

The Quality of Life Conditions in Public Middle School Students during the Learning Transition Covid-19



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ABSTRACT:

Purpose: The realm of a person's level of satisfaction in terms of various aspects such as physical, psychological, social, activity, material and structural needs is seen as a benchmark for the level of a good quality of life. The purpose is Conditions of the Quality of Life of Public Middle School Students during the Learning Transition Covid-19. In order to achieve learning objectives, a teacher is required to know the current condition of students because good learning should be centered on the conditions and needs of the students themselves in order to improve the student learning process during the learning transition due to the sloping cases of COVID-19 in Indonesia.

Materials and Methods: This research is a quantitative descriptive research with a survey method approach. Descriptive research is an exposure to the state of the field at the time the research takes place, by not looking for and explaining relationships, not testing hypotheses or not making predictions about research results. Basically, quantitative descriptive research focuses on observation and real conditions during research. In quantitative descriptive research, a researcher is only an observer, a category maker of behavior, a recorder of symptoms in observation notes. The method used is a survey method regarding the completeness of data through research when samples are collected using questionnaires or questionnaires as data collection instruments.

Results: The quality of life of Surakarta City Public Middle School students, seen from the results above during the transitional learning period, has an interpretation of an average value of 97.58 + 9.876. If the interpretation value of the Kidscreen_27 score is higher, it can be assumed that the lower the quality of life of Surakarta City Public Middle School Students. As for the domain that has the highest average, namely the Autonomy and Parental domains of 26.35 + 4.57, while the lowest domain is the Environment domain with an average of 15.42 + 2.42.

Conclusions: The condition of the quality of life of Surakarta City Public Middle School students produces a high average score of 97.58+9.876 indicating that the quality of life of Surakarta City Public Middle School students has low quality because the higher the quality of life value, the lower the quality of life, when viewed from for each domain of quality of life, the highest score is in the Autonomy and Parents domain with a value of 26.35 + 4.55 which means low quality of life for students due to special problems of lack of ability in self-management and relationships with parents or guardians of students. With the finding of the second highest score in the Psychological domain, namely 22.85 + 2.35, which has a direct impact on emotional symptoms and stress symptoms that occur in Surakarta City Public Middle School students.

KEYWORDS: Quality of Life Conditions, Learning Transition, Covid-19

INTRODUCTION

The rapid spread of Covid-19 in the country of Indonesia is the effect of the pandemic since 2020 around the world (Purwanto et al., 2020). Various regulations and public policies related to pandemics have been regulated by the government in such a way with the aim of mitigating a pandemic disaster so that transmission cases that occur in the community are sloping or low in transmission. From PPKM policies, PSBB, wearing masks, keeping your distance, etc. One policy that has had a major impact is on the education sector at all levels of education because the Indonesian government requires that the learning and teaching process be carried out in face-to-face schools must be replaced with a new procedure, namely online learning from their respective homes.

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The development of science that examines quality of life or quality of life continues to be developed to date and will continue to develop to assess and determine the level of a person's quality of life. Because the quality of life is created from various scientific studies where the level of quality of life can be measured by various research methods. A person in reflecting a good quality of life can be seen from the level of pleasure he makes various important choices in his life, based on the concept that quality of life can also be measured subjectively from health status to physical function (Kuniano, 2015). Regarding the physical aspect as one of the determinants of a person's quality of life, that is, in a state of perfect body, soul and social life, the individual does not have disease and is weak or infirmity.

Chronic diseases, the treatment process and the description of health status can be ascertained and seen from the high or low level of a person's quality of life (Karangora, 2012). Along with the development of a more advanced era, the quality of life is applied at the wider community level in order to obtain a measure of public health status (S. Nugroho, Nasrulloh, Karyono, Dwihandaka, & Pratama, 2021). So that in the current era in every health research, quality of life is the main requirement that can be measured (Prastiwi & Febri, 2013).

There are three important impacts of measuring quality of life (Kinasih, 2010). The first impact is that discrimination is the process of differentiating the burden of problems between groups or between individuals at a certain time. The second impact, namely evaluation, is a measurement of the status of changes in self or group at a certain period of time (Mahirah, 2017). The third impact is predicting the situation and circumstances in the future. function of quality of life is to estimate the need for services and treatment (Oktowaty, Setiawati, & Arisanti, 2018). If a person has a low quality of life it causes increased health benefits (D. Nugroho, Hidayatullah, Doewes, & Purnama, 2023). Other variables can be estimated how the quality of life as the need for services according to and cost effectiveness of each treatment (Kiik, Sahar, & Permatasari, 2018).

The online teaching and learning process during the pandemic, if it is still being carried out until now, will have a positive impact on students, namely receiving lessons at home while playing, but there is also a negative impact, namely the unevenness of technology which has an impact on students having difficulties in the online learning process (Saifulloh & Darwis, 2020). As for changes in student character, courtesy and manners, there is a clear impact when learning transitions from offline to online or from a distance learning system to face-to-face learning, it is necessary to readjust the school, teachers and students (Tri Iwandana & Stiyapranomo, 2022).

Judging from the impact of the learning transition that appears, if it is associated with the level of participation, mental health and quality of life of students will be an interesting research topic to study (Carolina, Azizah, Sholihah, Rosyidah, & Purwanti, 2022). In this study, researchers will carry out the process of collecting sample data in October 2022 starting from the second week of October 2022 because the learning transition period is still ongoing and researchers are waiting for the number of new students in class VII strata in each State Junior High School in Surakarta City. As a reference related to the learning transition period, it can be seen from the initial issuance of SE 4 ministers until later in the future there will be the revocation of the pandemic status in Indonesia.

The level of student participation in participating in learning during the transition or transition period whether it increases or decreases and is not enthusiastic about carrying out this process (Wihartanti, 2022). According to (Winanto, 2016) states that the level of participation is a combination of two psychological aspects, namely mental and emotional which have an impact on the performance of a person's body in accepting activities carried out during the learning process in order to achieve goals and a sense of responsibility for their involvement. In PJOK learning it is also necessary to apply direct practice in carrying out the teaching and learning process, direct practice by carrying out structured movements can improve student learning performance if it is related to the level of participation then how students follow the active process in learning. By knowing the level of student participation in participating in learning during the transitional period as it is now the teacher can plan the implementation of learning effectively related to the level of students' mental health (Irawati & Santaria, 2020).

The realm of a person's level of satisfaction in terms of various aspects such as physical, psychological, social, activity, material and structural needs is seen as a benchmark for the level of a good quality of life. That the purpose of life is to be prosperous which begins with the full fulfillment of one's desires which are important to him. In order to achieve learning objectives, a teacher or teacher is required to be able to know the current condition of students because good learning should be centered on the conditions and needs of the students themselves in order to improve the student learning process during the learning transition due to the sloping cases of Covid-19 in Indonesia.

METHODS

This research is a quantitative descriptive research with a survey method approach. Descriptive research is an exposure to the state of the field at the time the research takes place, by not looking for and explaining relationships, not testing hypotheses or not making predictions about research results. Basically, quantitative descriptive research focuses on observation and real

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conditions during research. In quantitative descriptive research, a researcher is only an observer, a category maker of behavior, a recorder of symptoms in observation notes. The method used is a survey method regarding the completeness of data through research when samples are collected by using a questionnaire or questionnaire as an instrument for data collection.

The use of the survey method applied to this research is a simple survey using simple statistical analysis instruments (descriptive statistics) only as complementary information so that it can be used as complementary data in research. Descriptive research is a descriptive depiction of data or information that has been collected to become new findings in a study. So that a detailed description of the final results of the research can be felt to be comprehensive and provide convincing and strong conclusions. After the data has been collected, it will enter the research data processing process. With this method, the researcher tries to describe the impact of the transition of the learning system on the quality of life of students in public junior high schools in Surakarta.

The research location for research data collection has been carried out directly in junior high schools in Surakarta City to collect data. Population is a generalization about objects or subjects which have qualities and characteristics that can be studied and conclusions can be drawn. This study used a population of twenty-seven junior high schools in Surakarta City.

The sample is the object under study and is considered to represent the entire population. Researchers when the sample is to be studied, the sample is taken using a certain method or sampling technique, so that a representative sample represents the population as a whole. Meanwhile, the sampling object of this study was junior high school students in Surakarta City as the subject of learning PJOK subjects. Determining the number of samples taken using the Slovin formula because the number of samples is too large so that for taking the number of samples that can represent the entire population, the researchers used the Slovin formula as a solution. The formula in this technique is as follows:

$$n = \frac{N}{1 + N(e)^2}$$

Information:

n = sample size/number of respondents

N= population size

e = relaxation presentation

The data collection technique in this study used a questionnaire or questionnaire which was directly filled in by students of Surakarta City Public Middle School, the researcher distributed 400 questionnaires or questionnaires to students as research probands, the use of questionnaires or questionnaires on each variable differed from one variable to another. another.

Quality of Life instrument grid table

Domain	Problem Number
Physique	1,2,3,4,5
Psychological	6,7,8,9,10,11,12
Autonomy and Parents	13,14,15,16,17,18,19
Social Support	20,21,22,23
Environment	24,25,26,27

Data analysis techniques need to be carried out by compiling, sorting data in various frequencies and percentages after which the analysis process occurs and is interpreted according to the existing data exposure using clear and detailed sentences. Assessment of question items is calculated using the percentage formula as follows:

Information :

$$P = \frac{\sum F}{N} \times 100\%$$

P = Percentage

$\sum F$ = The total score of the questionnaire results

N = Number of all respondents

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RESULTS

This section is the most important part of a study because it describes how to conduct research, how to test hypotheses, or explain the relevance of a theory to a research problem. Therefore, this section is the most dominant section or longer page. It is suggested that the parts of this chapter be separated into several sub-chapters, each of which has different problems. The main goal is to make it easy for readers to understand. Likewise, an explanation of each material or object is carried out using paragraphs. In addition, if needed, pictures, schemes or matrices can be included to support research explanations.

Address the research questions and objectives, explain whether/how the results of the analysis answer the problem statement. Discuss the relationship between the results of the analysis and previous research or/and the relationship between the results of the analysis and the theory used in the research. Convey arguments that you can convey based on the results of the analysis/findings and discussion. Explain the implications of the results of the analysis/findings on existing theory and/or practice. Explain the importance of the results of the analysis/research findings, how the results of the analysis/findings contribute to the relevant research field.

Table 1. Descriptive Statistical Analysis of one variable.

Statistics Description

Variable	N	Minimum	Maksimum	Mean	Std. Deviation
Quality of Life	400	56	122	97,58	9,876
Valid N (listwise)	400				

Based on table 1, the descriptive statistical analysis of one variable shows the minimum, maximum, average, and standard deviation values of one variable in the study. As follows, the Quality of Life variable with the lowest value is 56, the highest value is 122, the average is 97.58 and the standard deviation (SD) is 9.876.

Table 2. Results of Quality of Life Analysis and Quality of Life Domains.

Analysis	Mean	SD
Quality of Life Domains		
Physique	16,92	3,35
Psikologis	22,85	2,35
Autonomy and Parents	26,35	4,57
Social Support	15,66	2,51
Environment	15,42	2,42
Quality of Life	97,58	9,876

The quality of life of Surakarta City Public Middle School students, seen from the results above during the transitional learning period, has an interpretation of an average value of 97.58 + 9.876. If the interpretation value of the Kidscreen_27 score is higher, it can be assumed that the lower the quality of life of Surakarta City Public Middle School Students. As for the domain that has the highest average, namely the Autonomy and Parental domains of 26.35 + 4.57, while the lowest domain is the Environment domain with an average of 15.42 + 2.42.

DISCUSSION

Chronic diseases, the treatment process and the description of health status can be ascertained and seen from the high and low levels of one's quality of life (Radu, Schnakovszky, Herghelegiu, Ciubotariu, & Cristea, 2020). Along with the development of a more advanced era, the quality of life is applied at the wider community level in order to obtain a measure of public health status (Liu, Chan, Liu, & Taylor-Piliae, 2018). So that in the current era in every health research, quality of life is the main requirement that can be measured. There are three important impacts of measuring quality of life (Febriani Fajar, 2018). The first impact is that Discrimination is the process of differentiating the burden of problems between groups or between individuals at a certain time. The second impact, namely evaluation, is a measurement of the status of changes in self or group at a certain period of time. The third impact is predicting the situation and circumstances in the future.

The development of science that examines quality of life or quality of life continues to be developed to date and will continue to develop to assess and determine the level of one's quality of life. Because quality of life is created from various

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scientific studies where the level of quality of life can be measured by various research methods (W. A. Nugroho, Doewes, & Siswandari, 2018). A person in reflecting a good quality of life can be seen from the level of pleasure he makes various important choices in his life, based on the concept that quality of life can also be measured subjectively from health status to physical function (Zurita-Ortega, Chacón-Cuberos, Castro-Sánchez, Gutiérrez-Vela, & González-Valero, 2018). Regarding the physical aspect as one of the determinants of a person's quality of life, namely in a perfect body, mental and social condition the individual has no disease and mental weakness or infirmity.

The realm of a person's level of satisfaction in terms of various aspects such as physical, psychological, social, activity, material and structural needs is seen as a benchmark for the level of a good quality of life (Rohmah, Purwaningsih, & Bariyah, 2012). That the purpose of life is to be prosperous which begins with the full fulfillment of one's desires which are important to him. Therefore it is important for individual abilities to be maximized as an indicator of the ability to adapt to their environment. Quality of life will produce positive and negative impacts if a person performs his life functions only for satisfaction in carrying on life (Hermino, 2020). So it can be concluded that quality of life is a level measured by health status and physical function in carrying out daily activities for the full or maximum welfare of his life.

CONCLUSION

The condition of the quality of life of Surakarta City Public Middle School students produces a high average score of 97.58+9.876 indicating that the quality of life of Surakarta City Public Middle School students has low quality because the higher the quality of life value, the lower the quality of life, when viewed from for each domain of quality of life, the highest score is in the Autonomy and Parents domain with a value of 26.35 + 4.55 which means low quality of life for students due to special problems of lack of ability in self-management and relationships with parents or guardians of students. With the finding of the second highest score in the Psychological domain, namely 22.85 + 2.35, which has a direct impact on emotional symptoms and stress symptoms that occur in Surakarta City Public Middle School students.

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