Go Mental Healthy Mental Health Services Based on Mobile App to Address Problems in Online Learning In The Covid-19 Pandemic

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ABSTRACT: During the Covid-19 pandemic, SMA Negeri 1 Cangkringan was one of the schools that implemented online learning methods. However, in practice, there are many obstacles experienced by students such as students feeling heavy and difficulty understanding the material, piling up assignments received by students, the emergence of fear in students about their academic progress, a sense of failure in achieving the expected targets, pressure to be able to learn independently, demands high concentration in paying attention to the teacher's explanation during the learning process which is often constrained by signals so that the teacher's voice is not heard by students, tired and worried about piling up assignments, pressure from parents, and students are not used to the assignment deadline. This condition makes students stressed with their academic life. Therefore, the Gotalty application was developed as a medium for educators to identify problems in online learning faced by students and assist students in maintaining a balance between psychological conditions and academic conditions during the learning process. The program implementation method is carried out by applying the PDCA method (Plan, Do, Check, and Action). The results obtained based on the program that has been carried out, namely the Gotalty application can help relieve anxiety about the problems experienced by students during online learning, and increase students' knowledge of mental health which shows that the psychoeducation process has been successfully carried out, and increases awareness of mental health. Very helpful features for program partners are motivational videos and psychology articles. This is evidenced by the results of the pretest and post-test. In addition, this program also produces outputs in the form of program implementation guidebooks, partner pocketbooks, and program implementation videos.

Keywords: Academic Stress, Covid-19, Gotalty, Online Learning

INTRODUCTION

Education is one of the sectors that are severely affected by the Coronavirus Disease pandemic 2019 (Covid-19) with changes that occur in the implementation of learning. The Ministry of Education and Culture of the Republic of Indonesia also issued a policy that is to dissolve schools and replace the teaching and learning activities process by using online systems [1]. One school that implements the policy is SMA Negeri 1 Cangkringan located at Jl. Raya Merapi Golf No.3 Bedoyo, Wukirsari, Cangkringan, Sleman, Yogyakarta Special Region.

Online learning has several advantages and some obstacles in its application. The advantage is that it makes learning activities easy to do at various times and places, allowing students to get more information [8]. While the obstacle is that in certain areas the network is inadequate, giving rise to new spending on internet quotas so that this can be a problem for those who experience financial difficulties and learning models by using online cause boredom and saturation due to the lack of effective online interactions can even cause stress [3]. Another obstacle to using this online learning system, sometimes there are various problems faced by students and teachers, such as unfinished subject matter delivered by teachers and then teachers replacing it with other tasks. This is a complaint for students because of the tasks given by teachers [9].

Based on research also shows that academic stress is one of the psychological problems of students amid the covid-19 pandemic because of changes in learning patterns online, difficulty understanding explanations through written language, feeling tired due to teacher interaction is only limited to giving assignments, and again the position of class XII becomes a factor causing stress [2]. The facts on the ground show that currently learning online is failing in carrying out positive learning habits such as learning done in school, this is due to the provision of tasks that are always excessive, and the method of teaching teachers is always monotonous, thus causing stress to children [4]. Stated that various conditions during the period of emigrants can affect the academic demands perceived by students, and each individual can be different in perceiving these demands [6]. The influence of psychological well-being on academic stress of high school students in the covid-19 period [5].

Stated that academic stress is caused by students' negative thoughts towards demands in the teaching and learning process such as boarding, completing many tasks, getting high grades, anxiety about exams, and demands to manage time. If this situation is allowed, it can interfere with the learning process. Teachers play an essential role in analyzing their students related to problems faced during online learning. However, teachers have limited interaction with students to communicate related problems faced during online learning. Therefore, it takes a media that can bridge the communication of the school with its students without having to interact physically directly [7].

This study aims to determine 1) assist students in maintaining a balance between psychological conditions and academic conditions during the learning process 2) help alleviate anxiety and anxiety about problems experienced by program partners and increase the knowledge of program partners about mental health shown by the psychoeducation process. In addition, by using the Go Mental Healthy Application (Gotalty) it is expected that educators can find out what problems are being faced by students and provide suitable solutions to students.

METHOD

The implementation of the program is carried out by applying the PDCA method. PDCA stands for Plan, Do, Check, and Act, which is a continuous or continuous cycle of process improvement, such as an endless loop. A four-step troubleshooting process commonly used in quality control is PDCA, short for "Plan, Do, Check, Act." PDCA is known as the "Shewhart cycle" because it was first proposed by Walter Shewhart several decades ago [10]. In the planning stages of the PKM-PM team to identify problems based on the results of direct observations, literature studies, and pre-test results with the problems found, namely students feel burdened because of the application of online learning with the attitude shown such as abandoned tasks, easily tired when undergoing activities, worry about the lag of learning materials that affect the physical and mental condition of students. The solution provided to solve the problem is to develop android-based applications as a means for students to overcome problems faced in online learning.

Gotalty application development includes determining the concept of the Gotalty application including the features contained in it, determination of motivational video topics and psychology articles, motivational video editing, writing psychology articles, and creating the entire Gotalty application. Program socialization aims to introduce and provide an explanation of how to use the Gotalty application by demonstrating it to program partners. This activity is carried out online with a *zoom meeting* application followed by students and teachers of State High School 1 Cangkringan.

The PKM-PM team directed program partners to install Gotalty applications on their respective devices and use the application for a predetermined period of three weeks. The PKM-PM team monitors the use of Gotalty applications once a week online through zoom meetings to find out the usefulness of Gotalty applications periodically. In addition, evaluation related to the implementation of the program by conducting internal discussions of the PKM-PM team in a blended manner and analysis of post-test results.

The obstacle experienced by the PKM-PM team at the time of the implementation of the program is the lack of use of mentoring features due to the different nature of openness in students. The plan of this program is to conduct training for teacher representatives related to the use of Gotalty applications so that they can be utilized independently by program partners, the creation of pocketbooks using Gotalty applications, make tutorial videos using Gotalty applications, create program implementation playbooks, and creating external videos.

RESULT AND DISCUSSION

Based on the joint decision of the Minister on Guidance on The Implementation of Learning in the Period of Coronavirus Disease Pandemic 2019 (COVID-19) Number 384 of 2021 said that learning is done online / distance and learning is done face-to-face on a limited basis while still applying health

protocols. One school that implements online learning policies is Sma Negeri 1 Cangkringan located at Jl. Raya Merapi Golf No.3 Bedoyo Hamlet, Kalurahan Wukirsari, Kapanewon Cangkringan, Sleman Regency, Yogyakarta Special Region. Online learning has advantages and disadvantages, and the advantage is that it can be done anywhere in the sense of learning that is done flexibly. But there are also disadvantages that inadequate networking and technology lead to the constraints of online learning. These existing obstacles cause students to have difficulty following the learning process, which is very important.

Online Activities

The results achieved based on a series of activities that have been done online are shown in TABLE 1.

TABLE 1. Results of Activities Achieved

Activities	Purpose	Indicator	Liability
Socialization program	Introduce and explain the use of gotalty applications	Students join zoom meetings and understand how gotalty apps work	A total of 77 students and 27 students were willing to use the Gotalty app.
The 1st monitoring use of gotalty application	Find out the usefulness of gotalty application for one week of use	Students join zoom meetings	Followed by 25 students
The 2nd monitoring use of gotalty application	Know the usefulness of gotalty application for two weeks of use	Students join zoom meetings	Followed by 7 students

Pre-Test dan *Post-Test*

The results of the pre-test that was done before the implementation of the program are shown in FIGURE 1.
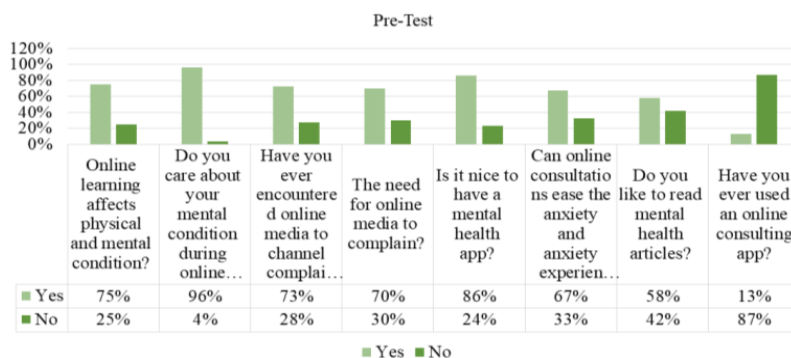

FIGURE 1. Pre-test Results Diagram

Based on FIGURE 1. It is known that 98 out of 131 students feel that online learning has an effect on physical and mental state and 92 out of 131 students need media that can be used to complain and consult problems that have to keep mental health awake. The post-test results are shown in FIGURE 2 and 3.
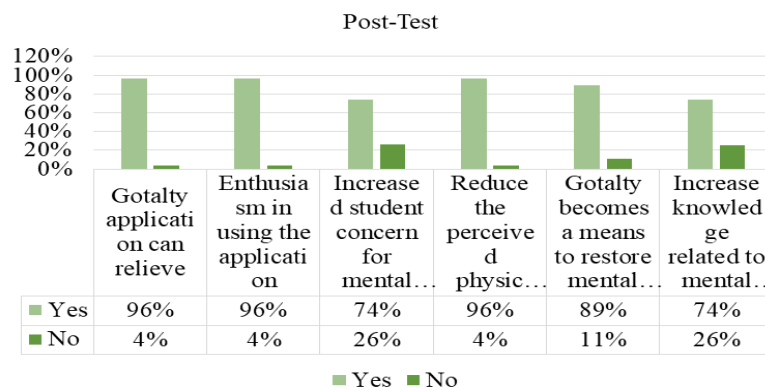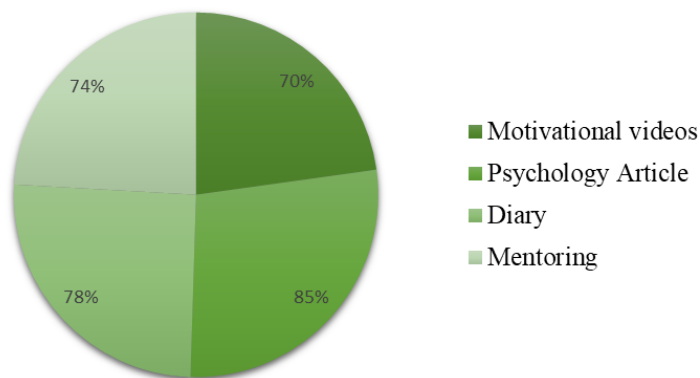

FIGURE 2. Post-test Results Diagram

FIGURE 3. Percentage of Interest in Features in Gotalty App

FIGURE 2. and 3. 26 out of 27 students felt the Gotalty app could alleviate the anxiety and anxiety faced with problems in online learning and could be used as a means to restore mental state during online learning with 23 out of 27 students liking the psychology article feature in the Gotalty app. Based on the results of pre-test and post-test results obtained that there is an impact felt by students from the use of gotalty application in the form of increased knowledge and concern of students for mental health shown through the enthusiasm of 26 out of 27 students in using the Gotalty application.

Program Partner Testimonials

According to Ms. Sunartri as a teacher of State High School 1 Cangkringan "Gotalty application is good and can provide motivation and encouragement to students. Then there is a menu of diaries that students can use to devote all their problems that can also be used for writing exercises. A mentoring menu that can certainly answer their problems, when they need answers." In addition, testimonials were also given by students of State High School 1 Cangkringan which stated that "Gotalty application is good and very helpful to solve the problems that are being faced with the advice given. The features contained in the application are also very interesting, can eliminate fatigue, and knowledge about mental health becomes increased."

Students' Responses to The Use of Gotalty Apps

Students' responses to the perceived impact during using the Gotalty app are shown in TABLE 2.

TABLE 2. Impact of Gotalty App Use on Students

Physiological Aspects		
Indicators	**Work**	**Didn't work**
Students feel tired faster when doing daily activities after the online learning	17 students (2 male and 15 female)	10 students (3 male and 7 female)
Students experience headaches/ dizziness when doing activities after the online learning	17 students (5 male and 12 female)	10 students (10 female)
Students Experience muscle tension or pain after the online learning	17 students (4 male and 13 female)	10 students (1 male and 9 female)
Cognitive Aspects		
Indicators	**Work**	**Didn't work**
Students have difficulty completing assignments during online learning	21 students (3 male and 18 female)	6 students (2 male and 4 female)
Students have difficulty concentrating on online learning	16 students (3 male and 13 female)	11 students (2 male and 9 female)
Students need more time to understand learning materials online.	16 students (1 male and 15 female)	11 students (4 male and 7 female)

Affective Aspects

Indicators	Work	Didn't work
Students are not present in online learning through *Google Meet*	13 students (4 male and 9 female)	14 students (1 male and 13 female)
Students want to cry when they don't understand the learning materials delivered online.	25 students (4 male and 21 female)	2 students (1 male and 1 female)
Students worry about not being able to keep up with online learning	25 students (5 male and 20 female)	2 students (2 female)

Benefits of Research

The benefits of using the Gotalty app consist of the social, health, and educational benefits shown in TABLE 3. as follows.

TABLE 3. Benefits of Gotalty Application

Social Benefits	Health Benefits	Benefits of Education
Increase students' concern for mental health both for themselves and the environment around them. This is shown through the results of *the post-test* that as many as 20 out of 27 students answered that their concerns increased after using the Gotalty application.	Reducing the physical and mental fatigue experienced by students during online learning is shown through posttest results that as many as 26 out of 27 students feel gotalty application can help alleviate anxiety and anxiety about the problem.	Helping teachers to know the obstacles experienced by students in online learning shown through posttest results, namely as many as 27 students answering psychology articles can increase their knowledge related to mental health, helping reduce the level of distress students during online learning increases students' knowledge of mental health.

Sustainability Potential

1. Gotalty application can be used by Sma Negeri 1 Cangkringan independently
2. Further development of gotalty app includes:
   a. Enlarge the storage system
   b. Add notifications to the mentoring feature
   c. Improve the appearance of the article feature
3. Community service program can be aligned with the Kemendikbudristek kampus merdeka program

CONCLUSION

The conclusions obtained after the implementation of the totality application are as follows

The application can help alleviate anxiety about the problems experienced by program partners also Increase the knowledge of program partners to mental health that shows the psychoeducation process is successfully carried out, and increasing concern for mental health.

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