

**BURNOUT LEVELS IN ONLINE LEARNING AT NEW NORMAL ERA OF COVID-19  
PANDEMI USING ARCHERY AS PLAYING CONCEPT  
ON SMP-IT IBNU SINA WULUHAN STUDENTS**

**Akhmad Efrizal Amrullah<sup>1</sup>,  
Sugiono Warsito<sup>2</sup>, Lutfi Farda M.<sup>3</sup>**

<sup>1</sup> University of dr. Soebandi Jember

<sup>2,3</sup> SMP-IT Ibnu Sina Wuluhan

Email: [sandan.efrizal@gmail.com](mailto:sandan.efrizal@gmail.com)

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**ABSTRACT**

The Covid-19 pandemic requires SMP-IT Ibnu Sina Wuluhan students to carry out online learning at home to reduce transmission of the virus. Many problems occur from the policy such as: tasks that must be completed in a short time, rigid study hours, limited quotas and gadgets and signal constraints that cause burnout in students. One way to overcome this problem is doing archery as playing concept. The purpose of this study was to determine the effect of archery on reducing burnout levels. The research took place at SMP-IT Ibnu Sina Wuluhan using a quasi-experimental one group pretest-posttest design method and was held in February-July 2021. 64 respondents used as total sample. The results showed a decrease in the level of burnout after doing archery. The analysis test using the Wilcoxon Signed-Rank and shows the Asymp. Sig value. (2-tailed) 0.000 at alpha value ( $\alpha$ ) < 0.05 so  $H_0$  is rejected. Thus, there is an effect of playing archery on reducing the level of burnout. Burnout is a serious problem in online learning so it requires proper handling because it has an impact on learning and student achievement. The learning process must be carried out calmly and comfortably so that it can improve the quality of students. Archery, which is packaged with the concept of playing, can be one way to reduce burnout levels during online learning. This archery sport focuses as a means of entertainment that can provide a sense of pleasure and comfort.

**Keywords: burnout, archery**

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## 1. INTRODUCTION

Education is important for human life, because it determines the quality of the Indonesian nation. To achieve quality education, it must be supported by a good and planned learning process so that students can actively develop their potential to have academic achievement, religious spiritual strength, self-control, personality, intelligence, noble character, and skills needed in society, nation, and state <sup>1</sup>. One way to implement a good education is by learning. This learning process can be done at school and at home. Schools are formal institutions that provide facilities to support learning and teaching activities, while at home this can be done by looking for learning resources from the internet or from books obtained from schools <sup>1</sup>.

During the Covid-19 pandemic, students in Indonesia carried out online learning at home (on a network) to avoid the spread of the virus <sup>2</sup> because schools are a gathering place for students and teachers to carry out learning and can be a place for the spread of Covid-19 <sup>3</sup>. Online learning is inseparable from problems. One of the problems that often occurs is learning burnout / learning burnout that is felt by students and this can happen. According to it resulted in a decrease in the level of learning motivation, the emergence of a sense of laziness, and a decrease in the level of student learning achievement <sup>4</sup>.

Burnout as a syndrome of work-related negative experience, including feelings of exhaustion and disengagement from work. Exhaustion is defined as a consequences of prolonged and intense physical, affective and cognitive strain, as the result of prolonged exposure to specific working conditions or stressor <sup>5</sup> The opinion that is often used as a reference to explain the specific definition of burnout coming from <sup>6,7</sup>. Literally, the meaning of burnout is solid or full so that it can no longer contain anything. In addition, burnout in psychology can commonly called learning plateau or plateau. This burnout event if experienced by a student who is in the learning process (learning burnout) can make the student feel he has wasted his efforts.

Symptoms of burnout can be observed from: 1). Emotional exhaustion: feeling bored, irritable, cynical, often restless, sad, depressed, and helpless. 2). Physical fatigue: headache, fever, backache, tension in the neck and shoulder muscles, frequent colds and difficulty sleeping and often tired, 3). Mental fatigue: feeling indifferent to the environment, negative attitude towards others, low self-concept, hopeless, and worthless <sup>8</sup>.

Burnout can also occur due to pressure for students to always obey school rules and the same online learning routines that are always done every day <sup>3</sup>. One way to overcome burnout is to play archery as well as being a sport facility <sup>9</sup> Archery as a fun sport and highly recommended by Rasulullah (Peace Be Upon Him) have many benefits, one of which is to maintain physical fitness <sup>10</sup>. Generally, the procedure doing archery is as follows: standing position (stance), installing arrows (nocking); positioning the body (set up), pulling the bowstring (drawing) while taking a deep breath, holding and anchoring the bowstring,

aiming at the target and releasing arrows. This activity uses the concept of playing so that it seems relaxed and fun <sup>11,12</sup>.

## 2. METHODS

The method used is a quasi-experimental one group pretest-posttest design with archery as a treatment. The population in this study were students of SMP-IT Ibnu Sina Wuluhan and the sampling technique used was a total sampling of 64 respondents. The activity was carried out at SMP-IT Ibnu Sina Wuluhan for six months. Analysis of the data using the Wilcoxon Signed-Rank Test with a value of alpha ( $\alpha$ ) = 0.05.

## 3. RESULTS

An overview of burnout levels before and after playing archery.

**Table 5.3 Overview of burnout levels before playing archery**

Burnout level	Frequency	Percentage
Very high	4	6,25%
High	8	12,5%
Moderate	21	32,82%
Low	15	23,43%
Very low	16	25%
Total	64	100%

The data shows that the majority of the burnout levels before playing archery were moderate as many as 21 respondents (32.82%).

**Table 5.4 Overview of burnout levels after playing archery**

Burnout level	Frequency	Percentage
Very high	2	3,12%
High	1	1,56%
Moderate	21	32,82%
Low	13	20,32%
Very low	27	42,18%
Total	64	100%

The data shows that the majority of the burnout levels after playing archery are very low as many as 27 respondents (42.18%).

**Table 5.5 Cross-tabulation of burnout rates before and after playing archery**

Burnout level	Pre Test	Post Test
Very high	4	2
High	8	1
Moderate	21	21
Low	15	13
Very low	16	27
<b>Total</b>	<b>64</b>	<b>64</b>

The data shows a decrease burnout levels by playing archery.

**Table 5.6 Effect of playing archery on burnout levels**

Test Statistics <sup>a</sup>	
	PostTes - PreTest
Z	-3,607 <sup>b</sup>
Asymp. Sig. (2-tailed)	,000

The data analyze shows that the level of burnout before and after playing archery has a significant change. Its show the value of Asymp. Sig. (2-tailed) is worth 0.000. Thus there is a difference in the level of burnout before and after playing archery, so it can be concluded that there is an influence playing archery on the level of burnout in online learning during the covid-19 pandemic.

#### 4. DISCUSSION

Burnout is a condition of emotional exhaustion, loss of motivation, and low commitment <sup>13</sup>. The term burnout itself is defined as a condition of physical, emotional and mental exhaustion which is characterized by feelings of helplessness and hopelessness, dry feelings, self-concept and negative attitudes that are identical with distress, discontent, and feelings of failure to achieve ideal goals, feeling of sluggishness or lack of enthusiasm for life to carry out learning activities <sup>14</sup>. Associated with learning activities, burnout is a certain period of time used for learning, but it does not bring results <sup>15</sup> and <sup>7</sup>. From this understanding it can be concluded that burnout in learning is physical, emotional and cognitive fatigue and loss of motivation experienced by a person due to demands that occur continuously and increase, causing boring and stress in learning.

The burnout rate can also be caused by assignments that are too heavy in a short time, the number of tasks summarizing and copying from books, study hours that are still rigid, limited quotas for online learning, and some students who do not have gadgets, monotonous online learning routines that are always done every day. Students have difficulty understanding the material caused by the teacher's monotonous learning method, too many

assignments, no friends, reduced concentration when and for too long staring at the cellphone screen, limited quota and a less supportive environment <sup>2</sup>.

One way to help reduce burnout is by playing archery where this sport is included in one of the extra-curricular activities at SMP-IT Ibnu Sina Wuluhan. By carrying out the concept of playing, this sport is more of a recreational and entertainment nature which is quite relaxing and enjoyable. Archery as a playing concept is an agility and targeting sport activity that uses a bow to shoot arrows and helps maintain body fitness <sup>10</sup>. The decrease in burnout levels was also followed by a decrease in physical and mental signs and complaints, where students revealed that after playing archery, they felt more refreshed and excited. Playing archery at the open space where the fresh air and pleasant environment help increase physical fitness which can help reduce emotional tension.

The implementation time of this activity adjusts to the lesson schedule, so it does not interfere with the student learning process. By playing archery, students are given the freedom to express their emotions while shooting arrows at the target that have been prepared with direction, under guidance and supervision from the school, in this case the accompanying teacher. Thus, various indicators of saturation, both physical and psychological, decreased, even some students stated that these signs were not felt and seem to be entertained and forget for a moment the various fatigues they experience while studying.

During the implementation of the research, there were several confounding factors that were difficult to avoid, including: not all students had a high interest in archery so it was difficult to determine with certainty whether changes in burnout levels were influenced by archery or other factors and the condition of the policy makers because it was carried out during Covid-19 pandemic which affected the consistency of the predetermined training schedule.

## 5. CONCLUSION

Burnout in the learning process can be experienced by anyone, including students. The burnout levels must be lowered to prevent prolonged problem in the learning process. Archery is not only an agility sport, it can also be a recreational sport using the concept of playing. Archery as playing concept can be used as an alternative entertainment for students to help reducing burnout levels in online learning during the Covid-19 pandemic.

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