied amid pandemics. It must be encouraged by modification of teaching materials through inventing video learning to make it more convenient for students (Happy et al., 2020). In addition, The important role of emotional regulation in the school from home policy is (1) Emotional regulation can reduce student stress levels because they face learning problems from home, and (2) emotional regulation can build student resilience so that students can rise and survive in a covid 19 pandemic situation (Aryansah & Sari, 2021).

CONCLUSION

Based on the results, several things can be concluded. First, students experience social problems because they have never known each other offline or face to face, thus affecting social closeness and lack of social relations between students. Campus organizations as a forum for building social networks and relations, but their activities must be stopped. Then, students experience stress because online learning makes students get a lot of assignments from lecturers when compared to offline. Students also do not understand the material presented by lecturers in online classes. Even if a video is recorded, the class recording is not very clear. Moral problems are also problematic when learning online because online learning is not face-to-face so that lecturers are less able to monitor the morals or morals of each student when compared to offline learning. However, online learning results in some benefits including more flexibility, enable help parents, and students to understand the usage of technology. To solve the stress, students try to close to God and steadfast. Another way is to listen to pleasant music, watch various movies on youtube, play games, get enough rest, eat favorite foods such as eating meatballs and straighten your intentions.

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