

Research article

Changes in the Behavior of Elementary School Students During the COVID-19 Pandemic

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Abstract.

School closures due to the COVID-19 pandemic have brought significant disruptions in the world of education forcing students to adapt to existing conditions. As a result, a shift has been felt in student behavior – from being diligent to procrastinating and lazy, a decrease in learning interest, and a lack of motivation to learn. Only a few select have wisely utilized the opportunity to be creative and innovative in learning. The purpose of this study was to describe in detail the changes seen in elementary school students (6–12 years) during the pandemic. This research article used a systematic literature review method using previous research articles published from 2020 to 2021. The articles were sourced from lens.org, Scopus, Sinta, and DOAJ. Results indicated both positive and negative effects of the pandemic on student behavior. It was found that the behavioral changes in the students' psychology during the pandemic lowered their learning motivation, thereby affecting student learning outcomes. Therefore, teachers and parents need to use creative ways to foster learning interest in children as well as provide maximum assistance. Moreover, support is also provided by the government to facilitate these initiatives.

Keywords: elementary school student behavior change, during the pandemic

1. Introduction

Joko Widodo, President of Indonesia, on March 2, 2020, issued an official speech regarding the transmission of Covid-19 to two residents of Depok, West Java. Since then, Indonesia has officially acknowledged that the Covid crisis has occurred. Several policy steps to overcome these countermeasures were issued, such as Physical Distancing, Study at Home, Work from Home, and Large-Scale Social Restrictions (PSBB). These conditions make policies accelerated to make everyone learn to use digital network devices. This acceleration is used to socialize, meet primary needs, obtain information, and serve others and carry out all professional activities. The impact of the home study

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policy is an acceleration in the world of education. The acceleration experienced by society is so fast that it brings change during the COVID-19 pandemic.[1].

The Minister of Education and Culture of the Republic of Indonesia, on March 24, 2020, issued Circular Letter Number 4 of 2020 concerning the Implementation of Education Policies During the Emergency Period for the Spread of Covid-19. The letter describes that the learning process carried out at home using online or distance learning methods is expected to provide a meaningful learning experience for students. [2].

In its development, this pandemic has had a very significant impact on changes in lifestyle or social life patterns. For example, the use of masks is already quite effective and the number of social movements in educating hand washing every or after carrying out activities. All of this is done as a form of early prevention of the spread of Covid-19.[3] The pattern of drastic lifestyle changes will, of course, impact a social and economic point of view. Moreover, the heterogeneous character of Indonesian society causes many misperceptions that often occur. The Ministry of Education and Culture becomes a unique and more general point of view in regulating and maintaining the growth of these young people.

Several policies amid this pandemic have had a significant impact on teenagers. [4]. The COVID-19 pandemic that has occurred globally has had the impact of changing learning activities that were initially face-to-face to become entirely at home. These changes make students look for printed and all-digital information so that there is a change in information-seeking behaviour. [5][6].

While the conclusions of several studies state that there is a negative impact on student performance of social media, and some studies cannot find this relationship. Several studies have found the benefits of social media for the use of social media involved in use of social media. because most of the students prefer to use the platform for social engagement as well as different activities from their studies.[7][8].

The COVID-19 pandemic condition causes parents and children to be in one place simultaneously. This year's covid pandemic creates conditions that change the activities of children and parents. For parents who work outside the home, this becomes a problem, causing reduced involvement of parents and children in the growth and development of children's independence. [9][10].

The Covid-19 pandemic impacts psychological conditions and changes in human behaviour that cover broader aspects over a more extended period. He also changed the education system in Indonesia. As a result, teachers and students become familiar with distance learning interactions. [1][10].

These changes have an effect on students' emotional well-being and performance. It has a real impact on everyday life and is one of the most influential aspects of the learning process. The distance learning approach has shifted the learning process. [11].

2. Methods

The Systematic Literature Review Method of national and international accredited journal articles accessed from SINTA, DOAJ, lens.org and Scopus lens.org using keywords can document and review all articles related to online learning applications for the 2019-2021 period. Then review, evaluate, and interpret all available research. In this kind of method, the researcher reviews and identifies journals in a structured manner, which in each process is as shown in the following figure1 sequence.

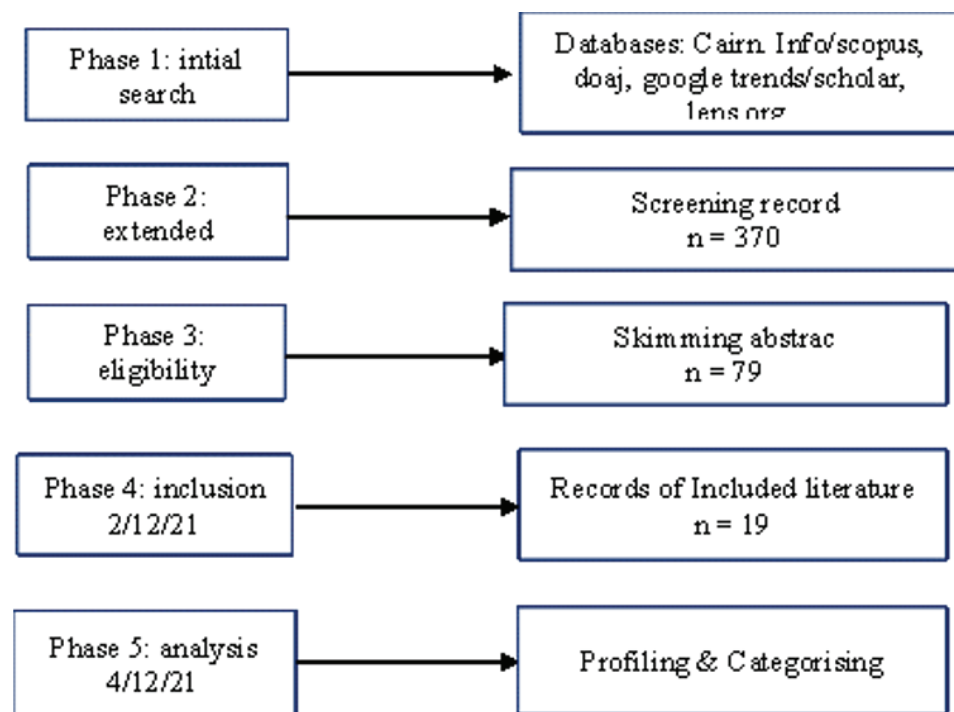


Figure 1: The Systematic Literature Review Method.

The research methodology includes the following phases:

1. 1. Phase 1 (Identification): found 926 articles by searching the database using the keywords "students, change in behaviour, during the pandemic."

2. Stage 2 (Screening): through the initial screening, 370 articles were found. Through the first stage, the context is irrelevant and out of scope. The search was more focused, using variations of the keyword "elementary school student, during the pandemic".

3. Stage 3: Results from 97 to 79 articles by analyzing the abstract section of the document. And for relevant studies will be retained.

4. Phase 4: The remaining 19 papers are then recorded in a systematic and structured format. The papers were read, and the weeding process finally removed all of the remaining 19 articles.

5. Phase 5 (Profiling tables): Profiling tables are generated for 19 sources considered relevant to the research topic and stored for detailed analysis.

2.1. Finding and discussion

The initial process was carried out for a literature review of elementary school students. [12] Further changes in student behaviour during the pandemic. The aim is to find out the causes of changes in students' emotional well-being. [13][14]. In addition, psychological factors during the pandemic during school closures.[2][15]. Based on data from the survey results of the Indonesian Child Protection Commission (KPAI) during the online learning pandemic impacts elementary school (SD) students. Some of the impacts felt by students include lack of rest, stress, fatigue due to the many tasks from teachers, which are supposed to be heavy without interacting directly[16].

During the pandemic, behaviour changes occurred in students due to school closures. These changes can affect students' emotional well-being and student performance. [13]. In addition, learning productivity and the formation of student character at the level can be through literacy skills that shape character content.[14] Modifiable factors related to psychological distress and control of preexisting psychological distress were examined. Cognitive and behavioural avoidance were the most consistent predictors of psychological distress during the pandemic. Online social engagement and problematic Internet use also pose a greater risk. the behaviour will likely be different during closures [2]. In the implementation of online education, some teachers carry out unsatisfactory educational practices. For example, the teacher provides information but does not use academic skills in conveying information. So that teachers experience difficulties, resulting in disrespectful attitudes from students, facilities and infrastructure that do not support online activities, including adequate skills in the IT field. [15]. Research on changes in physical activity and eating behaviour during a pandemic by considering gender or age differences. We have previously presented a previously published study to 279 residents of European countries. (England, Poland and Spain, Scotland, Portugal, Italy). [17]. Although it hurts students' mental health, there are still many students who continue to practice physical distancing in the hope that conditions

will return to normal. 20 students in primary school or the lower cohorts received significantly less information about COVID-19 understanding and also the need for COVID-19 restrictions than students in other groups. Moreover, they are psychologically more easily uneasy, complain, and depend on their parents and family, and cry more easily. [18]

From 19 articles, both international and national, that we obtained from lens.org, DOAJ, Sinta, and Scopus were classified into two groups, namely (1) changes in the behaviour of elementary school students (2) during a pandemic..

2.2. Changes in the behaviour of elementary school students

Changes in the behaviour of elementary school students. Based on the qualifications above, Changes in the conduct of elementary school students. World-Brazil mental health survey research discusses issues related to the COVID-19 pandemic with indicators such as anxiety, sadness, and social isolation[19][10][20][21][22][23][24].

These seven articles explain that changing conditions during the pandemic have caused anxiety, sadness, and dependence on others, both parents and family.

2.3. During the pandemic.

During the pandemic. According to Bernard, interest is not spontaneous but the result of experience, habits, and participation during study or work. Interest in learning is a psychological aspect that is influenced by student interest in education, both from internal and external factors. [25] Learning motivation consists of two words, namely motivation and learning. Motivation is a change in energy that occurs in individuals characterized by the emergence of feelings and reactions or actions to achieve specific goals. [26]. This pandemic not only increases stress, anxiety, and depression but can also disrupt sleep. During sleep, humans can regulate emotions so that sleep disturbances may have direct consequences on emotional functioning the next day. With the onset of the COVID-19 pandemic, at least two factors beyond stress have also resulted in the effects of the lockdown and unusual work schedules. [27]. Research shows that isolation from other people for some time can also lead to desynchronization with the outside world. In contrast, others suggest that this isolation leads teens to a new lifestyle where media use is increasingly common, hurting their sleep. Learning motivation can be formed from a conducive classroom atmosphere, which can happen when learning is done offline. At the same time, online learning will make it difficult for

TABLE 1: Hasil Pencarian Terkait Artikel Changes in Behavior of Elementary School Students during the Pandemic.

Changes in Behavior of Elementary School Students during the Pandemic	Changes in Behavior of Elementary School Students	during the Pandemic
Differences in Psychological and Behavioral Changes between Children following School Closure due to COVID-19	✓	
Psychological Effects on Health Science Students After Implementation of COVID-19 Quarantine and Distance Learning in Saudi Arabia		✓
The prevalence of behavioral problems among school-aged children in home quarantine during the COVID-19 pandemic in china	✓	
Perceived changes in lifestyle behaviours and in mental health and wellbeing of elementary school children during the first COVID-19 lockdown in Canada	✓	
<i>Impact of brain breaks to supporting the physical activity during the covid-19 pandemic in elementary school</i>	✓	
Increasing self-regulated learning of elementary school students through the concrete-pictorial-abstract approach during the COVID-19 pandemic		✓
Prevalence and associated factors of anxiety among 538,500 Chinese students during the outbreak of COVID-19: A web-based cross-sectional study	✓	
Increasing self-regulated learning of elementary school students through the concrete-pictorial-abstract approach during the COVID-19 pandemic		✓
Philosophy for children and mindfulness during COVID-19: Results from a randomized cluster trial and impact on mental health in elementary school students	✓	
Pengaruh Pembelajaran Online Terhadap Kemandirian Belajar Siswa Kelas II SD Muhammadiyah 17 Surabaya di Tengah Pandemi Covid-19	✓	
Pengaruh Pembelajaran Online Terhadap Kemandirian Belajar Siswa Kelas II SD Muhammadiyah 17 Surabaya di Tengah Pandemi Covid-19	✓	
Student's Learning Motivation and Interest; the Effectiveness of Online Learning during COVID-19 Pandemic	✓	
The necessity of examining patients' social behavior and teaching behavior change theories: curricular innovations induced by the COVID-19 pandemic,		✓
Changes in life situations during the sars-cov-2 virus pandemic and their impact on eating behaviors for residents of europe, australia as well as North and South America		✓
Increasing self-regulated learning of elementary school students through the concrete-pictorial-abstract approach during the COVID-19 pandemic	✓	
Distance Learning During the Covid-19 Pandemic: Strengthening of Character, Productivity, and Stem Competency		✓
the Impact of Pandemic Isolation on the Process of Education,		✓
Dampak Pandemi Covid-19 Terhadap Dunia Pendidikan	✓	
Changes in life situations during the sars-cov-2 virus pandemic and their impact on eating behaviors for residents of europe, australia as well as North and South America		✓

teachers to maintain a learning climate and control students with virtual spaces with limitations. Strong character formation cannot be formed through distance learning.

This is because the character is created from applying the teacher's personality with the help of communication tools that can be observed directly. These components are the honest character and the teacher's response to authentic learning.[28][29][30].

3. Conclusion

Programs to overcome the psychological impact of students during covid 19 are highly recommended. Certain groups have a high risk of experiencing mental health problems, both individually and without pre-existing psychological pressure, both men and women. The psychological effects of quarantine behaviour during a pandemic vary according to children and adolescents' development. Children in the lower grades of primary school have less knowledge about infections and viruses and thus have more psychological reactions than older children. This causes students' learning motivation to decrease, affecting student learning outcomes.

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