

Research article

Factors Causing Academic Anxiety in Students With Special Needs

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Abstract.

This study aimed to determine the factors that affect the academic anxiety of students with special needs at the Faculty of Teacher Training and Education at Universitas PGRI Yogyakarta. Qualitative research methods were used. 9 students with special needs participated, including lecturers of guidance and counseling and lecturers of special education. According to the findings, the factors causing academic anxiety in students with special needs came from themselves (personally), from the surrounding environment, and in the learning process, especially in doing assignments given by the lecturer, and due to the final results/grades.

Keywords: academic anxiety, students with special needs, students

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1. Introduction

Schooling is a system that includes three dimensions, the person, society, or national community of the man or woman, and the complete content material of truth, each fabric and spiritual, which plays a role in determining the nature, destiny, shape of guy, and society. Studying in Indonesia has inherited a number of thoughts from predecessors or philosophers of archipelago training who have their very own capabilities. Philosophers of the archipelago inherit a couple of minds for advancing Indonesian training [1]. Upon reflecting on the country of the field of deaf education, in particular the hegemonic forces at play and the results of the students educated under this machine, I delved into the realm of cultural studies and social justice pedagogy[2]. Education is greater than simply teaching, which may be stated to be a system of know-how transfer, price transformation, and persona formation with all the components it includes. Schooling is the maximum critical issue for any united states of America to develop and prosper. Training molds the person and intelligence of people. It also provides talent and motivation to all and sundry[3]. Accordingly teaching is greater orientated toward the formation of experts or positive fields, therefore their attention and hobby are more technical in nature. This vicinity of learning is generally called citizenship education or civics education. Different

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phrases like values education, moral training, or man or woman education have also been used to explain curricula that put together young humans for participation in societies[4].

To optimize education for kids with special wishes, it is necessary to have complete consciousness of educators approximately the importance of schooling for youngsters with unique wishes, conditions, and traits (benefits and disadvantages) of kids with unique desires, and dealing with within the world of education that can be executed with the aid of instructors in optimizing the talents possessed by means of children with special desires. In keeping with[5], casual education is a lifelong studying method that happens in each character inside the system of acquiring values, attitudes, talents, and understanding via day-by-day enjoyment or the have an impact on of training and different sources across the surroundings. A small wide variety of observational studies of inclusive classrooms for college kids with intense disabilities recommend the gain of inclusive of those students in standard schooling, whilst also indicating a want for extra information about how these practices can be implemented[6].

Youngsters with special needs are children who're particular in their kinds and traits, so they may be distinctive from ordinary children in their age. To make certain that students with incapacity are not at a significant disadvantage in comparison to their non-disabled opposite numbers[7]. The variations that exist in youngsters with unique needs may be visible from the differences among interindividual and intraindividual. Those youngsters normally have trouble interacting with the environment, so it is often an assignment for both teachers and dad and mom. With the intention to expand its ability, it calls for deep know-how and unique coaching. This push which includes students with disabilities in the preferred schooling classroom has been visible across the world as nicely, now not most effective inside the location of education but also through businesses just like the united nations, the sector bank, and the council of the ECU union[8].

Students with special wishes need a special gaining knowledge of technique. A varied movement pattern is assumed to increase the capacity of students with special desires in mastering activities (associated with bodily formation, feelings, socialization, and reasoning electricity). The focus is on the person scholar boom instead of exchange with intact corporations in duty systems[9]. The essence of movement patterns that could increase the self-potential of children with unique wishes is creativity. Similarly, the development of precise approach principles can be used as a basis for efforts to educate youngsters with disabilities. The foundations of personal perception of the

sector around the child are laid via the own family and faculty, however, the very last formation of personality takes place within the pupil's years[10].

Folks with disabilities or within the international of unique education, children with unique wishes, are children who within the system of their growth or development enjoy widespread abnormalities or deviations (physical, mental-highbrow, social, emotional) compared to other youngsters their age. One of the troubles faced by using universities is accessibility.

Students with unique wishes to attain their academic levels need to entire numerous guides in the curriculum properly. Growing college students' belief in their potential is an antecedent for attracting with and achieving higher degrees of overall performance[8]. For students with unique wishes, this is very notable. The lecture implementation technique which frequently takes time and concept makes college students with unique wishes feel stressed because of the huge variety of materials and assignments that have to be finished properly. Therefore, the implementation of lectures may be labeled as a tension stressor for college kids. Academic stress is related to rising intellectual fitness difficulties, including anxiety and melancholy, among university students[11]. The effect of hysteria on students will increase troubles related to motivation, achievement, and psychological impacts. The achievement gap between students from excessive and low socio-economic backgrounds can be attributed partially to the differences in family assets vis-à-vis finances, academic steerage or statistics, parental involvement, or language abilities[12]. Alongside own family contributors, the function of peers and help groups at university also influences educational outcomes[12].

The anxiety of students with special wishes in sporting out lectures at the university is one of the signs and symptoms of academic tension. An educational environment is wherein college students enjoy a ramification of stress-related situations together with giving a class presentation, fixing problems against the clock, and managing tests and examinations[13]. Educational tension is a circumstance as a result of immoderate feelings of tension with diverse educational responsibilities in academic institutions. While the tension felt by way of college students is excessive, it'll have a negative impact, due to the fact college students enjoy psychological stress so that scholars get bad learning consequences and keep away from assignments extra, this is because of a decrease in attention span, attention, and memory in college students.

The consequence of transient observations made with the aid of researchers on the PGRI yogyakarta university, there have been approximately 10 students with special desires who were in the instructor education and schooling college of the Universitas PGRI yogyakarta. These college students are inside the steering and counseling have

a look at the program and the unique education examine the application. They need to get the identical getting to know as everyday children, need to broaden their potential and reach their desires. Aside from looking to get a diploma and attain their goals, they also want to broaden and revel in the way to occupy the college bench. They stated we may be even extra than everyday youngsters, even though we enjoy boundaries, this friendship is not always an impediment for us to expand and is a pleasure for everybody.

2. Research Methods

This type of research is qualitative research. The main subjects in this study were students with special needs at the Faculty of Teacher Training and Education, Universitas PGRI Yogyakarta, while the supporting subjects were lecturers from the Guidance and Counseling of the Faculty of Teacher Training and Education, Universitas PGRI Yogyakarta and lecturers from the Special Education Faculty of Teacher Training and Education, Universitas PGRI Yogyakarta. The data collection method in this study is to use the interview method.

The data analysis used in this study is to use data triangulation, by comparing the results obtained from students with special needs with the lecturers of the Guidance and Counseling of the Faculty of Teacher Training and Education, Universitas PGRI Yogyakarta and the Special Education Faculty of Teacher Training and Education, Universitas PGRI Yogyakarta.

3. Factors That Cause Academic Anxiety

Interviews were conducted with steering and Counseling to look at program academics who assist college students with unique needs. Interviews had been conducted through open interviews with lecturers of the steering and Counseling of the school of teacher schooling and schooling, Universitas PGRI Yogyakarta. There are several interviews about the elements that purpose instructional anxiety in students with special desires.

The outcomes of the interview with the guidance and Counseling lecturer stated that the elements causing instructional anxiety said that the situation that might purpose anxiety turned into the achievement expected by college students with unique wishes. Students with special wishes in the implementation of lectures are not isolated however put together with college students who do no longer have unique wishes. So that there is a separate challenge for college students with special wishes about the results of the implementation of getting to know.

Despite the fact that ultimately, college students with unique needs get consequences in the form of first-class grades and are not inferior to the scores of different college students who no longer have special needs. The motive of the fine score is the support from the surrounding surroundings that is received by way of students with special needs. Factors that could affect tension are the surroundings across the character. Parents almost always want the first-class for their kids: many harbor goals of top colleges, followed via moneymaking careers within a global, competitive financial system. For young people to satisfy these expectations, although, they should carry out nicely at some stage in the school years[14].

Based totally at the outcomes of interviews with guidance and Counseling have a look at application teachers, there's no distinction within the syllabus given among college students with special wishes and students with non-special desires. Steerage and Counseling have a look at software lecturers to see that students with special needs can adapt to the fabric given. But a few references motivate college students with unique desires to now not be capable of complying with the references given, for instance, from ebook references for the mastering system. For the ones analyzing a foreign language, the capacity to speak thoughts in written shape is the last aim[15]. So that after sporting out gaining knowledge of activities including shows, students with unique needs do not display the references given by way of the steering and Counseling observe software lecturers but display different references. So this causes tension in college students with special wishes while presenting.

Counseling lecturers saw that the presentation and cloth received via students with unique desires did now not come out of the hall of the cloth. However, because this pupil with unique needs is terrified of making mistakes the presentation can not be the gold standard. Academic tension is anxiety that is triggered with the aid of a lack of self-belief in one's ability to deal with academic obligations.

The outcomes acquired from interviews with guidance and Counseling examination program teachers display that there are deficiencies that scholars with special wishes have, causing those college students not to be maximal in following the studying method at the university. This anxiety is as a result of matters that are not clear and not associated with whatever is every so often observed by way of emotions of fear that have an effect on the overall character of students with special desires. Anxiety is present because of excessive emotion. Similarly, both of them were able to attend due to the accompanying environment, each circle of relatives' surroundings, school, and the purpose. Feelings of worry and worry about college students with special wishes intervene with the getting to know method being accomplished. So the mind and emotions consciousness of

shortcomings and disrupt the studying manner. Anxiety is the most regularly occurring mental fitness disease (33.7%) and is a developing global concern, with a huge impact on cognitive features[16,17].

Primarily based on the effects of interviews with steerage and Counseling observe application teachers that the anxiety that takes place in students with special wishes is associated with the instructional technique, particularly, there is no assistance from the start to those students, in order that the motion of students who're in the scope of buddies who each have unique wishes backgrounds go to the following level. University students with a large part unequal institution of friends want mentoring. Tension can occur because of ugly studies skilled through individuals when in their environment, for example with pals or classmates. This raises issues approximately people and individuals feeling insecure about their environment. Anxiety commonly entails mediating processes (thoughts) that bring about feelings that are not parallel to a few measurable hazards. Tension has variously been considered as a phenomenon nation of human business enterprise, the proof of noxious stimuli, as a physiological syndrome, and as a theoretical assemble invoked to account for shielding[18].

Interviews have been also performed with unique education look at application teachers who assist students with special wishes. Interviews had been carried out using an open interview approach to the special training faculty of trainer schooling and education, Universitas PGRI Yogyakarta. The results of the interview about the factors inflicting the educational anxiety of students with special wishes, particularly that several factors motivate academic anxiety of college students with unique needs.

Based on the outcomes of interviews with special schooling study application lecturers, one of the educational tension in students with special needs is the wrong belief. College students with special needs have the belief that the maximum of the unique education examination program is for students with special wishes. Perceptions that can be unique from truth motivate academic tension in college students with unique needs. The interplay of tension with performance consequences depending on numerous degrees is more than what is required for true overall performance by means of distressing the sportsman. Tension commonly involves mediating methods (thoughts) that bring about emotions that are not parallel to some measurable risk. Anxiety has variously been taken into consideration as a phenomenon country of human business enterprise, the evidence of noxious stimuli, as a physiological syndrome, and as a theoretical assemble invoked to account for protective behavior[16].

Further, based on the results of interviews with unique education have a look at software lecturers, the academic anxiety element skilled by using students with unique

needs is the boundaries that scholars with special wishes have, for example, folks that are blind or deaf. Within the absorption of cloth, there is mild trouble for college kids with special needs. So that scholars with special desires enjoy anxiety inside the learning procedure associated with the absorption of fabric provided by way of the lecturer.

The effects of interviews with unique schooling examine application lecturers display that scholars with special needs also enjoy academic anxiety while college students do assignments given via the lecturer. That anxiety arises excessively whilst doing assignments. That is due to the fact there is a sense of fear that isn't always top-rated in doing the assignments given by using the lecturer because of the specificities experienced by way of those students.

Even in amassing assignments, students with unique desires enjoy anxiety. This tension is that when college students are given the time to gather, college students with special needs are still unable to gather on time. Unique education observes program lecturers see that students with unique desires do now not have companions to help make assignments. Especially if there are no fellow students with unique wishes to assist with the task, so there is anxiety now not to complete doing the undertaking. Anxiety is a kingdom of thoughts in which the character responds with pain to a few occasion that has taken place or goes to arise. The man or woman is concerned with approximate events their occurrences and their effects. Well-known, these are the source of anxiety. However, anxiety can be both somatic or cognitive in nature. The symptoms of somatic anxiety incorporate intellectual worries as fears. In easy words, it's far a type of emotional disturbance[18].

The effects of the interview with the special training study program lecturer confirmed that there has been additionally anxiety associated with the worry of the teaching lecturer. This fear arises because students feel immoderate fear of a few teachers and college students with unique desires experience that the teachers do no longer recognize the specificities of college students with unique needs.

Interviews have been additionally performed by using three college students with special needs. There are several causes of educational tension taken from college students.

Based totally at the effects of interviews with college students with unique desires, the anxiety of students with unique wishes in the implementation of gaining knowledge of the university is that at the beginning of adapting to the college environment. Students with special wishes experience a bit of insecurity when interacting with other students who no longer have special needs. College students have an exceptional deal to balance the 2 vital situations posited and consequently move forward as a minimum in

terms of educational performance or fulfillment in a observe[17]. In order that when you ask approximately the gaining knowledge of fabric, it can not be conveyed a touch.

Students with special wishes additionally wish to have an associate within the gaining knowledge of process on the college. This is due to the fact students with special wishes ought to be able to speedy soak up the records obtained from the teachers. The effects of interviews with college students with special needs confirmed that scholars with special needs did now not need to overlook the material furnished by way of the lecturer. As said via[19], that teachers must apprehend how their scholars learn and what elements power their motivation in mastering. Mastering and motivation cannot be separated each different, they were related for a while as elements of successful coaching and learning

Similarly, based totally on the effects of interviews with students with unique desires, scholars with unique wishes also enjoy anxiety in doing assignments, due to the fact they ought to adapt to generation and also look for material from the assignment given. Sometimes delays that can't be tolerated make those college students with unique desires sense disturbing approximately the values one can seem in getting to know.

The results of the interviews from three respondents, namely steering and Counseling observes software lecturers, special education look at software academics, and students with unique needs, showed that the cause of the educational anxiety of students with unique desires turned into extra at the edition of students with unique wishes to the encompassing surroundings. Loss of self-self-assurance makes students with special needs seem traumatic to lecturers. Kifli[20] explains that academic tension is a hassle which might also have an effect on the majority of students' studying hobbies. In order that the instructional anxiety factor is raised from non-public elements, the environment, and the manner of getting to know accomplished at the college. Anxiety plays an important function in over lifestyles positively as well as negatively. We will better perform and respond to any tasks assigned to us while we take it significantly and aggravate approximately their final results[21]. Instructional fulfillment is the outcome of training the quantity to which a student, teacher, and organization have carried out their academic desires. Instructional fulfillment refers to the volume to which learners collect the know-how, capabilities, and proficiencies that the trainer seeks to train or assign[22].

4. Figures and Tables

TABLE 1: Causes of academic anxiety in students with special needs at Faculty of Teacher Training and Education, Universitas PGRI Yogyakarta.

No	Student Name (Initials)	Type	Causative Factor
1	IW	Deaf	There is a fear of getting a value that does not match
2	AAA	Daksha	Do something not according to the teacher's wishes
3	ARW	Deaf	Can't interact well with fellow students
4	LHP	Netra	Very few references so that it interferes with academic activities
5	SGP	Deaf	Limitations in oneself, so that there is a fear of not being able to fulfill the academic implementation given by the lecture
6	RTR	Netra	Looking for their own references, so they are afraid that they won't match the lecturer's wishes
7	DYP	Total Netra	The absence of a companion in the implementation of lectures
8	VRM	Netra	The absence of a companion in the implementation of lectures
9	AM	Deaf	Limitations in oneself, so that there is a fear of not being able to fulfill the academic implementation given by the lecture

5. Authors' Contributions

The first author, Eko Perianto, is tasked with seeking information from the counseling and counseling lecturers regarding the factors that cause academic anxiety in students.

The second author, Taufik Agung Pranowo, is tasked with finding information about academic anxiety in students. This information was taken from students with special needs in Faculty of Teacher Training and Education, Universitas PGRI Yogyakarta.

The third writer, Yulian Agus Suminar, was tasked with finding information obtained from Special Education Study Program lecturers.

The authors included all of the information and jointly included it in the research report.

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Students with special needs who are willing to share information about the academics that serve.

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