

**The association between online learning and adolescent psychosocial
problems and health-related quality of life during COVID-19 pandemic**

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ABSTRACT

Background: Students worldwide undergo home-based learning during Covid-19 pandemic. There were some difficulties in online learning process and may give an impact on psychosocial problems and quality of life.

Objective: To study prevalence of psychosocial problems and quality of life and its association with online learning process among adolescent during Covid-19 pandemic.

Methods: A cross-sectional study was conducted among Junior High School students in Surakarta during June-July 2021. We applied cluster random sampling for public and private school students. The psychosocial problem was assessed by Pediatric Symptom Checklist (PSC-17) and health-related quality of life (HRQoL) was assessed by The Pediatric Quality of Life Inventory (PedsQL). Data was collected online using google form and analysed by Chi-square, t test, one way annova, correlations test, and multivariat analysis.

Results: the prevalence of total psychosocial problem is 19.5%, 31.6% internalizing, 2.8% externalizing, and 11.7% attention problems. Total quality of life mean was 77.55; 95% CI 75.36-79.75. Technical problems in online learning had significant association with internalizing ($p = 0.009$), physical functioning ($p < 0.05$), school functioning ($p < 0.05$), and total quality of life ($p < 0.05$).

Conclusions: There was an association between technical problems in online learning and adolescent psychosocial problems and their quality of life during Covid-19.

Keywords: home-based learning, COVID-19, psychosocial problems, quality of life, adolescent

Hubungan pembelajaran daring dengan masalah psikososial dan kualitas hidup remaja di masa pandemi COVID-19

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INTISARI

Latar Belakang: Pandemi COVID-19 telah menimpa banyak negara dan memaksa banyak anak sekolah untuk belajar dari rumah (BDR) secara daring untuk mengurangi dampak penularan penyakit. Kesulitan pembelajaran daring bisa masalah berupa masalah teknis dan non teknis dan bisa menimbulkan dampak masalah psikososial dan menurunkan kualitas hidup pada remaja.

Tujuan: Mengetahui prevalensi masalah psikososial dan kualitas hidup remaja yang menjalani pembelajaran dari rumah dan hubungannya dengan pembelajaran daring.

Metode: Penelitian *cross sectional* dilakukan terhadap siswa SMP di Surakarta, pada bulan Juni-Juli 2021. Pengambilan sampel penelitian dilakukan dengan metode *cluster random sampling* terhadap siswa SMP negeri dan swasta di Kota Surakarta. Masalah psikososial dinilai dengan perangkat *Pediatric Symptom Checklist (PSC-17)*, sedangkan kualitas hidup menggunakan *Pediatric's Quality of Life Generic 4.0 (PedsQL 4.0)*. Data dikumpulkan melalui kuesioner yang dibagikan melalui *Google form* dan dianalisis menggunakan *chi square*, *t test*, *one way annova*, uji korelasi, dan analisis multivariat.

Hasil: didapatkan prevalensi masalah psikososial total sebesar 19,5%, masalah internalisasi 31,6%, eksternalisasi 2,8%, dan masalah perhatian 11,7%. *Mean* kualitas hidup total 77,55 dengan 95% CI 75,36-79,75. Masalah teknis pembelajaran daring berhubungan bermakna dengan masalah internalisasi dengan $p < 0,009$, fungsi fisik ($p < 0,05$), fungsi sekolah ($p < 0,05$) dan kualitas hidup total ($p < 0,05$).

Simpulan: terdapat hubungan antara masalah teknis pembelajaran daring dengan masalah psikososial dan kualitas hidup remaja di masa pandemi Covid-19

Kata kunci: belajar dari rumah, COVID-19, masalah psikososial, kualitas hidup, remaja