

**THE PSYCHOLOGICAL IMPACT OF "STUDY FROM HOME"
LEARNING PROCESS: A CASE STUDY OF ENGLISH DEPARTMENT
STUDENTS**



A THESIS

Submitted to the Faculty of Cultural Sciences Hasanuddin University
as Partial Requirements to Obtain Bachelor Degree in
English Literature Study Program

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ENGLISH LITERATURE STUDY PROGRAM

FACULTY OF CULTURAL SCIENCES

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LEGITIMATION

THESIS

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LEARNING PROCESS: A CASE STUDY OF ENGLISH DEPARTMENT
STUDENTS

BY

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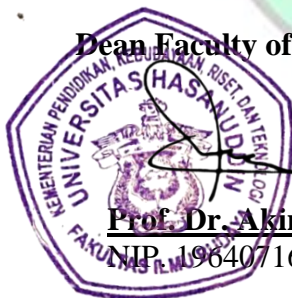


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AGREEMENT

On Friday, October 28th 2022, the Board of Thesis Examination has kindly approved a thesis by Dwi Syavira Dianty Alimah Putri (F041181519) entitled *The Psychological Impact of "Study From Home" Learning Process: A Case Study of English Department Students* submitted in fulfillment one of the requirements to obtain Sarjana Degree in English Literature Study Program, Faculty of Cultural Sciences, Hasanuddin University.

Makassar, 7th November 2022

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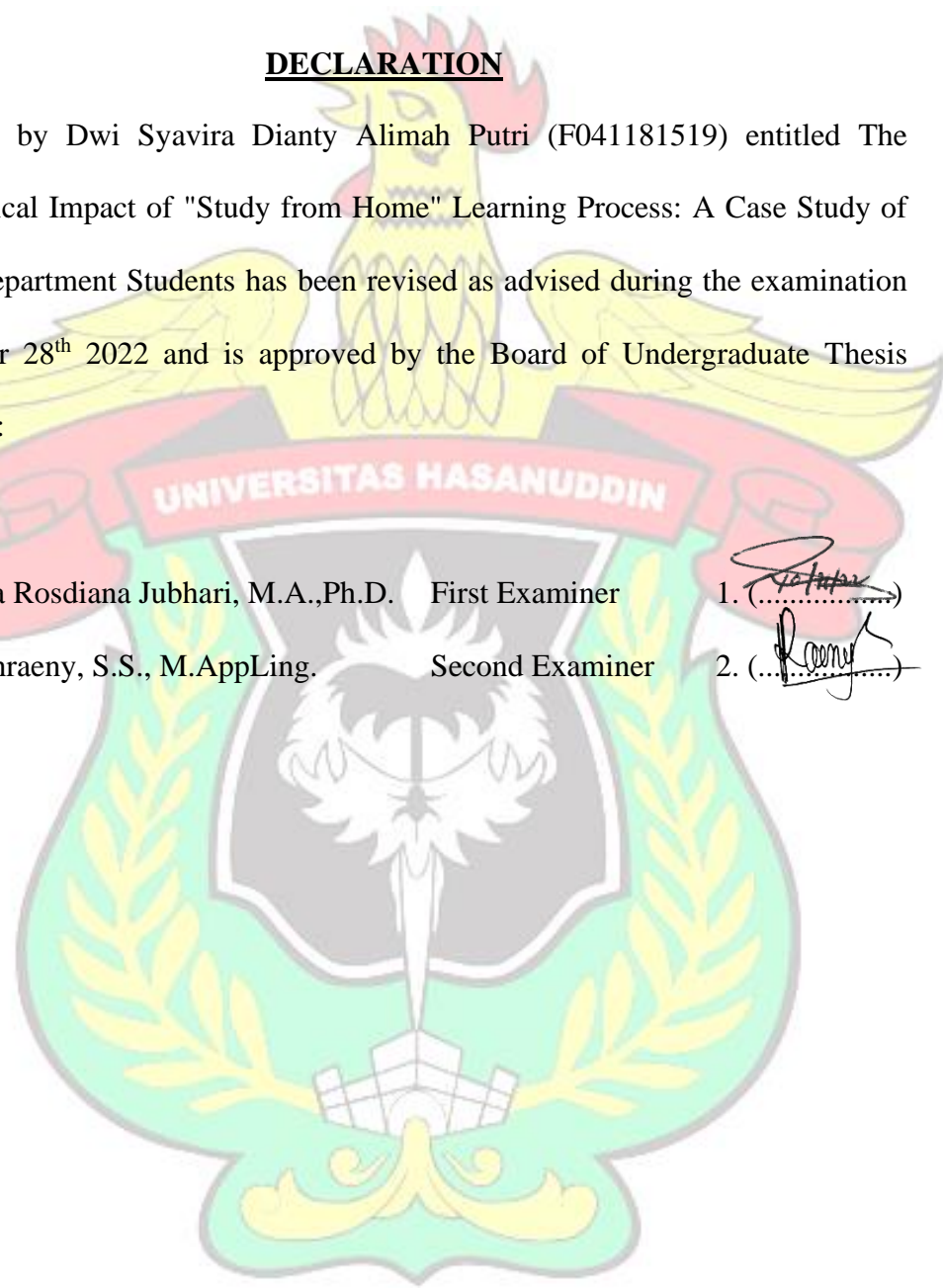
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DECLARATION

The thesis by Dwi Syavira Dianty Alimah Putri (F041181519) entitled The Psychological Impact of "Study from Home" Learning Process: A Case Study of English Department Students has been revised as advised during the examination on October 28th 2022 and is approved by the Board of Undergraduate Thesis Examiners:

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APPROVAL FORM

With reference to the Letter of the Dean of Faculty of Cultural Sciences Hasanuddin University No. 541/UN4.9.1/KEP/2022 regarding supervision, we hereby approve the undergraduate thesis draft by Dwi Syavira Dianty Alimah Putri (F041181519) to be examined at the English Department, Faculty of Cultural Sciences.

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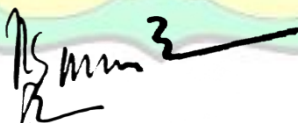
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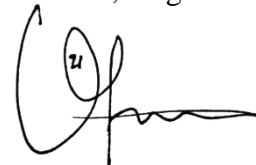
The writer realises that this thesis could not complete without the help of the people who have always supported and included in the writer's journey; without their help, this thesis wouldn't have been accomplished. Therefore, the writer would like to express her appreciation and sincere thanks to all of them mainly:

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Makassar, August ³¹ 2022

A handwritten signature in black ink, featuring a large, stylized initial 'D' and 'S' followed by a series of connected loops and a horizontal line at the end.

Dwi Syavira Dianty Alimah Putri

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ABSTRACT

Dwi Syavira Dianty Alimah Putri, 2022, *The Psychological Impact of “Study from Home” Learning Process: A Case Study of English Department Students.* (supervised by **Abidin Pammu** and **Marleiny Radjuni.**)

This study aims to identify the student’s perception of the “Study from Home” learning process and explains the psychological impact of the learning process on the students.

The population in this study amounted to 60 students. The writer took the student population from English Department Hasanuddin University Batch 2019, 2020, and 2021 as participants in this research. The writer applied quantitative and qualitative methods. The data were collected through Likert scale, checklist, and open-ended questionnaires via Google Form.

The findings of this research showed that: 1) the majority of students have a negative view of the “Study from Home” learning. Students also faced many obstacles while doing the learning process; 2) Students’ psychological have been negatively affected during the “Study from Home” learning process. Students also lose their motivation to study.

Keyword: Psychological, Impact, Learning process

ABSTRAK

Dwi Syavira Dianty Alimah Putri, 2022, The Psychological Impact of “Study from Home” Learning Process: A Case Study of English Department Students. (dibimbing oleh **Abidin Pammu** dan **Marleiny Radjuni**.)

Penelitian ini bertujuan untuk mengidentifikasi persepsi mahasiswa terhadap proses pembelajaran “Study from Home” dan menjelaskan dampak psikologis dari proses pembelajaran pada mahasiswa.

Populasi dalam penelitian ini berjumlah 60 siswa. Penulis mengambil populasi mahasiswa dari Jurusan Sastra Inggris Universitas Hasanuddin Angkatan 2019, 2020, dan 2021 sebagai partisipan dalam penelitian ini. Penulis menerapkan metode kuantitatif dan kualitatif. Pengumpulan data dilakukan melalui skala likert, checklist, dan open-ended kuesioner melalui Google Form.

Hasil penelitian menunjukkan bahwa: 1) mayoritas mahasiswa memiliki pandangan negatif terhadap pembelajaran “belajar dari rumah”. Siswa juga menghadapi banyak kendala saat melakukan proses pembelajaran; 2) Psikologis mahasiswa terkena dampak negatif selama proses pembelajaran “Study from Home”. Mahasiswa juga kehilangan motivasi untuk belajar.

Kata Kunci: Psikologis, Dampak, Proses Pembelajaran

CHAPTER I

INTRODUCTION

A. Background

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. COVID-19 was first detected in Wuhan, China, at the end of December 2019. A new virus called coronavirus (COVID-19) has been found to spread through many countries. It is affecting many aspects, one of them is education. Education has been recognised as the most significant role in our development in life. It shows us the importance of hard work, helps us build our perspective, and helps us grow. According to Al-Shuaibi (2014), education has many advantages for people, such as assisting students in planning for future education and work, helping to develop human personalities, and helping people with their life experiences. Education is also a place to gain knowledge, where we can use it to change into something better (Doumbia, 2013). Therefore, it can't be denied that education is a valuable part of human life.

Knowing that education has the biggest role in our development in life, it needs to be continued even under any circumstances. In this case, the ongoing COVID-19 pandemic will not stop the learning process.

On the other hand, our minister of education has provided solutions so that education in Indonesia continues to run during the pandemic. For example, in March 2020, The Minister of Education published a circular

about “Study from Home”, in which the learning system changes from face-to-face to online.

Study from Home is a learning process carried out by students and teachers from home. According to Munawaroh (2020), as mentioned in Handarini and Wulandari (2020), the learning process needs to be done at home while using virtual learning and believed to be easier to accept the material and communicate. Hadi (2020) stated that Study from Home had returned education to its essential essence: learning. In short, Study from Home is a learning process carried out at home by adjusting the students to learn in at home environment. By changing to the “Study from Home” learning process, students need to adapt to the new environmental conditions that are different from their class environment.

In fact, this learning process affects all students at all levels of education. Unfortunately, not every educational institution was ready for the sudden change; the students were no exception. Online learning requires a lot of preparation; one of them is the support of the home environment.

The home environment also consists of several aspects; one of them is the emotional support that can affect the psychological condition of the student. Burlenson (2003) stated that emotional support is a vocal and nonverbal expression of concern and affection for another person. You can give someone emotional support by assuring them, accepting them, encouraging them, and caring for them, making them feel valuable and significant.

As stated by Wongprasert, students without emotional support can experience learning loss, mental distress, and a high dropout risk. On the other hand, helping students to be able to recognise and express their feelings can result in them properly dealing and coping with emotions (Richardson, 2021). Richardson also stated that daily emotional check-ins with students allow educators to respond to students' distress and provide the support and counselling they need at school. By that, it can be concluded that emotional support is one of the major important aspects to be given to students during the study. Munandar (2021) also stated that students who spend more time at home could explore education outside school. Students also can spend more time with their parents and manage time better at home. All these factors can be a good benefit and improvement for students' learning process.

On the other side, learning from home can also negatively affect students' psychological conditions. According to Beharu (2018), the success and failure of a decision that we take in life depend on our daily psychological condition. Beharu (2018) also stated that psychological factors mainly emerge from stress, anxiety, depression, lack of motivation, loneliness, helplessness, and phobias. These factors can lead students to academic failure, poor academic performance, and the disruption of the daily functioning of their ability.

In this case, the writer observes English Department Batch's students 2019, 2020, and 2021. The writer wants to focus on the psychological impact on the students during the process of "Study from Home" learning.

B. Identification of The Problem

In this research, the writer identified some problems during "Study from Home" as follows:

1. Students need to adapt to the new environmental conditions that are different from their class environment.
2. The home environment for each student is different, and the students face different situations and challenges during the learning process.
3. Students also face psychological effects during the change to "Study from Home" learning process.
4. Not every educational institution was ready for the sudden change; the students were no exception.

C. Scope of The Problem

In this research, it will be limited to the following matters:

1. The student's perception of the "Study from Home" learning process.
2. The psychological impact of the learning process on the students.

D. Research Questions

Based on the identification and problems above, the research question of this study is:

1. What is the students' perception of the "Study from Home" learning process?

2. What kind of psychological impact of the learning process to the students?

E. Objectives of the Study

1. To determine the students' perception of the "Study from Home" learning process.
2. To find out about the psychological impact of the learning process on the students.

F. Significance of the Study

After finishing this research, the writer hopes to give practical and theoretical benefits, with hope such as:

1. Theoretically, this study result is expected to contribute to educational studies, specifically educational psychology.
2. Practical Benefit: Practically, the study is expected to be significant for the students, lecturers, academic institutions and future researchers:

- a. Students

It will inform students to be aware of what kind of psychological effects they experienced during the Study from Home learning process.

- b. Lecturers

It will help the lecturers know the psychological effects of the learning method and inform them about how effective the study from home learning process is for the students. Also, to inspire the lecturers to give emotional support to the students.

c. Educational Institution

It will inform the education institution about the benefits and the obstacles that the students face during the study from home learning process.

d. Future Researcher

It will give other researchers a descriptive view of the psychological impact of a learning method and help them in their research on a similar topic.

CHAPTER II

LITERATURE REVIEW

A. Previous Study

The writer tries to support her research by searching for related research about the psychological impact of “Study from Home” learning process on the student to compare the previous research with the writer’s research. Based on the previous researches, the writer found several similarities and differences. Below are the previous studies that have been mentioned:

In her research, Putri (2020) stated that online learning is not as effective as face-to-face learning. She also mentioned that if this learning method continues, it will affect the students’ psychological in a negative way. This study aims at the new college students of Lambung Mangkurat University during the COVID-19 pandemic. The writer also used the literature methods through previous articles and the students’ personal experiences. This study mostly focused on the learning process during the COVID-19 pandemic and the psychological impact on the new students.

Based on Setyowati Putri et al. (2020), this research’s main purpose is to identify the restraints of the learning process and the online teaching during the COVID-19 pandemic. This research aimed at 15 teachers and parents of two primary schools in Tangerang, Indonesia. This research also used an exploratory and qualitative case study. This research declared several restraints and challenges in online learning based on the experiences

of teachers, students, and parents. Some of them are focused on social and communication problems such as limited communication and socialising between students, lack of learning discipline at home from parents' view, and more intense communication between parents and teachers.

According to Efriana (2021), this research aims at the learning problems teachers, students, and parents face during online learning through the COVID-19 pandemic. The study uses a qualitative method on the data that was analysed. The research data was collected from textbooks, articles, law regulations and other sources. This research explained several online learning problems during the COVID-19 pandemic.

These researches above have something in common in which they try to discover that there is an actual negative impact of this online home learning system. The first research specifically talks about the psychological effect of online learning during the pandemic. Meanwhile, the other study talks about the impact of COVID-19 on the online home learning process. Finally, the last research discusses the problems and the solutions to online learning during COVID-19. During all of the issues about this online home learning, the research mainly focused on the psychological impact of the "Study from Home" learning process aimed at the English Department of Hasanuddin University students.

B. Theoretical Background

1. Psychology

According to American Psychological Association, psychology studies the mind and behaviour. It explores how the human mind works and how it affects behaviour. It also includes many sub-fields such as human development, health, clinical, and social behaviour. Psychology is also a new kind of science whose origins can be traced from ancient Greece, 400-500 BC. Back then, philosophers used to discuss several things such as memory, free will vs determinism, nature vs nurture and attraction that are now studied by modern psychology. Two professions work together to help people with their mental health conditions: psychologists and psychiatrists.

a. Educational Psychology

Educational psychology is a psychological study that concerns human learning and behaviour related to education fields, including the study of how people learn, the students' outcomes, differences and individuality of each learner, learning disabilities, and gifted learners. Educational psychology also helps the teachers teach effectively and learners to learn effectively. Skinner (1958) stated that Educational Psychology is the type of psychology that is designed to deal with teaching and learning. According to Gaines (2021), Educational Psychology applies not only to schools but also includes settings such as workplaces, organised sports,

government agencies, retirement communities or any place where humans can engage with the same type of instruction.

b. **Psychological Impact**

The psychological impact is the psychological effects caused by an individual's environment or biological factors. This impact can affect an individual's decision, social life and well-being. The positive effect that can happen to a person is motivation, desire, and innovation to do better in their life, which can simplify any work they want to do. One of the effects is stress. Stress can affect a person's well-being if it continues for a long time. Finsterbusch (1982) explained that if a stress condition persists for a long time without help, it can lead to a serious physical or mental disorder.

2. Online Learning

Online learning is an education that uses the internet, which takes place in social media and other technologies. Online learning is a learning process where the students can access the class and the learning material at home and at any time. According to Dhull and Sakshi (2017), Online learning is an action that includes a lot of technologies to continue education, such as the world wide web, chat, email, texts, audio and video. Tamm (2020) also said that Online Learning is a learning process facilitated electronically. However, he also indicates that online learning is not perfect. That means online learning can

increase the possibility of cheating during tests, social isolation and lack of communication skills to talk with other class participants. The are several characteristics of online learning as follows:

- a. Make use of electronic technology's offerings so that they may easily and quickly receive information and communicate with one another, whether between teachers and students or between students.
- b. It uses computer media such as computer networks (computer networks) or computer software (digital media).
- c. It uses study resources that can be studied independently (self-learning materials).
- d. Learning materials can be saved on a computer and accessed by teachers and students at any time or location.
- e. It uses computers for the learning process, to determine the results of learning progress or educational administration, and to gather a large amount of data from numerous sources.

3. Internet

The internet is a communication network that connects many types of electronic media. Transmission Control Protocol or Internet Protocol Suite (TCP/IP) is a global technology standard. TCP/IP is a packet exchange protocol (also known as Switching Communication Protocol in other languages) used by billions of people worldwide. Allan (2005) stated that the internet is a computer network that is

interconnected and can read and decipher the Internet Protocol (IP) and Transmission Control Protocol (TCP). As said by Strauss, El-Ansary, and Frost (2003), The internet is a collection of computers connected to a network. The computer network can be accessed and used by anyone with access permission.

The internet is made up of technology created by various people and organisations. Robert W. Taylor, who directed the creation of the ARPANET (an early version of the internet), and Vinton Cerf and Robert Kahn, who created the Transmission Control Protocol/Internet Protocol (TCP/IP) technologies, are notable personalities. The internet is made up of a system of networks that use telephone lines to connect devices all over the world. Internet service providers provide users with access to the internet. This link is now wireless, thanks to the widespread use of mobile broadband and WiFi in the twenty-first century.

4. Home Environment

Home Environment is an individual's domestic life that greatly contributes to their living conditions. It includes several factors that may be physical, social life, and culture related to their home location. Leventhal and Brooks-Gunn (2001) explained that Home Environment requires the emotional warmth parents give toward their children and physical surroundings, such as the safety and cleanliness of a place for the children. Walle and Lopez (2020) also indicate that Home

Environment naturally affects children's emotions and understanding. For example, a child of parents with anger issues will have a problematic emotional development. Parents with anger issues tend to show anger and abuse to their children. It can result in their children being irascible, poorer emotion, sensitivity, understanding, and poorer social relations.

C. Theoretical Framework

The main theory the writer uses is the theory of Michał Wilczewski et al. (2021) as a reference about the psychological and academic impact of studying from home. According to Michał Wilczewski et al. (2021), Even though studying from home show positive experiences, it also affects students' academic performance and psychological well-being. Students are experiencing feelings of insecurity, anxiety, depression, etc. He also stated that the changing learning process caused the students to experience worse academic performance and lower quality of learning. The researchers' main focus was on the psychological and academic effects of studying from home, similar to the writer's main focus. Therefore, the writer assumes it is important to know students' perspectives of studying from home and the psychological impact of the learning process on the students.