

The Role Of Psychology In Overcoming Student Borneo In Learning

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Abstract

This study aims to see the role of psychology in overcoming student saturation in learning. Learning is an activity carried out by an individual every day, but in learning, various problems are often found in the process of changing behavior. One of them is the feeling of boredom that is experienced when carrying out the learning process. The method used in this research is qualitative research with library research. The results showed that the problem of learning saturation experienced by students was one of the obstacles that made the quality of student learning outcomes low. Factors causing boredom in learning include the lack of motivation in the learning process, the low creativity of the teacher in presenting interesting material in the learning process. So that this does not become a disturbance in the student learning process, the role of psychology is used in overcoming the saturation experienced by students in learning.

Keywords: Learning; Student Saturation; The Role of Psychology

Introduction

The preparation of the younger generation in physical and spiritual aspects is basically the purpose and function of education. Education focuses on increasing the ability, experience and knowledge of the next generation. This scope is the basic concept of education, in which education is oriented towards preparing the younger generation as successors to the older generation.

Low student learning desire, laziness, boredom, and decreased student achievement levels are a serious condition. This condition is caused because the reason and critical abilities of students do not work properly as they should, causing boredom in students which in turn becomes a factor hindering student learning efforts. Fatigue and boredom experienced by students is also caused by the existence of too long study hours every day, moreover students do not like the subject being taught by the teacher. Ineffective learning is caused by the inefficient process of conveying information to students, so that students are increasingly disinterested in the subject being taught.

The main factor that helps the formation of students' knowledge is the environment. This is because students are more in direct contact with the environment than their families. Environmental conditions are very decisive for students who are in a stage of change, because students are trying to identify themselves from finding their own identity. It is at this stage of development that the potential for boredom in students is very high, in which students are experiencing physical and psychological growth, and of course the psychology of students at this stage tends to be very unstable. Boredom is so common that many consider it a normal phase of growing up (Hunter & Csikszentmihalyi, 2003). Boredom encompasses the subjective core impression that there is nothing meaningful to do and that the time is passing slowly accompanied by feelings of dissatisfaction, despondency, annoyance, stress, and a sense of entrapment (Martin, Sadlo, & Stew, 2006).

The condition of fatigue and boredom in students basically really needs to be addressed immediately because it will have a negative impact on students. A few longitudinal studies suggest that increases in leisure boredom during adolescence may be associated with concurrent increases in youthful problem behaviors, especially in externalizing behaviors (Sharp et al., 2011). A decrease in the level of student achievement, a sense of anticipation, and even frustration is a real form of neglecting the state of boredom and fatigue experienced by students. Thus it is very important then to review related to the saturation and fatigue of students in participating in learning in order to find common ground as a solution for future learning.

Method

Research with a literature approach or more commonly referred to as table research or analysis. The action taken is to collect data in the form of books, journals, and documents related to the research topic. The sources that have been collected are then examined carefully and interpretations are given to the conclusions obtained from various related reading sources. However, this paper also involves sources from the internet as supporting data.

Results and Discussion

1. Conception Regarding Learning

The process of recognition and interaction between humans and the environment is often referred to as learning psychology. This is indeed the essence of human existence in the world. Humans cannot learn on their own, humans need people who know better as guides in the learning process, these guides are then referred to as teachers whose job is to monitor changes every day. The ability to compete with the free world is one of the main goals of learning behavior. In addition, humans never stop in the learning process, because learning knows no time and age. Even learning is also the nature of humans which then the learning process is institutionalized and is referred to as education. Thus it can be understood that education is an implementation of a learning system that is carried out in stages.

In short, learning is a process of change, and to achieve the goals of these changes a systematic learning system is implemented, so that it can develop in a directed manner. That is, the expected changes in education are not only focused on achieving competence alone, but also giving priority to the growth and development of attitudes, mentality, and morality in those who are studying. Through education it is expected to be able to provide a significant change from not knowing to becoming more familiar. Saturation can be interpreted as a condition of someone who is under deep pressure (Daschmann, Goetz & Stupnisky, 2011). Lack of enthusiasm in life, decreased intensity of one's activities, and boredom are the effects of a person's mental condition that is not good or is referred to as boredom (Fisher, 1993). Meanwhile, according to Larson (2000) saturation is defined as a waste of learning time, which does not get the expected results.

2. Study Saturation

Unenthusiastic, lethargic, unenthusiastic conditions are a real form of a person's lack of motivation to learn and a poor mental condition. When someone is tired and bored, someone will lose concentration in receiving messages and in the end there will be no change in the learning process. Time that is too long also causes a person to feel tired and bored. This situation will always exist in the learning process, where fatigue and boredom are one of the unavoidable obstacles in the learning process. And in the end the learning process does not go well and cannot move on to the next level.

Fisher (1993) said that there are characteristics of feeling tired and bored in a person, these characteristics can be in the form of no enthusiasm for learning, laziness, lethargy, and also accompanied by a sense of reluctance. The same thing was also stated by Syah (2010) who in detail divided the emergence of a feeling of saturation in a person into 3 indications, namely:

- a. First, there is a feeling that there is no change in one's learning outcomes so that one feels in vain because he has wasted his time studying. Usually marked by the existence of assumptions that everything he hears is just passing by.
- b. Second, the system will not work and a person's critical abilities during the process of receiving information. Gagged information will certainly cause limitations in learning progress, so that no new knowledge and experience is gained when returning from the place of study.
- c. Third, there is no motivation and consolidation, this condition is very detrimental in which students feel that they are alone and do not need to take any action.

The conception of learning theory that has been exposed above shows in detail that the term saturation is always related to the passive attitude of students. The passive attitude in question is that it begins with a feeling of not being able to develop student knowledge, which then students feel that what they are doing is a futile action. It is this presumption of futility that becomes one of the factors in which students increasingly think that they are alone and have no motivation to do activities.

3. Factors Causing the Growth of Saturation in Shiva

The most common factor that often causes student boredom is fatigue. Fatigue can cause feelings of boredom and discomfort in students. This was clearly explained by Cross (1974) stating that the fatigue that is often experienced by students can be classified into two types, namely:

- a. Internal factors
 - 1) Fatigue on the student's senses (physical)
 - 2) Mental exhaustion of students

What causes students to experience mental fatigue, namely:

 - a) The anxiety experienced by students is a consequence of fatigue itself.
 - b) Students' anxiety is more towards the standard of achievement that has been determined by the teacher which is considered too high and is afraid that it cannot be achieved.
 - c) And the feeling of anxiety is caused by the high intensity of competition.
- b. External factors of students

The external factors referred to are the background of the students, the condition of school facilities and infrastructure, and the unsupportive community environment.

 - 1) First, the family factor, in which the students' first teachers are parents, students when at home will learn about the relationships of family members at home, family circumstances, and the economic situation of their families.
 - 2) Second, the school factor. The school aspect refers more to the way the teacher provides information to students, starting from the methods, strategies, and materials the way the teacher gives assignments to students.
 - 3) Third, the community factor. The strongest external factor is society, because every time students will be faced with their environment.

According to Fisher (1993) mentions the factors that cause boredom in learning, including:

- a. The learning method used by the teacher is not varied.
- b. Monotonous only in the same place.

- c. There is no new atmosphere in the class.
- d. Lack of activity and connection between material and the world of fantasy or entertainment.
- e. Teachers are not able to mentally prepare students, so students become tense in the lesson.

Factors causing student boredom do not stop there, but there are other factors, as explained clearly below.

- a. Factors of the physical condition of students In learning students who have a healthy physical condition will learn faster, because there is nothing to hinder them, while students who have a history of illness, the learning process will be disrupted by the pain. This is more related to the provision of nutrition to students.

- b. Psychological condition factors in students

The quality and quantity of knowledge obtained by students also depends on the psychological condition of the students. IQ level of students IQ level of a person determines the ability of that person in achieving its goals. The smaller the IQ, the lower the chances of success. And it also applies vice versa if the student's IQ is high. IQ can be said to be the ability of the brain to respond to information, stimuli, or stimuli precisely and quickly. In other words, IQ does not only mean the quality of the brain but also relates to other organs of the body.

According to Syah (2013) also put forward several factors that cause student learning saturation:

- a. Disproportionate allocation of time between class hours and student breaks.
- b. Learning is too rigid and not accompanied by intermezzo or jokes to revive students' enthusiasm.
- c. There is no place for learning that is appropriate and in accordance with the topic of learning, moreover it is very close to the crowd so that it causes students' concentration to break.
- d. There are no safe environmental conditions or are in a state of conflict, be it family, community, or the environment itself.
- e. The teacher does not provide daily feedback and evaluation of learning.
- f. Learning still uses the old way, namely lectures.
- g. Students are forced to study, because the students' mentality is not prepared properly by the teacher.

The factors mentioned above clearly show that the learning environment is a key factor in the success of a learning process. The learning environment has an important role in maintaining student concentration during learning activities. At this point it can be understood that the noise level of the learning place is one of the factors for successful learning for students. The noise provokes students' ears to respond to the noise, so that it can disturb students' concentration. Another important factor is the existence of conflict in the place where learning activities are carried out, this conflict causes learning activities to not take place because the need for a sense of security can no longer be fulfilled.

What's more, the conflict occurs between students and teachers, of course it will cause both parties to be open-minded. Furthermore, learning will not be successful when the learning process only uses conventional methods, where learning time is only spent by the teacher explaining the material and there is no dialogue space in it. These factors cause students to not be able to adapt properly and students will more often be provoked to pay attention to aspects that have nothing to do with the lesson (Cohen & Weinsten, 2018).

The effect of boredom and fatigue is very large on student learning outcomes, besides that it also has an effect on student psychology. Saturation in students is generally characterized by a decrease in student achievement and learning objectives are more often not achieved. Therefore, this incident must be addressed immediately and solutions found to overcome it, and all of this is the responsibility of the teacher.

4. Understanding of Educational Psychology

In accordance with the previous understanding that psychology is the science of the human psyche. This science seeks to provide studies of human behavior both closed and open with the surrounding environment. Education has a meaning as a series of tiered and continuous processes to make a person better.

Education is defined as a process to prepare citizens, and in practice it has been neatly arranged and structured to provide provisions for students to become better. Thus it can be understood that educational psychology is a series of systems that are structured to provide a space for processing the transfer of knowledge, understanding, and action for students.

5. The Role of Psychology in Overcoming

The learning process is a successful absorption of information or stimulus from the teacher to students, the process is not determined by the time allocation, each student has his own time to study. That is, the allocation of a long time in the learning process is not a solution for the success of learning, because it causes students to feel bored with the subjects they are following. Therefore the science of psychology really needs to be present in the world of education.

The scope of psychology does not only talk about students' psychology, but also the pattern of how students capture information from their teachers. Therefore, mental development really needs to be done before learning begins, even though each student has different mental readiness. In this paper, it is explained in detail about tips for overcoming student boredom in learning activities which are presented in detail in the sub-chapters below.

a. Teachers in Determining Approaches

Strategies that match the needs of students are the most important part of learning, it is intended that the process of conveying information can be well received by students. by using a psychological approach, of course these needs will be easily understood so that they can determine the right steps for the future. This psychological approach provides direction to teachers in using learning media such as audio, visual, and audio-visual, with the aim that it is easily stored in the students' brains.

b. Psychology Makes the Learning Process More Effective

The existence of a psychological approach to learning makes it easier for teachers to know the habits and needs of students. After the habits and needs of students are known, the teacher only needs to develop a learning strategy that suits the needs and habits of these students, so that learning goes on effectively.

c. Providing Opportunities For Students To Absorb Information More Quickly

Learning strategies that are suitable for the needs and conditions of students will certainly have an impact on the ease with which students absorb information. In order to see this success, psychology is needed to examine it. When information is studied in depth, of course, it will also provide the right meaning for that information, therefore to see it requires many points of view.

- d. **Psychology As A Learning Strategy Evaluation Tool**
Prevention of concentration and learning difficulties can be done by utilizing the science of psychology in education. Psychology is able to read the habits and needs of students so that it can provide solutions in terms of maintaining student concentration. When students are able to concentrate, the next stage is to facilitate the delivery of information so that the information can stick in the student's brain. So complex is the role of psychology in aspects of improving learning strategies.
- e. **Psychology Can Provide a Way to Adjust**
The evaluation results are used as a basic reference in determining further learning strategies, this action is a form of adjustment between the teacher and students. With such self-adjustment, of course, it will eliminate obstacles or learning difficulties in the form of fatigue and boredom. Starting from the difficulties and constraints experienced in the previous lesson, the adaptation process will also be better.
- f. **Psychology Can Be Used as a Motivating Tool**
The development of student learning does not develop well when there is no interference from other parties. Therefore, providing motivation is one of the most important aspects of the learning process. In addition, motivation can also spur enthusiasm on students and provide complete confidence to students. Other people have an important role in a person's learning process, in which in the learning process a person needs rewards or punishments as his motivation.
- g. **Give *Reward* and *Punishment***
Rewards and punishments or sanctions are old terms that are often used in various aspects of life, including in the world of education. Rewards and sanctions are a follow-up to giving motivation to students. When students reach the target, they are given an award, while students who are unable to penetrate the average standard will be given sanctions in the form of assignments or in other forms. This concept is very reasonable and commonly applied anywhere.
- h. **Giving Direction in Self-Knowing Efforts**
The learning process will be better if you are able to recognize yourself first. One of the difficulties of learning in a person is because the person is unable to recognize himself, so he does not know what he needs. Regarding the world of learning psychology, it plays an important role in improving learning outcomes through self-knowledge.

Conclusion

Referring to the results of the document analysis carried out, it can be understood that there are three points, namely 1) boredom and fatigue affect student learning outcomes, 2) students need an introduction to themselves, and 3) students need encouragement both from within themselves and from outside themselves. Therefore to overcome the problem of saturation that occurs by using a perspective from psychology to overcome this problem.

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