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## The Impact of The Covid 19 Pandemic on The Emotional and Physical Students of Sungai Petani Community College

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### Abstract

There are challenges and impacts faced by students of Institutes of Higher Education in the teaching and learning process after the Covid 19 pandemic period. Most students experience some effects on emotions and physical aspects. This study was carried out on the students of Sungai Petani Community College for the purpose of identifying the impact of the Covid 19 pandemic on the above factors. A total of 108 students were involved in this study. A questionnaire was used as a research instrument to obtain student feedback on the implementation of teaching and learning after Covid 19. Based on this study, it was found that both aspects, namely emotional and physical, showed positive effects. However, for the physical aspect it is at a moderate level. Therefore, the college management needs to plan an appropriate method to overcome the problem.

**Keywords:** Pandemic Covid 19, Emotional, Physical

### Introduction

The spread of Covid-19 has hit the whole world since the end of 2019. Malaysia has not been exempt from this pandemic since February 2020 until the government had to implement the MCO (Movement Control Order) starting in mid-March 2020.

Since the government's enforcement of the MCO, almost all sectors have been closed, including the education sector. The effect of this closure has disrupted the teaching and learning system in all educational institutions including the Ministry of Higher Education (KPT) and the Malaysian Ministry of Education (KPM). The KPT and KPM had to find other alternatives to ensure that the goals of education could be preserved. The Ministry has proposed virtual teaching and learning (e-learning) in all educational institutions. Online learning during the pandemic is a new method in teaching that allows the teacher-centered approach to be changed to student-centered learning. This learning concept, also known as e-learning, is an influence in the process of changing traditional education into the virtual world (Jafar, 2020).

E-learning involves the use of information technology in the preparation of materials, knowledge, learning platforms and technology-related skills (Abu Hassan et al., 2021). In addition, the involvement of digital devices in addition to quality internet access is also a requirement to improve the quality of education in implementing e-learning. Various e-learning platforms that are used nowadays such as Zoom, Webex, Google Meet, Google Classroom, Telegram, Whatsapp and Youtube applications. Having a platform like this can help students follow the learning process more easily (Aisyah et al., 2021).

Online learning activities create a great impact on student attitudes. Therefore, this article was written to see the impact of Covid-19 on the emotional and physical effects of students. The author hopes that this study can help the management of Sungai Petani Community College to monitor and design appropriate programs to deal with the impact above.

### **Problem Statement**

The Covid-19 pandemic has had an impact on the education sector which means that learning is not allowed face-to-face at school but is carried out at home so that learning and teaching activities are carried out online using current information technology. (Kusuma & Sutapa, 2021) explained that online learning is the implementation of online classes to reach a large target group, so that PdP can be held anywhere and attended for free and paid. Therefore, the implementation of online learning methods has changed the paradigm of face-to-face PdP practice for both instructors and students. The development of the 'new norm' in the world of education has an indirect impact on students which involves changes to their psychological and social (Daud et al., 2021).

In addition to the importance of students' health during online learning, (Muhammad, 2016) states that motivational factors have a very important influence. Motivation is one of the factors that will determine the achievement of a student's learning outcomes. In this regard, motivation becomes a catalyst in determining student behavior to work or study with initiative, creativity and direction. In addition, many users of e-learning platforms see that online learning helps ensure easily manageable learning and creative teaching materials (Gautam, 2020). Online learning methods encourage students to attend classes from anywhere, especially in this Covid-19 pandemic situation (Nurja et al., 2022).

However, there are issues or challenges in the implementation of online learning that are often highlighted by instructors and students. Among them are issues related to anxiety, attitude and behavior, knowledge gained not in line with practical skills, cyber security and misuse of technology (Mukhtar et al., 2020). Therefore, the objective of this study is to see the impact of Covid-19 on the emotional and physical effects of Sungai Petani Community College students.

### **Research Objective**

1. Identifying the impact of the Covid 19 pandemic on students' emotions
2. Identifying the impact of the Covid 19 pandemic on the physical condition of students

## Literature Review

### The Covid 19 Pandemic

The impact of the Covid 19 pandemic has had a negative impact on the lives of the global community, especially students around the world. It triggered an unpleasant feeling in the community due to the spread of the Covid 19 disease. (Kamsani & Mahat, 2021)

The Covid 19 pandemic that hit the whole world starting at the end of 2019 has now entered the endemic phase. It has had many implications in the daily life of people today. (Nor et al., 2022). While according to Jafar et al (2020), the impact of Covid 19 includes psychological factors, emotions, feelings, thoughts and invites anxiety among students.

### Online Learning

Online learning is an important necessity in the Industrial Revolution 4.0 Education in today's world (Abdul Rahman & Rosli, 2021). While according to (Mustaffa, 2020), there are some problems with the ability to adapt existing technology for a few streams of Education that are not synonymous with this kind of medium. Rashid et al (2020) also think that there is academic pressure when students are unable to adapt to new ways of learning. However, there are challenges and impacts faced by students of Institutes of Higher Education (HEIs) in the Teaching and Learning (PdP) process after the Covid 19 pandemic period because students are too engrossed with gadgets and have the effect of lacking interest in independent activities.

### Impact of Covid 19 on Students

Covid 19 has implications in people's daily lives, especially students. There is a change in the situation from face-to-face teaching and learning methods to online learning. (Hidayatun et al., 2018). Undoubtedly, this method can also cause stress to students, parents and teachers to adapt to new norms with various challenges including internet access, device availability and so on. However, when the students are used to the situation of online learning, to some extent it causes a lack of interest in physical activity.

### Effects on Emotions

Emotion is defined as an expression of strong instinctive feelings such as love, happiness, shame, sadness, fear and so on. In psychological terms, emotions are a person's internal language that is closely related to physical reactions from the sensitivity of internal and external feelings (social interaction). It is also an internal movement of the mind that is manifested as an effect of external influences.

According to Holmes et al (2020); Gunnel et al (2020) stated that the Covid 19 pandemic has had an impact on physical and mental health as well as impacting stress and trauma, depression and anxiety that can affect a person's emotions. Therefore, emotionally a person may feel worried, worried, angry, disappointed, afraid, sensitive, impatient and hot-tempered (Ismaal, 2020).

While according to (Mustaffa, 2020), the Covid 19 pandemic has also affected the field of education involving students, teachers and even parents. The teachers also have to face their own challenges when implementing the online learning process because there are students who do not have good internet access or the absence of appropriate technology

tools at home. At the same time, parents are also burdened by having to take over the task in their children's learning (Abdullah & Bahari, 2016).

### **Effects on Physical**

The involvement of physical activity is very important in our daily life in forming a healthy lifestyle. Physical activity is very beneficial for health and helps us improve or maintain one's physical and mental well-being when it is done regularly and systematically.

According to a study made by (Amirul et al., 2017) states that involvement in physical activities in a planned or unplanned manner becomes a catalyst for holistic student development. While according to (Covid, Farhana, Rahman, & Rosli, n.d.), it is thought that the health of the body is emphasized by engaging in physical activity. However, through a survey made by (Amirul et al., 2017) showed that students' weekly physical activity involvement was in the inactive category during the Covid 19 pandemic.

(Norsaidatina et al., 2021) also stated that the effects of the Covid 19 contagion also limit daily activities leading to inactivity among individuals and become a concern if this habit continues in the future. Therefore, it is recommended that students should do physical activities systematically and continuously to maintain and improve their fitness and physical health.

### **Methodology**

The research methodology in the third chapter discusses the selection of research design, data collection methods, population determination and sample selection, pilot tests and data analysis methods that will be used in the collection and processing of data later.

### **Study Design**

This descriptive study involves the selection of a research design using quantitative methods based on questionnaires and using cross-sectional data collection. While the unit of analysis is focused on the students of Sungai Petani Community College, Kedah.

### **Sampling**

The study sample consisted of all students of Sungai Petani Community College, a total of 274 students from 4 programs. but a total of 108 students have answered the questionnaire.

### **Study Instrument**

The research instrument used a set of questionnaires that were built involving the use of Bahasa Melayu. The research instrument will go through the process of testing the reliability and validity of the instrument.

### **Data Analysis**

Quantitative research data will involve the use of 2 software, namely Statistical Package For Social Science (SPSS) 21. Statistical testing will be analyzed based on the objectives and research questions. The use of SPSS 21 software is to obtain descriptive data to solve and answer the research hypothesis.

**Research Analysis and Research Results**

The respondents of this study consisted of Sungai Petani Community College students from various programs. The researcher has distributed 1 set of questionnaires to all students. The total number of respondents for the student category is 120 people. Only 108 respondents answered the questionnaire. The results of the study were analyzed using SPSS.

Table 1  
*Mean and Standard Deviation Analysis of the Impact of the Covid 19 Pandemic on Students from an emotional aspect (N=108)*

<b>Descriptive Statistics</b>			
	N	Mean	Std. Deviation
Online learning helps balance study time and daily life activities	108	3.5833	1.01507
Online learning is very convenient for me	108	3.5370	.87995
Online learning allows more assignments to be completed at one time	108	3.5648	.99788
Lecturers are very important when online learning is implemented	108	3.5926	.97671
Online learning improves my level of understanding	108	3.8889	.67441
Valid N (listwise)	108		

Table 1 shows that through online learning, students can increase the level of student understanding which is at a high level with a mean value of 3.88 with a standard deviation of 0.67. While the students stated that online learning makes it easier, which is at a low level, which is a mean value of 3.53 with a standard deviation of 0.8. From these statistics, it clearly shows that students receive positively in learning online during the Covid 19 Pandemic.

Table 2

*Mean and Standard Deviation Analysis of the Impact of the Covid 19 Pandemic on Students from a physical aspect (N=108)*

### Descriptive Statistics

	N	Mean	Std. Deviation
Online learning makes less body movement in learning and daily life activities	108	3.6667	.94720
Online learning affects body posture	108	3.7407	.77785
Online learning creates physical tension	108	3.5370	1.00862
Online learning causes obesity due to lack of movement	108	3.5926	.92763
Online learning affects the digestive system	108	3.5648	.88891
Online learning increases the level of intelligence and efficiency of the mind	108	3.3981	1.00410
Valid N (listwise)	108		

Table 2 shows that through online learning, affects body posture at a high level with a mean value of 3.7 with a standard deviation of 0.77. While the students gave feedback where online learning did not improve the level of intelligence and mind efficiency which was at a low level which was a mean value of 3.53 with a standard deviation of 0.9. From these statistics, it clearly shows that through online learning, there are problems faced by students which are related to physical aspects.

### Discussion

The results of this study show that students give feedback that they are more comfortable learning online because they can divide their time according to their suitability between learning and daily activities. In addition, the findings also found that students find it quite difficult to understand online learning due to factors online problems, learning environment and concentration during learning activities. This study is supported by the study of Mustafa (2020) where it is said that there are students who do not have good internet access, especially students who live in rural areas.

While from the physical aspect, the study found that students have some problems with body posture due to the factors of body position during learning for a long period of time. Besides that, there are also students who express a lack of intelligence and mental efficiency because the learning position causes loss of concentration which is one-way. The findings of this study are in line with the findings of the Buheji et al (2020) study that students face difficulty sleeping at night, fatigue, excessive worry, lack of focus, restlessness and muscle tension in addition to other physical conditions.

## Summary

It can be concluded that there is a positive impact on online learning on students during the covid 19 pandemic. Students are more comfortable and easy to balance between learning and daily life at home. It has a positive impact on students' emotions in the learning process and can manage time more effectively.

However, from a physical aspect, the results of the study found that students experiencing body posture problems are likely due to the position of students during online learning. Some of the factors causing this problem because the students are from different family backgrounds. It is different if students follow learning in a lecture room where students are provided with a comfortable and conducive infrastructure.

The findings of this study can be used as a guide to educational institutions to return the learning pattern to normal so that the negative impact can be overcome immediately.

In addition for future studies can look at the relationship between family socio-economic factors, parents' situation on the emotional and physical impact of students. This is important for us to know if financial factors and parents' encouragement can affect the online learning situation of students.

Therefore, it can be concluded that the importance of such research is explored to ensure that students are emotionally stable and in good health to achieve excellent results in learning.

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