



## AN OVERVIEW OF PARENTS' STRESS LEVELS WHEN ACCOMPANYING ONLINE LEARNING FOR STUDENTS

**Dewi Purnama Windasari\*, Muh. Sahlan Zamaa, Iskandar Zulkarnaen, Hardiansyah**

Sekolah Tinggi Ilmu Kesehatan Makassar, Jl. Maccini Raya No.197, Sinrijala, Kec. Panakkukang, Kota

Makassar, Sulawesi Selatan 90232, Indonesia

\*[Izkandarzul43@gmail.com](mailto:Izkandarzul43@gmail.com)

### ABSTRAK

More than 800 million students in the world are learning at home as a result of the covid-19 pandemic. The transition of face-to-face learning to Study From Home (SFH) makes the role of parents very influential in supporting children's success in undergoing online learning systems. Such critical conditions make parents overwhelmed in balancing the role of being a teacher for children at home and also the demands of being a parent which ultimately triggers stress. This study intends to find out an overview of the stress level of parents of elementary school students in online learning in Batua Raya Village, Makassar City. This research is a descriptive study. The population in this study was parents who had elementary school children who carried out online learning as many as 375 students with a total sample of 67 people with a sampling technique in this study was purposive sampling. This research used a questionnaire as an instrument for collecting research data. The results of this study found that respondents who had moderate stress totaled 22 people (32.8%) and respondents who had mild stress totaled 45 people (67.2%). The conclusion from the study, that respondents in this study experienced more mild stress. It is recommended that respondents can make interventions related to controlling the stress experienced.

Keywords: covid 19; learning; pandemic; stress level

### INTRODUCTION

Being burdened with problems that are too severe to be borne by one person can cause stress. Stress is something that everyone faces at some point in their life. There is a common belief that contemporary lifestyle is the main cause of various stress conditions (Mailinda et al., 2020). Some of the three types of stressors that Ulfa and Fahriza (2020) classify include diseases that are difficult to cure and physical disorders or loss of limb function, as well as postures that are perceived to be non-optimal. Examples of psychological distress include disobedience, frustration at not getting what they want or need, lust and hatred and sentiments of jealousy or personal conflict. In addition, there are social pressures such as strained relationships between family members and the loss of a loved one or dismissed or dismissed from work, among others. More than 800 million schoolchildren worldwide were forced to stay at home due to the covid-19 outbreak in March 2020. In order to limit the spread of the novel coronavirus, or covid-19, a new home-study policy was implemented. Students gain a new perspective on the learning process when they participate in this kind of online or distance learning (Barseli et al., 2020)

The benefits of learning online are numerous. Access to teaching and learning activities can be done at any time and from any location thanks to online learning. Students can gain more knowledge on the internet by using online media. The use of this technology during social learning is often considered beneficial. As a result of the home learning policy, some parents are upset and uneasy because they have not been able to adjust to the division of time between working and supervising children's learning. This is a problem for children and their parents. Parents are concerned about their children's use of technological gadgets as well as time differences. As a result, parents of elementary school children in grades 4-6 are also concerned

about the child's lack of attention to learning and his desire to play or watch television instead of learning (Hidayat & Zakwan, 2021)

Parents' ability to help their children succeed when they lack emotional control or are depressed is now increasingly important when face-to-face learning turns to Study From Home (SFH) (Nabella et al., 2021). Everyone's ability to cope with stress is unique. In other words, the pressures of work, money, family, and friends are more prevalent in middle age. Direct action is possible with more effective coping methods in the face of various pressures. When it comes to helping their children during the COVID-19 epidemic, parents face three main challenges. Impatience and fatigue in the face of the child, difficulties in teaching the material, as well as the difficulty of parents in understanding the subject matter of their children are all problems (Palupi, 2021).

At home and in the classroom, parents and teachers are expected to be able to teach and lead their children. Online learning presents a variety of challenges for parents, including: First and foremost, there are times when internet signals are weak. Expensive Quota is available for purchase. Thirdly, they cannot fully participate in the upbringing of their children. The fourth problem is that parents do not understand the content, so they cannot use it to their advantage in educating their children. Since there is no telephone service in the area, you should ask your friends personally (Utami, 2020)

When the government makes a choice, parents should be taken into account. Some parents are psychologically unprepared to live with their children when they learn something new on the internet. This will negatively impact their emotional well-being if left untreated. To maintain mental health under normal circumstances, one should eat nutritious food, think positively, and always be grateful (Hidayat & Zakwan, 2021). Given the difficulties parents face in teaching their children at home during this epidemic, experts are interested in learning more about how parents describe their stress levels at home. A report from the head of RT 01 C, Borong Village, showed that 80 households had children in grades 4-6, according to the report.

## **METHOD**

Batua Raya Village, Makassar City, became the location of this study. In this study, a cross-sectional design was used to describe the data. The population of this study was 80 parents of students who had elementary school-age children in Batua Raya Village while those who were included in the sample category were participating in online learning which amounted to 67 participants. Primary data collection includes the level of parental stress. Stress levels were measured using a DASS questionnaire sheet (Depression, anxiety and stress scale) of 10 questions. To analyze the picture of stress levels, univariate analysis was carried out on each variable from the results of the study, so that the frequency and percentage distribution of each variable studied using a statistical application was obtained.

## **RESULTS**

SD Inpres Negeri Borong, Batua Raya Village, Makassar City, became the location of this study. To describe the level of stress of parents in accompanying their children's online learning at SD Inpres Negeri Borong, Batua Raya Village, Makassar City, this study is a descriptive study, which is a study that aims to explain, name, the situation or phenomenon that occurred during the study. A total of 67 people participated in the study, which was based on the collection of primary data. Frequency tables and cross-tabulations based on research are then given in the form of explanatory tables to accompany the findings. The following description describes the research findings

*Karakteristik sampel*

Table 1  
Distribution of Respondent Characteristics

Variabel	f	%
<b>Umur</b>		
17-25 Tahun	4	6,0
26-35 Tahun	34	50,7
36-45 Tahun	23	34,3
46-55 Tahun	6	9,0
<b>Pekerjaan</b>		
IRT	61	91,0
PNS	1	1,5
Wiraswasta	4	6,0
Bidan	1	1,5
<b>Pendidikan</b>		
SD	6	9,0
SMP	4	6,0
SMA	52	77,6
D3	1	1,5
Sarjana	4	6,0
<b>Jumlah Anak SD</b>		
1 Anak	55	75,3
2 Anak	16	21,9
4 Anak	2	2,7
<b>Kelas Anak</b>		
1 SD	21	31,3
2 SD	15	22,4
3 SD	9	13,4
4 SD	10	14,9
5 SD	7	10,4
6 SD	5	7,5
<b>Media Pembelajaran</b>		
HP	66	98,5
Laptop	1	1,5

Table 1 shows that the krakteristi of respondents based on the most age groups, namely the age group of 36-45 years as many as 34 people (50.7%), and the least age group, namely 17-25 years, there are 4 respondents (6.0%), the most types of work, namely IRT as many as 61 people (91.0%) and the least are civil servants and midwives as many as 1 person (1.5%), respondents with the most education, namely high school, there are 52 people (77.6%) and the least is D3 as many as 1 person (1.5%) according to the number of elementary school children the most is 1 child totaling 55 people (75.3%), and the least is the number of children as many as 4 people (2.7%), according to the class of children the most is the 1st grade of elementary school as many as 21 people as many as (31.3%) and the least of the children's class is 1 person (31.3) according to the most learning media, namely HP amounting to 66 people (98.5%).and the least learning media is hp as much as 1 person (1.5%)

Table 2.  
Distribution of Respondents' Stress Levels

Tingkat Stress	n	%
Stress Sedang	22	32,8
Stress Ringan	45	67,2
Stress Berat	0	0

Table 2 The level of stress respondents, it can be seen that respondents who had moderate stress totaled 22 people (32.8%) and respondents who had mild stress totaled 45 people (67.2%).

Tabel 3  
Cross Tabulation of Respondents' Age Groups with Respondents' Stress Levels

Umur	Tingkat Stress					
	Stress Sedang		Stress Ringan		Jumlah	
	f	%	f	%	f	%
17-25 Tahun	0	0	4	100,0	4	100,0
26-35 Tahun	6	17,6	28	82,4	34	100,0
36-45 Tahun	14	60,9	9	62,2	23	100,0
46-55 Tahun	2	33,3	4	66,7	6	100,0

Table 3 obtained data on characteristics based on age group at most is the age group 26-35 years as many as 34 respondents (100%). From 34 respondents, 6 respondents (17.6%) had moderate stress and 28 respondents (82.4%). And the least age group is 17-25 years as many as 4 respondents (100%). Of the 4 respondents, respondents who experienced moderate stress did not exist (0%) and experienced mild stress as many as 4 respondents (100%).

Tabel 4.  
Cross-tabulation of Respondents' Education with Respondents' Stress Levels

Pendidikan	Tingkat Stress					
	Stress Sedang		Stress Ringan		Jumlah	
	f	%	f	%	f	%
SD	4	66,7	2	33,3	6	100,0
SMP	0	0	4	100,0	4	100,0
SMA	17	32,7	35	67,3	52	100,0
D3	0	0	1	100,0	4	100,0
Sarjana	1	25,0	3	75	4	100,0

In the characteristics of education, there are at most 52 high school respondents (100%). Of the 52 respondents who were moderately stressed, 17 respondents (32.7%) and 35 people experienced mild stress (67.3%). And the least education was D3 as many as 1 respondent (100%). Of the 1 person, none experienced moderate stress (0%) and 1 person experienced mild stress (100%).

In the characteristics of the most number of classes of children, namely grade 1 elementary schools, there are 21 people (100%). Of the 21 respondents who experienced moderate stress, 9 respondents (42.9%) and 12 respondents (57.1%) experienced mild stress. The least number of classes of children is the 6th grade of elementary school as many as 5 respondents (100%). Of the 5 respondents (100%) who experienced moderate stress, 3 respondents (60.0%) and those who experienced mild stress were 2 respondents (40.0%).

Tabel 5.

Tabulation of Children's Class Number of Respondent Elementary School Children With Respondents' Stress Level

Kelas Anak	Tingkat Stress					
	Stress Sedang		Stress Ringan		Jumlah	
	f	%	f	%	f	%
1 SD	9	42,9	12	57,1	21	100,0
2 SD	2	13,3	13	86,7	15	100,0
3 SD	2	22,2	7	77,8	9	100,0
4 SD	4	40,0	6	60,0	10	100,0
5 SD	2	28,6	5	71,4	7	100,0
6 SD	3	60,0	2	40,0	5	100,0

Tabel 6.

Tabulation of Learning Media Number of Respondent Elementary School Children with Respondents' Stress Level

Media	Tingkat Stress					
	Stress Sedang		Stress Ringan		Jumlah	
	f	%	f	%	f	%
HP	22	33,3	44	66,7	66	100,0
Laptop	0	0	1	100,0	1	100,0

**DISCUSSION**

The age group was found to have the most respondents in the survey with 34 people in that range. Adults are less stressed than younger people because they have more experience coping with stress. This is due to the fact that employees over the age of 30 have a greater capacity to cope with stress than those under the age of 30. When the physical condition of adults is not aligned with the amount of work expected to be done, they can fall into the category of "stressful adults." Physical states that no longer allow them to manage their workload can generate moderate stress in adults, which is why they feel only mild stress (Barseli et al., 2020)

A total of 61 respondents occupied jobs as IRT in this survey, based on the most jobs respondents had. Indah et al. (2021) found that parental stress is related to the amount of time spent at work. It is also safe to assume that employees with a higher level of education are less likely to experience work stress, since the higher a person's education, the less challenge their task. Demands and resources are two factors that contribute to stress. The majority of respondents in this survey had at least a high school education, with 52 participants having this level of education. The level of education of parents will also affect the ability of parents to understand their children's academic difficulties. A child's personality and academic success are greatly influenced by the level of education of his parents. Stress levels are affected by communication and problem-solving patterns of parents with higher and lower levels of education. If the parent's level of education is high enough, he is better prepared to face the difficulties that arise and solve current problems, such as online student mentoring (Palupi, 2021)

Researchers have shown that the level of education of mothers as a companion to children learning at home will have a significant impact on the mother's ability to explain and serve as a direct source of knowledge that can help students understand the content. books or online teacher explanations are the best way to understand concepts. A mother who has to accompany her children to school because she does not understand these teachings in her daily life will inevitably lose her temper because of it.

Most of the respondents in the study had at least one child in the primary school age range; 52 had at least one child in the primary school age range. It is easier for parents to handle fewer children in primary school engaging in learning if there are fewer pupils. A total of 21 respondents had grade 1 and 2 children in this survey, according to the number of classes of children owned by respondents. The study found that parents of primary school children in grades 1 and 2 reported only a little stress because their children were still learning to read, write, and count. Every parent of the child must be able to assist and guide their child in completing schoolwork. However, parents' educational credentials have a significant impact on how much stress they feel when they deal with their children's schoolwork in grades 5 and 6, especially when it comes to math and scientific concepts.

The majority of respondents in the survey used smartphones to study, with a total of 66 people reporting doing so. HP is the most frequently used online learning material. This is due to the fact that the HP Android phone is very easy to use, almost all parents can run their own Android device. Unlike parents who can use laptops or PCs that are still rare. The COVID-19 epidemic has occurred over the past two years, and has had a significant impact on people's lifestyles around the world. In terms of pandemic-related policies. In response to the COVID-19 outbreak, the government has issued a number of regulations and initiatives, one of which is the need for educational institutions to conduct distance or online learning.

Distance learning is now used in elementary schools, with parental supervision, to teach students. Today, the Internet is used as a means of learning for online education. Video conferencing, phone calls, and live chat are just a few of the ways students can communicate with their lecturers. In other words, this learning is an educational innovation that answers the problem of the variety of learning materials available (Palupi Tri Nathalia, 2021). Many parents are struggling to learn how to be good parents and find time for themselves, their marriages, and their children as the COVID-19 epidemic spreads. Due to the epidemic, people's normal daily routines will be more stressful than before the lockdown (Efendi & Chairani, 2020)

Personal, logistical, and financial difficulties are just a few of the hurdles parents face when their children are learning at home. Working both at home and outside the home is a big challenge for parents in guiding their children. Both at home and outdoors, they have to spend hours. Despite the fact that they have to work to support their families, parents, in particular women, must also help and educate their children to study at home (Efendi & Chairani, 2020) Parental and child stress is inevitable in online learning activities. Due to the nature of online education, parents are forced to take on the role of teachers and mentors while their children are enrolled in classes. In addition, parents must balance their work and childcare responsibilities, as well as meet the needs of their children's electronic and educational device facilities and internet restrictions (Mailinda et al., 2020)

Parents who took part in the study, which included 45 of the total 67 participants, reported relatively low stress levels. There were 46 people out of a total of 89 people who stated that they had low stress levels in the survey (Palupi, 2021) . Mothers who graduated from high school were considered adequate learning partners for their children studying at home, therefore this played a role. And this education will have a significant impact on the mother's ability to explain things, assist their children in completing tasks, and become a source of information for their children in understanding school material that they may not have fully understood through reading books or reading. online teacher explanation. So that parents are not burdened with the responsibility to supervise homeschooling primary school children.

In addition, according to (Palupi, 2021) parents who have a higher level of education will be better prepared to recognize academic problems and deal with stress. When parents have more education, they communicate better with their children, which makes it easier for them to help their children with their school work and also improves the way parents solve problems without having to blame. The communication patterns of educated parents have an impact on the child's personality. This was also a major aspect in the study, according to researchers, as most respondents felt only mild stress. As we all know, elementary school students, especially grades 1-4, are still learning the basics of reading, writing and counting. Parents of children in grades 4-6 of elementary school who cannot help their child's schoolwork can search for materials online so that they can explain the content and assist their children in completing schoolwork.

Although sobbing, she will still want to complete the task assigned to her by the teacher. They had to explain many times calmly to their children during online learning in this study. If the child lacks understanding of the lesson, the parents in this study are able to manage their emotions patiently. In everyday life, mild stress is defined as the level of stress that occurs regularly. Individuals who experience mild stress may become more aware and able to avoid the creation of many possibilities that come from challenges or stresses. A simple state of stress can lead to overworked individuals and fatigue, as well as the inability to relax. Unless handled regularly, mild stress does not cause disease (Nuratika & Ridha, 2021)

When viewed from the results of filling out the respondent questionnaire in this study, there are several things that cause most respondents to experience mild stress. In the first question which was about "Do you often get angry when your child has a lot of tasks?" most respondents answered never as many as 32 respondents (50.75%). This indicates that respondents in this study mostly never get angry when their child has a lot of tasks, so the stress experienced is only mild. In the second question, which was about "Do you feel unsure of your child's ability to cope with children's problems and schoolwork?", most respondents answered almost never as many as 25 respondents (37.31%). This indicates that respondents in this study mostly almost never feel unsure about overcoming their child's problems and schoolwork, so the stress experienced is only mild.

In the third question, which was about "Do you feel unable to help your child in completing the schoolwork that must be done?", most respondents answered almost never as many as 27 respondents (40.30%). This indicates that respondents in this study mostly almost never felt unable to complete schoolwork from their children, so the stress experienced was only mild. In the fourth question about "Are you angry that your child can't complete a schoolwork?", most respondents answered almost never as many as 25 respondents (37.31%). This indicates that respondents in this study mostly almost never feel angry when their child is unable to complete schoolwork, so the stress experienced is only mild

In the fifth question, which was about "Do you find it difficult to help children complete schoolwork?", most respondents answered almost never as many as 22 respondents (32.84%). This indicates that respondents in this study mostly almost never find it difficult when helping their children complete schoolwork, so the stress experienced is only mild. In the sixth question, which was about "Do you feel restless and depressed helping your child complete their schoolwork?", most respondents answered almost never as many as 25 respondents (37.31%). This indicates that respondents in this study mostly almost never felt restless and depressed when helping their children complete schoolwork, so the stress experienced was only mild.

In the seventh question, which was about "Are you unable to control the feeling of being easily isolated in your life?", most respondents answered sometimes as many as 24 respondents (35.82%). This indicates that respondents in this study mostly sometimes feel irritable, so the stress experienced is only mild. In the eighth question which contains about "Do you feel irritable, so the stress experienced is only mild. most respondents answered never as many as 42 respondents (62.67%). This indicates that most respondents in this study never felt that their children's grades did not match their expectations, so the stress experienced was only mild.

In the ninth question about "Are you unable to control the things that matter in your life?", most respondents answered never as many as 28 respondents (41.79%). This indicates that respondents in this study mostly never felt unable to control the important things in their lives, so the stress experienced was only mild. In the tenth question about "Do you feel that your child's grades do not match your expectations?", most respondents answered never as many as 42 respondents (62.67%). This indicates that most respondents in this study never felt that their children's grades did not match their expectations, so the stress experienced was only mild.

## CONCLUSION

The sample in this study who experienced stress amounted to 67 respondents. From the number of 67 respondents who experienced moderate stress, there were 22 respondents (32.8%) and those who experienced mild stress totaled 45 respondents (67.2%) In the characteristics of the most numerous classes of children, namely grade 1 elementary school as many as 21 people (100%). Of the 21 respondents who experienced moderate stress, 9 respondents (42.9%) and 12 respondents (57.1%) experienced mild stress. The least number of classes of children is the 6th grade of elementary school as many as 5 respondents (100%). Of the 5 respondents (100%) who experienced moderate stress, 3 respondents (60.0%) and those who experienced mild stress were 2 respondents (40.0%).

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