

PENGARUH METODE PEMBELAJARAN DARING SELAMA PANDEMI COVID-19 DENGAN KEJADIAN NYERI KEPALA PADA GURU SEKOLAH DASAR DI KECAMATAN NGABLAK, KABUPATEN MAGELANG, PROVINSI JAWA TENGAH

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ABSTRAK

Perubahan metode pembelajaran dalam masa pandemi dengan metode daring dapat menimbulkan masalah baru terkait dengan adaptasi para guru, orang tua maupun murid. Penggunaan media digital yang berlebihan yang dapat menimbulkan ketergantungan sehingga merugikan, baik secara fisik, psikologis, sosial, maupun neurologis. Pada penelitian ini menggunakan *mixed methods*, dengan menggabungkan dua bentuk penelitian yaitu kuantitatif dan kualitatif. Populasi pada penelitian ini adalah guru SD di Kecamatan Ngablak, Kabupaten Magelang, Provinsi Jawa Tengah, dengan teknik *purposive sampling*. Subjek penelitian sesuai dengan kriteria inklusi dan eksklusi sejumlah 96 subjek. Teknik Analisis data meliputi analisis deskriptif dan analisis statistik. Data kualitatif diambil dengan wawancara mendalam secara *purposive sampling* setelah *follow up* selama 1 tahun. Wawancara dilakukan dengan menggunakan *zoom* atau *video call*. Hasil penelitian pada studi yaitu prevalensi nyeri kepala selama pembelajaran daring saat pandemi sebesar 81,3%. Pembelajaran daring selama pandemi dibagi menjadi 2 kelompok: 1) tipe daring, 2) kendala daring. Efek pembelajaran daring dikelompokkan menjadi tiga, yaitu: 1) Beban kerja, 2) keluhan fisik, 3) keluhan psikis. Nyeri kepala saat daring dibagi menjadi 3 kategori, yaitu: 1) tipe nyeri kepala, 2) etiologi nyeri kepala, 3) manajemen nyeri kepala. Kesimpulan: Pembelajaran saat pandemi COVID berpengaruh terhadap nyeri kepala.

Kata Kunci :Pembelajaran daring, Pandemi Covid-19, kejadian nyeri kepala

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THE EFFECT OF ONLINE LEARNING METHODS DURING THE COVID-19 PANDEMIC ON HEADACHE INCIDENCE IN PRIMARY SCHOOL TEACHERS IN NGABLAK SUB-DISTRICT, MAGELANG DISTRICT, CENTRAL JAVA PROVINCE

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ABSTRACT

The change in learning methods during the pandemic with online methods can cause new problems related to the adaptation of teachers, parents and students. Excessive use of digital media that can cause dependence that is detrimental, both physically, psychologically, socially, and neurologically. This research uses mixed methods, by combining two forms of research, quantitative and qualitative. The population in this study were elementary school teachers in Ngablak Subdistrict, Magelang Regency, Central Java Province, with purposive sampling technique. Research subjects with the inclusion and exclusion criteria amounted to 96 subjects. Data analysis techniques include descriptive analysis and statistical analysis. Qualitative data was collected by in-depth interviews by purposive sampling after follow-up for 1 year. Interviews were conducted using zoom or video call. The results of the study showed that the prevalence of headache during online learning during the pandemic was 81.3%. Online learning during the pandemic was divided into 2 groups: 1) online type, 2) online constraints. The effects of online learning were categorized into three, namely: 1) Workload, 2) physical complaints, 3) psychological complaints. Online headache was divided into 3 categories, namely: 1) headache type, 2) headache etiology, 3) headache management. Conclusion: Learning during the COVID pandemic affects headache pain.

Keywords: Online learning, Covid-19 pandemic, headache incidence

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