

INTISARI

Pandemi Covid-19 memberikan dampak pada sektor pendidikan yang menyebabkan penutupan sekolah dan pembelajaran jarak jauh. SD Negeri Sriharjo yang terletak di Sriharjo merupakan salah satu yang menerapkan pembelajaran jarak jauh. Permasalahan yang timbul akibat pembelajaran jarak jauh di SD Negeri Sriharjo adalah kurang mendukungnya fasilitas pembelajaran, materi dan media pembelajaran yang digunakan kurang bervariasi, dan akses internet yang terbatas. Tujuan penelitian ini adalah untuk mengetahui dampak pembelajaran jarak jauh terhadap psikososial dan kesehatan mental siswa. Penelitian ini merupakan penelitian kualitatif dengan pendekatan studi kasus. Hasil penelitian menunjukkan pembelajaran jarak jauh memberikan dampak positif terhadap psikososial karena siswa memiliki rasa bersaing dan siswa menjadi lebih kreatif dalam menyelesaikan permasalahan atau tugasnya. Dampak negatif yang ditimbulkan terhadap psikososial siswa adalah menurunnya kemampuan siswa menghasilkan karya, siswa mengalami kesulitan menyelesaikan permasalahan, kemampuan interaksi siswa menurun, prestasi belajar siswa menurun, siswa kurang dapat berperan dalam kelompok, hubungan siswa dengan sahabat dan teman sebaya terganggu, anak menarik diri, mengalami gangguan kesulitan tidur, merasa ketakutan yang tidak jelas dan bermimpi buruk, serta kesulitan berkonsentrasi. Dampak positif terhadap kesehatan mental siswa yaitu siswa menyadari kemampuan jiwanya, siswa dapat merespons dengan tepat masalah yang timbul, siswa mampu menghadapi stres kehidupan dan mengalihkan kepada kegiatan yang positif, siswa mampu bekerja produktif dan memenuhi kebutuhannya, pola makan siswa menjadi lebih teratur, siswa menerima dengan apa yang ada pada dirinya, siswa merasa bersyukur, serta siswa merasa nyaman dengan orang lain. Dampak negatif bagi kesehatan mental siswa yaitu siswa merasa sedih dan kecewa karena aktivitas yang terbatas, siswa merasa sedih akibat prestasi belajar yang menurun, siswa merasa rindu dengan teman dan gurunya, siswa merasa bosan belajar dari rumah.

Kata Kunci: Pembelajaran Jarak Jauh, Psikososial, Kesehatan Mental

ABSTRACT

The Covid-19 pandemic has had an impact on the education sector leading to school closures and distance learning. SD Negeri Sriharjo that is located in Sriharjo, is one that applies distance learning. Problems that arise due to distance learning at SD Negeri Sriharjo are the lack of support for learning facilities, less varied learning materials and media used, and limited internet access. The objective of this study is to determine the impact of distance learning on the psychosocial and mental health of students. This research is a qualitative research with a case study approach. The results showed that distance learning had a positive psychosocial impact because students had a sense of competition and students were more creative in solving their problems and assignments. The negative impact on students' psychosocial is the decreased ability of students to produce work, students had difficulty in solving problems, decreased student interaction, students' learning achievement decreased, students were less able to play a role in groups, students' relationships with friends and peers were disturbed, children withdrawn, had trouble sleeping, felt vague fears and had nightmares, and had difficulty concentrating. The positive impact on students' mental health is that students were aware of their mental abilities, students could respond appropriately to problems that arise, students were able to face the pressures of life and switch to positive activities, students were able to work productively and fulfill their needs, students' diets became more regular, students accepted what was in themselves, students felt grateful, and students felt comfortable with other people. The negative impact on students' mental health is that students felt sad and disappointed because of limited activities, students felt sad due to decreased learning achievement, students missed their friends and teachers, students felt bored of studying from home.

Keywords: *Distance learning, Psychosocial, Mental Health*