UPS DOWN STORY TROUGH ONLINE LEARNING

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PREFACE

Our gratitude are always offered to the Presence of ALLAH SWT for all His blessings, mercy and gracefull. Sholawat and greetings to our Prophet Muhammad SAW who has brought us from the darkness/jahiliyah to the brightfull era, full of technology as a nowdays.

Congratulations to all writers who have presented their writings and have dedicated their thoughts, time and energy to the create of this anthology book entitled "turn on the spirit of online learning

Science is developing all the time, because science has a dynamic nature and it is not absolute. The dynamism of science appears from time to time and we are still in a pandemic condition where we are required to carry out online activities.

This book, which is presented to the readers, explain the phenomenon that occurs when the COVID-19 attacks the world of education, which requires students and teachers to carry out activities in online. Joys and sorrows, likes and dislikes are conveyed in this paper. the authors tell readers to convey learning conditions during the pandemic. The authors describe the framework of learning experiences that are felt in the digital era 4.0.

The writers are contains students and a lecture who understand this situation and condition for themselves, both morally and materially. Students' familiarity with all kinds of

applications used makes online learning easy. Although there are find technical problems in the field, such as internet network problems for a small number of students living in the village. so, the panic over online learning can be resolved.

Hopefully to presence of this book chapter can be contribute to policy makers and education practitioners in implementing the online learning process.
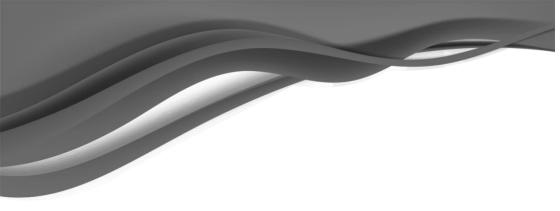
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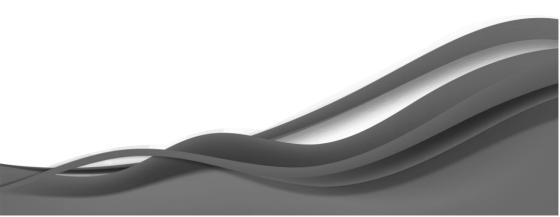
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PANDEMIC OR ENDEMIC
(UPS DOWN STORY TROUGH ONLINE LEARNING)

Since march 2020 Campuses that have been running online learning to the prevent of the corona virus pandemic. We must obey a system and learning can run effectively and optimally. Therefore, clear curriculum and technicalities must also be prepared and the materials can be teach as ussual.

Online learning must be implemented on campus. The campus must also continue to carry out its role as a learning institution regardless of the conditions. The online learning model is limited in order to face the situation and conditions to stabilize again.

Some of the applications used for online learning such as WhatsApp, classroom, google meet, zoom and others. These applications has its own strengths and weaknesses. To create an effective online learning system, there are several competencies and skills needed by a lecturer to teach in online learning model including communication skills, technological competencies, informative feedback skills, administrative skills, and responsiveness, monitoring, and supporting skill for student learning. Creating fun learning competence. Lecturers are expected to be ablec to make the online leraning more fun and understood by the student

Technological skills are an important part in seeking the realization of effective learning because technology skills become a technical problem during online learning. As a

result, online becomes a problem from learning which is felt to be a difficult burden. In addition, The internet connnection also one of the things that supports online learning because of the inhibition of learning due to the internet network connection.

The concept of online learning makes lecturers and students more flexible both in terms of time and learning systems. Learning materials must also be flexible because they are distributed in the form of videos, voice note and so on.

In the process of academic change, lecturers are expected more be wise in assessing students' abilities. Lecturers can choose the appropriate assessment according to the given task modified and must manage time well. In online learning, there will definitely be new challenges, roles and responsibilities that must be carried out.

Students must be able to understand the learning provided by Equipment and preparation Greetings on each topic, Presentation of communicative material, Continuity of material and syllabus, Assignment. Online due face-to-face with lecture and system internet-based. And everything do by online such as the presentation file use by soft files and the presentation method using by power point.

Viewed from the positive side, this situation has really become a serious concern for lectures in providing services to students, although using online lectures this is not a barrier to learning and gaining knowledge from the lecturer, In online learning, the lectures, students are responsible for themselves because students must try to understand the assignments that

have been given and must find out for themselves the lessons that are not well understood using other social media.

Online learning have their own uniqueness because in any place students can learn while lying down and don't have to bother going to campus. Online learning play a major role when social restrictions occur, campuses are closed and students and lecturers carry out a learning system at home. Things like this are a concern for students because there are many obstacles when the online learning process is carried out, such as students outside the village, the learning process is hindered by the network and the economic system that is lacking when purchasing data, even though there is data from the campus but all the data cannot be sufficient, especially when lecturers use applications that drain too much of their quota.

The online learning system can be seen from the activeness of students during discussions, students are very enthusiastic in conveying their discussion ideas and are very enthusiastic when asking questions for those who do not understand. This is not an obstacle because the explanation has not been conveyed in detail and is poorly understood. When something is not understood, students can see learning using the YouTube or Google applications.

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KEEP MONITORING AND MORE THAN ATTENTION TO STUDENTS IN ONLINE LEARNING

Monitoring online learning is very important, especially when learning is being carried out during a pandemic like today. By monitoring the students, we can find out how far the students' knowledge is, whether what we explain they can understand, what we have to do so that they can still receive the material as well as possible.

Monitoring itself is taken from the word Monitoring which means it can be explained as awareness of what is known, high level monitoring is carried out in order to be able to make measurements over time that show movement towards a goal or away from it, Monitoring will provide information about the status and trends that measurement and evaluation that is completed from time to time, monitoring is generally carried out for a specific purpose, to check against the following processes and objects or to evaluate conditions or progress towards the goals of management results on the effects of actions of several types, including actions to maintain ongoing management.

From the definition of monitoring above, the things we can do in monitoring are:

1. Contacting students directly one by one in terms of doing assignments.
2. Make sure students understand what we are explaining.
3. Asking again if there is anything they do not understand.

4. Asking what are the obstacles for those who cannot do learning.
5. Understand what the obstacles are when they can't participate in online learning.
6. Always provide opportunities for those who rarely participate in online learning, considering there are too many obstacles that students face.
7. Become a teacher as well as a friend to establish closeness with students even though learning is online.

Online learning itself has many obstacles, especially among students, what we can do is monitor through learning media that are already available, or more or less contact them through existing class groups. As for the things we can apply while doing online learning pembelajaran

Limit the time to do learning through video meetings that face the screen continuously, because in monitoring it is not necessary to always conduct video meetings, applying too much of this method will be tiring for students. Students who are tired in the end will be irritable at home, of course, people who will have trouble dealing with these conditions. Therefore, it is recommended to hold video meeting lessons in a limited time but still pay attention to effectiveness in learning.

Allow time for students to complete their assignments. We can provide sufficient and flexible time, especially for tasks that require parental assistance. If we give enough time, students will also be more motivated to do their work.

Explain learning expectations to parents, considering that we can only monitor remotely, then explaining learning

expectations to parents can help students do online learning, because we can also be helped by parents who are with them to monitor each other student development.

The benefits of monitoring students, especially for students themselves, are being able to receive learning well even though it is only through cellphone media, by monitoring them not directly, but they can receive learning like face-to-face schools. They also feel cared for by the educators themselves, and are enthusiastic to keep learning and doing the tasks that we give them, even though they have not met in person and feel that they receive lessons face to face.

We know that in this online learning there are many obstacles/obstacles that we usually encounter from all walks of life, whether they are still in school, college, or working. Because doing everything only through electronic media, the obstacles that are often found are as follows:

a) Students who do not have a cellphone.
b) The location of the house that is not covered by the internet network
c) Minimalist student internet quota.
d) Learning tends to be an online task
e) Tasks that are always given pile up.

As an educator, you must find various solutions in overcoming these obstacles/constraints. The alternative solutions that can be taken are:

a. Those who don't have cellphones join those who have cellphones

b. Locations near the home environment that are difficult to reach by the internet network temporarily move to locations that are covered by internet networks.

c. If the minimal internet quota is overcome, join a friend who has wifi at home (by complying with health protocols).

d. Efforts are made to use various online media so that students are not bored.

e. When using online media that can be live, for example zoom meetings, google meet, and others so that the character or behavior of students is relatively monitored.

More than Attention in Online learning

We really need to pay more attention to online learning, especially during the pandemic, and really help students, especially those who are just entering the top level in the world of education. What we can do is pay close attention to them, without having to do it face-to-face. Considering that during the pandemic we cannot do direct learning to avoid things we don't want, and to reduce the number of covid 19 in Indonesia.

Attention which can be interpreted as active awareness of all the functions of the soul which is mobilized in focusing on things, both inside and outside the individual, while a similar opinion was expressed by Slameto. Attention is different from sympathy, empathy and communication. Although the three are closely related in the concentration of one's energies. As said above, attention is an activity carried out by a person in relation to the selection of stimuli that come from his environment.

From the above understanding, things we can do to give more attention include:

1. For educators and students must understand how to operate the technological tools used in distance learning.
2. Educators can divide the class into small study groups and conduct group work discussions so that the learning process will be more effective even if only through WhatsApp groups.
3. Allocate time for students who are left behind or do not understand the lesson session, so that students feel cared for.
4. Educators must focus on the subject of study in order to help students' ability to succeed in the subject.
5. Educators must be able to create an atmosphere of learning and teaching even if only remotely or online with fun.

The benefit of paying more attention to online learning during the COVID-19 pandemic is that students can be helped by the attention given directly by educators. The benefits for students are:

a. Help maintain disciplined behavior.
b. Keeps the brain growing.
c. Maintain a regular routine.
d. Train coordination motor skills.
e. Students will stay happy.
f. Detecting student growth and development disorders.
g. Recognizing potential.
h. Maintain togetherness between parents and children. In conclusion:

In the implementation of online learning, we can use an approach with students through videocall and zoom by providing motivation and always asking students' complaints regarding the implementation of this online learning. Even though only through whatsapp or zoom we can approach it by monitoring from a distance and giving more attention to students. With the current online learning model, there are some students who accept online learning to be more relaxed, fun, flexible, efficient, short, practical, fast, precise, safe, easy, time-saving, and energy-saving. This method can also be done remotely without gathering in the same place. There are many ways that we can apply in this online learning, one of which is to monitor and pay more attention to students, this can help students to stay enthusiastic about learning and feel that they can still go to school even if only through distance learning / online. This can be applied depending on how we are and our desire to keep learning even if only from home. And for online learning itself, it is very practical and flexible. The first benefit of online learning is in terms of practicality. With online learning, interactions between teachers and students will be more practical because they do not have to travel to meet. In addition, there is no classroom as a place for formal learning. Lastly, monitoring and more than attention to this activity is very helpful for educators to convey material during a pandemic like this, considering that learning has been carried out from the beginning of covid 19, carried out remotely, or more precisely at home.

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DEADLINE SYSTEM: SOLUTION OR PROBLEM?

Nowadays online learning is no longer new for students, based on data from the Ministry of Education and Culture since March 2020, 98% of universities in Indonesia have done online learning. This learning system which is carried out because of urgency, and does not have a design for a long time, of course has many shortcomings and weaknesses. There are many polemics that must be faced by lecturers and students.

Online learning can actually be interpreted as a system of learning processes that are carried out not face to face directly but through the internet network. Kusumawardani calls online learning as part of E-Learning or electronic learning. According to him, E-Learning is a learning process that utilizes Information and Communication Technology (ICT) as the medium. E-Learning is a learning process that utilizes systematic values for learning components based on technological developments, but still pays attention to quality, learning resources, and the existence of learning interactions (engagement) across time and space.

While online is an abbreviation of the phrase "in the network" a translation of the word online to refer to electronic devices that are connected to the internet network. Online learning means that teaching and learning activities or learning processes are carried out by utilizing the internet. The term online learning has existed even before it was popular as

it is now. Online learning activities are a form of innovation from the learning system in the midst of technological advances. This term is increasingly popular during the COVID-19 pandemic as a solution to world government policies that prohibit outdoor activities or crowding activities.

Online learning is carried out by utilizing many special communication platforms or special applications that allow learning activities to be carried out. Such as Google Classroom, Google Meet, Zoom, and so on. Through these applications, interaction between teachers and students can run, subject matter to exams or tests can be carried out. The existence of online learning can actually show us the importance of teaching and learning activities so that they can continue to be carried out even though it is not possible to meet in person.

Based on the explanation above, it can be seen that online learning has become something that has a positive influence, especially in terms of educational innovation, right? However, in its implementation the online learning process can also experience some obstacles. One of the common obstacles that are often complained of is the lack of supporting facilities for both students and teachers to allow online learning activities to take place such as smartphones, internet access, laptops, or computers.

In addition to the above, one of the problems that often become complaints by students in general is the increase in homework assignments given by lecturers with an online learning system like this. However, this assignment is of course a rule in all learning processes, whether offline or online. However, some lecturers do provide additional

assignments in the online learning process. This is also a solution for students who experience network problems during lectures. Therefore, the piled up tasks become another identity of online lectures.

The number of courses and of course with their respective training assignments is also because the lectures are carried out at home, making students less productive and choosing to postpone doing it. Under the pretext, "I'll do it later" the tasks and exercises given in the end piled up. Therefore, working on tasks with a deadline system or better known as the overnight speed system has become a habit that has developed among students.

An interesting question comes from this problem, "can this deadline system be one of the best strategies for students in online lectures?". Of course not. This is based on objective observations about the adverse effects of the overnight speed learning system, also supported by opinions or research conducted by experts. The brain that is too often forced to use the speeding system overnight will become panicked and tired. Irregular time in this kind of learning can actually present disturbances to the brain. Students who often learn to use the deadline system will have a bad impact on students in various aspects.

For example, the bad influence is due to irregular sleeping hours and study hours, which unconsciously make students have unhealthy lifestyles. This is in accordance with Widdy's opinion in the journalthe last night speeding system and 2018 plagiarism, namely students who studied with the overnight racing system had a bad impact on their physical and brain.

Many students think that studying with the overnight speed system has many benefits. Not even a few do. Though ideally, learning is done little by little and continues to be done regularly. People who like to use this deadline study system usually assume that the material being studied is still new in memory so that it is easy to remember again when facing exam questions. But in reality, a learning system like this actually makes students mentally unprepared for the exam. This can make you feel uneasy about the exam questions. This deadline learning system can make a fresh memory, but only at the beginning, not to the point of understanding the material.

It could be that many people think that the deadline learning system makes work more effective and faster so that it can save time, because one sitting can learn and work on a lot of material in a short time. Is that right? Of course not true. The deadline system actually only makes us accustomed to procrastinating work. And in the end the tasks piled up. By doing assignments or studying regularly, this will give the human brain a stronger understanding. On the other hand, if learning is practiced the day before the exam, the material learned will not last long in our memory.

In addition, working on assignments in this way of learning also has the potential to make mistakes on the task being done, because by holding back the sleepiness the student's level of accuracy decreases or is no longer optimal, resulting in a decrease in academic results. According to a 2010 study in the Psychology Bulletin cited by Quamila (2018), people who often stay up late will lose concentration

and alertness. It was found that the effect on the brain to focus decreased by 0.10% as was the effect of alcohol.

The deadline system that is done too often will have an impact on increasing anxiety, stress and decreased concentration power, anxiety, decreased immune system and the emergence of insomnia. This happens because our bodies and brains lack rest. In addition, which is rarely known, lack of sleep can also increase the risk of obesity and premature aging. Using a narrow time at night which is basically time for the body and all body organs to rest will make cortisol hyperactive. This can trigger psychological disorders because cortisol is a stress hormone which of course is not good if the amount is excessive. The deadline system only relies on short-term memory. Therefore, it is best to avoid learning in this way as much as possible.

And the most dangerous thing if the way of studying that is done late at night like this continues, of course it will have a bad effect on health. According to Hendra in the book Your Body Reflects Your Health (2010, p.74) "Staying up late can trigger various diseases caused by a damaged immune system, the body also needs to rest. If you don't rest, your organs cannot perform their functions optimally. This will cause problems or diseases that can attack the body.

Besides too sleepy and frequent yawning, lack of sleep due to staying up late doing tasks in this way of learning will affect emotional conditions, cognitive abilities, and brain function. The effects of staying up late for health also include increasing the risk of diseases, such as: diabetes, obesity, high blood pressure, cancer, and even heart disease.

In addition to the things mentioned above, it turns out that there are still many risks that accompany a person's bad habit of staying up late. Let's know one by one the following effects of staying up late:

1. Skin looks old

    The skin looks old because if we stay up late, the stress hormones that we know, such as the cortisol hormone, are produced in high levels. This hormone is breaking down<u>collagen in skin</u>, whereas collagen is a protein that makes skin firmer and more elastic. Lack of sleep due to staying up late can also cause puffy eyes and skin to become pale and dull. The habit of staying up late for a long time will have the effect of chronic sleep deprivation. As a result, fine lines of aging appear on the face and the skin looks dull. Ever heard of the term<u>Panda eyes</u>? Panda eyes are dark circles around the eyes that appear due to the dilation of blood vessels behind the thin eye skin. Lack of sleep is the main cause of panda eyes.

2. Forgetfulness When sleeping, the brain will undergo a process of cell regeneration that is useful for strengthening memory. Therefore, if we lack sleep or irregular sleep hours, it can cause forgetfulness. Because during sleep it is also a process of transferring memories and memories to another<u>part of the brain</u>which serves as a repository for long-term memory. But if we stay up late will inhibit all these processes and increase sleepiness, causing forgetfulness and difficulty concentrating. In order not to forget easily, as well as to improve memory skills, stop the habit of staying up late just because of doing assignments or studying because of exams

3. Reduce thinking ability

    The effects of staying up late can reduce the power of reason, problem solving ability, and concentration. The ability to pay attention to something and the level of alertness will also decrease. Difficulty focusing can result in accidents while driving or working. This is because our bodies and brains also need rest.

4. Depression

    Staying up late means we reduce hours of sleep at night. Most people who experience depression and anxiety are found to be caused by those who sleep no more than six hours at night. So sleep deprivation is often associated with depression.

5. Cancer risk

    Another bad effect of staying up late was also associated with an increased risk of developing cancer. Research shows that those who have a habit of lack of sleep, have a high risk of developing cancer. It is not known for sure what effect staying up late on the appearance of cancer, but it is thought to be related to stress and damage to body cells. In addition, sleep is a time for all organs to rest, but when the night is used continuously to stay up late, the organs of the body will be damaged.

6. Risk of death

    The worst thing about staying up late is death. This is supported by a study which states that only five hours of sleep can increase the risk of death by 12 percent. This increased risk applies to all causes of death, especially deaths from heart and blood vessel disease.

After knowing that the effects of staying up late are very bad for the body, now is the time for us to think again before deciding to stay up late. Try to pay sleep debt you and meet the needs of sleep at least seven hours every day.

By knowing the effects or impacts mentioned above, of course, as a student or student, you certainly don't want to make the same mistake but want to get the right solution to avoid yourself from learning the Overnight Speed System or this deadline system. There are several ways that I think are better:

- Make it a habit to always repeat lessons at school every time you come home from school so that our memory is always fresh and lasts long term. Reread the notes or textbooks studied that day.
- Draw a mind map of each material being studied. If necessary, the mind map is given a more attractive color or decoration so that learning can be a fun activity and not boring. This method is very helpful for those who are weak in memorizing. Or you can also write important points on a special piece of paper or notes.
- Get to know your best version of learning. Everyone has a way of learning that is most suitable for him, for that identify and find a way of learning that best suits each of us. There are types of people who like to read there are also those who like to hear or see visual images.

In addition, it is very necessary to arrange a schedule of daily activities by students. Besides being useful for managing time, this list can also be a reminder of any tasks or exercises that have been given. In addition, being consistent with the

time on the schedule that has been made is also the key to the success of this method. So that there is no accumulation of tasks that result in work chasing deadlines.

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ONLINE LEARNING AT
THE IUNIVERSITY LEVEL

A. Definition of online learning

Online learning is a learning that uses media such as computers and other electronic devices. However, to run an electronic device during learning requires a good network or data for the smooth running of the learning. Online learning is olso often referred to as virtual learning.

Online learning has been around since the 1970s. the source is usually from the internet, websites, CD and DVD. Besides being able to provide online learning instructions, it can also see the extent to which students think about an object. Online learning also not only looks at the extent of student thinking, but online learning can also provide information and can guide students to achieve good learning outcomes.

B. Impact of online learning

Since the emergence of the outbreak of the corona virus, many universities have changed their lecturing patterns from face to face learning to online learning.

Online learning at the university level has both good and bad impacts. The good impact is that many students arehappy because they can enjoy certain times to gather with their families, besides that, students also find it easier to spend time outside with family and

friends. Online lectures can also make it easier for underprivileged students to carry out lecture activities while working. While the negative impact is that students become lighter in lectures, sometimes entering even not entering at all and this foctor is caused by an internet connection that does not support and also the lack of quotas owned by these students. Not only that, there are also many bad effects of online learning, there are many more, for example, when lecturers give online lectures using applications such as zoom, google meet and so on, many students do not want to activate the camera due to several factors, one of which is sleeping while studying. Take place.

C. Benefits of online learning

In technology education has created new things in learning, namely virtual class. Virtual class or online learning that does not have to be face to face.

In online learning, teachers and students have the right to choose learning imethods and media that will be used during learning. Besides that, online learning is also very useful for increasing student thinking, this is because the lecturer provides material in an interesting and easy to understand way.

The following are the benefits of online learning:

1.   Connectivity

In online learning students can connect and receive unlimited connections because they make use of the internet in addition, students can easly obtain extensive information.

2. Flexibility

    In online class learning runs flexibly. Meaning ithat the learning iprocess can be done anytime and anywhere according to an internet connection.

3. Interaction

    Online learning places great importance on network speed. iStudents can interact with lecturers depending on whether the internet connection is good or not.

4. Motivation

    In online learning students not only get the form of learning in the form of video. With the help of video as a learning medium, students will be motivated to find real information in the knowledge that is poured through the video.

D. Online learning during a pandemic

   For some people this learning method sounds foreign so that is requires students or students how this online learning mechanism.

 Here are 5 tricks to make you learn online well.

1. Prepare devices and connections before synchronous learning

    Online learning has two forms, namely synchronous and un synchronous learning. Synchronous learning is learning together in online classes through video conferencing applications such as zoom and google meet.

2. Start to be active in class discussion

    Class discussion through video conferencing applications are a great opportunity to master the material and at the same time get the value of class activeness. Therefore, don't be indifferent to always be eager to know more about the material, and dare to answer questions asked by the lecturer.

3. Make a list of task and materials to be studied

    To make it easier for you to remember assignments, try to imake a list of these assignments and when they are deadlines so that you don't neglect doing assignments from the lecturer.

4. Looking for supporting material from the internet

    At this time technology has developed so rapidly that all information can be received via internet. And as a student if you iare not satisfied with what has been explained by a lecturer trough online learning, then you can increase your knowledge by looking for more information on the internet.

E. Advantages and disadvantages of online learning

    The online learning system (in the network) is a learning system without face directly between teachers and students but is carried out online using internet network. And the teachers must ensure that teaching and ilearning activities continue, even though students are at home. The solution, teachers are required to be

able to design learning media as an innovation by utilizing online media (online).

The learning system is implemented through a personal computer or laptop connected to an internet network iconnection. Teachers can do learning together at the same time using groups on social media such as WhatsApp, telegram, zoom meeting and google meet applications or other media as learning media. Thus the teacher can ensure that students take part in learning at the same time, although in different places.

Following are the drawbacks of online learning:
1. Difficult to control students who are active and not
2. Learning is more theoretical and minimal in practice because it is not possible to have direct interaction with students.
3. For those who live in locations where the communications infrastructure is still not good, it will certainly be difficult to access the internet.
4. Not all students have and are able to access the equipment needed (be it a computer, laptop, or the other device) for online learning.
5. Too many distractions can interfere with student concentration while studying.

Following are the adventages of online learning:
1. Time and place are more effective. Students can immediately follow the learning process from home
2. Students not only depend on the teacher, but can also learn to do their own research via the internet.

3. Automatically students are trained to better master information technology that continues to grow.
4. Raising awareness in students that gadgets can be used for things that are more productive and intellectual, not only for playing social media and games.

Tips in online learning:
1. Set a proper and disciplined study schedule with the allotted time.
2. Keep things that can break your connections while studying online
3. Set aside specific time to do the assigned tasks, and be consistent in doing so.
4. Make sure the equipment needed for online learning is in top condition, so that learning concentration is maintained.
5. Close access to social media, video services, or applications that can interfere with concentration while studying online.

A.   Online learning problems and solutions

In online learning during the covid-19 pandemic, there are many obstacles faced by teachers as educators and instructors. Learning that was originally face to face (offline), due to the pandemic, has changed with a lot of it being done online.

The following are the obstacles in online learning:
1. The location of the house is not covered by the internet network, including minimalist student internet quotas.
2. The learning media used by the teachers is dominantly monotonous and makes the students feel bored.
3. Dominan learning is not yet interactive
4. The character or behavior of the students is difficult to monitor
5. The learning tends to be an online task
6. The assignments given by the students piled up.
7. Absorption of subject matter is very minimal.
8. The assessment carried out lacks integrity

As a lecturer or teacher, you should find a alternative solution to the problems in the lecture, including:
1. A location near a home environment that is difficult to reach by the internet network, temporarily moving to a location that is accessible to the internet network. If the minimal internet quota is over come, join friends who have wifi at home, a maximum of three students and comply with the health protocols to prevent covid-19.
2. Various online learning media are used so that students are not bored.
3. Efforts are made to use varied online media that are interactive
4. When using online media that can be live, for example zoom meetings, google meet, webinars

and others so that the character or behavior of the students is relatively monitored

5. The material to be delivered in learning should be given the day before to students to read first. When the lecturer explains the material, the dominant students can understand better, if there are still difficulties, they can be asked. Assignment are given a time limit to collect and grade.

6. With online media that are varied anddominant, live will be able to absorb the subject metter close to optimally.

7. It's not too late to collect assignments. When the assignment has been received, it is immediately corrected/ assessed and the result are immediately notified to the students

8. Using online media that is varied and dominant, live will be able to continuously monitor student behavior during assessment activities. The trick is to turn on the camera on the online media used so that honesty can be monitored close to good. It would be better if the learning and assessment involving parents/guardians of students could help supervise them properly in their respective homes.

B. Online learning experience at the university level

Since april 2020 the IAIN Sultan Amai Campus, Gorontalo, has started implementing online lectures where there are no more face to face meetings, everything is done online and using the media. During the pandemic period lectures are not normal or in the category of lecture hours starting to be inappropriate

until the value given by lecturers to students is also very inconsistent with the knowledge they have gained during online learning during the pandemic.

Online learning really makes a lot of students emotional because the internet network is not supported during lectures in the village. So that in the third semester there are suggestions from several lectures to hold face to face and online lectures by collaborating face to face and online lectures so that learning remains efficient and students will also be more active in entering and improving assignment.

There are several statement that unexpected experiences have occurred since the lecture, including when the lecturer provides invormation about online lectures via zoom and google meet, many students neglect their lectures, they only put the attendance list via whatsApp but do not attendance meetings on zoom or on google meet. There are also those who attend but turn off the sound and camera and do their jobs so that this results in the anger of the lectures and also the understanding of the students will be reduced because of their own negligence.

With online learning there are olso many students who have problems entering assignments not on time and experiencing value problems such as the value given by the lecturer sometimes does not match what we get during the learning process, this can trigger students thinking about the lecturers mistakes in giving grades and there are also many students who are not aware of the form of their negligence in attending

online lectures and their insentivity to the antry limit for assignments that have been set by the lecturer.

In this online learning, there are many misunderstanding in making assignments and the influence of the network on student activity is one of the mistakes that students often make at various universities. Actually there is nothing wrong with online learning, it's just that students pay less attention to the environment they live in during the online learning period and without realizing it makes lectures angry when online learning takes place.

To avoid misunderstanding between lecturers and students, it's a good idea for us as students to be more creative and clever in processing online learning. As we all know, if the network in our village is not good, it's better if we stay in a boarding house or in a place with a good network. Not only that, there are many otherways so that our online learning can be carried out properly and effectively.

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I'M A STUDENT, COMPLAINING, AND THE RIGHT MOVES DURING THE PANDEMIC

04 June 2020 the day the PSBB was enforced. All activities that can invite crowds are prohibited, such as activities in places of worship, shopping centers, markets, offices, schools and campuses.

Especially for the world of education, the government enforces online learning (in the network) where students do not have to go to schools and campuses to take part in learning activities. But students can follow it by staying at home without having to fear being infected with the covid-19 virus. Many students are happy with this policy because it is the same as a holiday.

Introduce my name is Rijal, one of the students at a religious college in my area. The enactment of the PSSB made my lecture activities during the pandemic held from home. Feeling happy was the first thing that crossed my heart, because you don't have to come to campus which is very far away, moreover I go to campus using public transportation which will eat up all the pocket money I have. Online lectures were fun at first, but over time they were replaced by feelings of laziness, sadness and frustration.

How come? The motivation to learn which day by day always decreases due to new learning situations makes the assignments given often pile up which will increase the decrease in motivation to learn and do these tasks. What's

more, the internet connection that often makes emotions rise because it often suddenly turns bad at every lecture hour which is very annoying when the lecturer is explaining the material through a meeting application. A bad internet connection will make the lecturer's voice who is explaining sometimes stutter. And also sometimes a sudden power outage will be very troublesome if the smartphone or laptop is not fully charged beforehand so that I can't take online lectures at that time. Not only that, during online lectures, I felt very difficult for my parents, especially for my father. My father who only works as a keeper of a small klotong shop whose income is only enough for daily meals. The thing that made me feel very troubled for my parents was the cost of internet quota which had to be purchased at a very expensive price every week. Using the meeting application for hours, of course, will consume a lot of internet quota. Moreover, the responsibility of my parents is not only me, but my brother as well.

"Pah, my internet quota has run out, can I ask for money to buy internet quota? Tomorrow there are several courses that I have to take…" I said in a low voice while lowering my head towards the shop floor, "Are the quotas over? God willing, tonight I will give you money to buy it," said my father with a calm expression. But I am not a child who is not sensitive to someone's expression, I know very well that my father must have difficulty in making money.

Actually, I have savings money but the money has run out from a few weeks ago, which of course I used to buy internet quota too. Sometimes if conditions don't allow me to be able to buy internet quota, I work around this by coming to

my neighbor's house that has a wifi network to ride wifi, but it's also impossible for me to come every day, right?

Day after day I go by feeling bad for my parents. As much as possible I help them such as doing housework and maintaining the klotong stall during empty hours and holidays.

To get rid of the feeling of discomfort and boredom during online lectures, I hang out with friends in my village. Like playing ball in the village field. It's a relief to be able to laugh cheerfully with friends when problems stick in the mind and heart.

Dritttttt…

Dritttttt...

The sound of the door creaking open woke me from my sleep. It turned out to be mother, "Jal woke up, it's morning," said my mother in a soft voice as she opened the curtains of my bedroom window. The window curtains that opened suddenly made the morning sun shine on the cold skin. With body and soul still halfconscious I sat on the bed for a while to collect all the souls. After that, I took the towel hanging on the towel and headed to the bathroom to clean myself.

After that, I did my morning activities as usual, sitting on the terrace of the klontong shop to breathe fresh air in the morning while sipping a cup of warm tea that I usually make myself. The greetings from my neighbors who pass by add to the warmth of the tea but those who say hello are not as much as before. Only those who leave the house because they have important business.

My eyes look the streets that look deserted from the hustle and bustle of the crowd. There is no activity for

elementary school children who walk to school in groups while laughing as usual. Motor vehicles are also very rarely passing on the streets even though usually the shrill sound of the racing exhaust has made the ears tingle in the morning.

Only the announcer's voice on my neighbor's old radio could be heard this time. "During large-scale social restrictions (PSBB) every community is expected not to leave their homes, unless they have very important business and are required to wear a nose mask and obey the health protocols that have been established," said the news anchor in his distinctive voice. Have you thought about how dangerous this covid-19 virus is? But never mind if it's not dangerous, why would the government enforce regulations to this extent? Shops or stalls are also advised not to make buying and selling transactions for the next few days, so I just sit on the terrace of the klontong shop.

Time continues to pass, the implementation of large-scale social restrictions (PSBB) has entered the third stage. At this stage, social activities are no longer as limited as in stage one, but health masks are still mandatory items to wear if you are going to do activities outside the home. The local government instruction that it will implement a new life order (new normal) that makes every citizen must adopt a healthy lifestyle while waiting for health experts to find a vaccine for this virus.

Many people say that the new normal is the same as the natural selection process, whoever eats the strongest will survive. "That's awful" I thought with a shrug. However, the government will be like that to the people. Isn't the purpose of

a state made to guard and protect every citizen from all threats?

Over time, health experts have finally found a vaccine for the COVID-19 virus. But this does not stop large-scale social restrictions, they are still enforced but are not as strict as in the previous stages. Giving vaccines reaps many pros and cons from the community. Some say the vaccine has become a money-making field for officials because of its high price. In addition, there are many rumors that are scattered among the public through social media networks. The contents of the rumors, one of which is the Covid-19 vaccine, has side effects which will endanger lives. This of course makes the people who have been consumed by rumors to be afraid to receive the vaccine.

The spread of the Covid-19 virus that did not end even though a vaccine had been found made large-scale social restrictions still continue. The world of education does not escape it. Online learning from home is still a solution during this pandemic.

Complaints from students about online learning are increasing. Sudden power outages, poor internet access, expensive internet quota fees and reduced motivation to learn make the world of education chaotic. Thus, the dropout rate has increased drastically. If not immediately addressed these problems will result in the destruction of the younger generation.

Here I am, sitting at the study table facing each other with my smartphone and laptop to attend one of the lectures through one of the online meeting applications. The atmosphere of the room that feels cold because the weather

outside is heavy rain makes a great sense of sleepiness always approaches the eyes to invite awake to sleep. The explanation of the material given by the lecturer is often not clear and even broken up due to poor internet access when it rains.

I'm not the only one who feels sleepy during this lecture. It was clear from my laptop screen that the other students also looked sleepy. It's funny to see those who are trying to fight drowsiness in order to understand the explanation of the material given even though I am no different from them. Actually I could turn off the laptop camera at that time and lay my head on the desk to study and sleep, but this is nearing the end of the semester which requires me to really study hard and listen to every explanation of the material that is given in every hour of lecture even though there are many obstacles that hit.

The explanation of the material which is often unclear and the lecturer's voice that sounds intermittent due to poor internet access makes me not feel that one or two have passed with me still forcing myself not to sleep. My lecturers gave quite difficult and many assignments. I don't think I will be able to do this job alone. I have to do this assignment with other students to make it easier. Count - count can exchange ideas and meet with them.

I am now at the house of one of the students to do the assignment, there are about 7 people who come to do the assignment together. The longing can't be ignored this time because finally we can meet after several months of not seeing each other. Jokes and laughter adorn our group work.It doesn't feel like it's been a year since online learning from home has been running. This self seems to have been able to adapt to

this new learning model. Feelings of boredom, sadness, irritation have become loyal friends at every learning hour. I often exchange ideas with other students so that participating in online learning will be fun and easy to understand the material. The exact method he gave was very religious, which after I tried it did make online learning more fun and easy.

I will share the right tricks in following the online learning that I have received, which are as follows:

- Prepare a special study room that is comfortable and quiet

    Convenience is one of the main supporting factors for smooth online learning from home. Therefore, the best way to learn during this first online lesson is to prepare a special place for learning.

    Choose a room outside the bedroom so you won't be tempted to take a break while studying. Use chairs and study tables that make you feel comfortable.

- Limiting the use of smartphones

    Smartphones become a thing that interferes with concentration during online learning.

    Therefore limit yourself to using a smartphone, use a smartphone only when attending learning hours and if there are important matters.

- Listen to favorite songs lagu

    The surefire way to participate in the third online learning is to learn accompanied by your favorite song.

    Accompanied by your favorite sauna song, your heart or mood will feel better so that boredom and laziness will disappear.

- Make a schedule

    The next trick is to arrange a detailed schedule. Study schedule is one of the important things to ensure the effectiveness of studying at home. It's useless if there are so many things to learn in each learning hour but the learning activities become ineffective. So, prepare the lessons that will be written in the study schedule so that they can be studied optimally, and don't be in a hurry to learn new material,

- Ensure a stable internet connection

    Before taking online learning, make sure the internet connection is stable. So that later when conducting online meetings using the meeting application it can run smoothly and not break up. If the internet connection is problematic, of course it can interfere with online learning.

- Prepare the state of mind and body in good condition

    Before taking online lessons, make sure to eat and drink enough so that you can concentrate optimally. In addition, taking a shower before attending class can improve the mood.

- Doing errands with friends

    Difficult tasks are often given during online learning. Therefore, try to do it with friends so that they can help each other and exchange ideas while interspersed with jokes.

    Maybe that's all the story from me, hopefully the precise moves I give can help.

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LEARNING ALTERNATIVE

Covid-19 first spread in China, precisely in the city of Wuhan. The first time this happened was in 2019 as the name suggests around November and December. However, the entry of covid-19 in Indonesia in February, precisely in the city of Depok, with two people who became the first Covid-19 patients in Indonesia.

The input of covid19 made everything chaotic. Schools from various levels such as elementary, junior high, high school, campus, factories and even offices were forced to close. With a schedule that suddenly had to be changed and renewed because of the pandemic. Can be mentioned how messed up from what I wrote mine.

After the case the virus spread rate is high which is almost close to 1k. The case of death around last year, precisely in 2020 which was also so high, was the reason all institutions were closed for clear reasons and reasons. All work and learning is done in an emergency on a WFH, *Work From Home*.

As mentioned earlier, starting from schools, offices and even lectures, everything is done remotely from home. Including learning, done from home. Many people do not agree with the activities from home, but there are also a few people who agree with the activities carried out by the government.

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At the beginning of WFH, many agreed with the government's commitment, especially for students and honest students, some of them even I agreed with the government's decision. Starting with two weeks as the beginning of the holiday or WFH.

But with the spread rate increasing after a certain number of weeks, WFH was extended by almost a year. Of course students and students began to feel tired and complained about this learning system which was implemented in 2020.

This is something new for each individual, especially since the system we have been using is not like this. There is no familiarity with the system used. It all feels sudden, and burdens many in the long run.

The number of assignments given, the demands for understanding via online, the collection of assignments must be on time. Everyone must understand this situation. An overview of the problems of the existing learning system in Indonesia.

Even when students graduate from the pandemic pathway, I think some of them do not understand what learning content is being taught during the pandemic and graduation questions. That's the reason why the pandemic disrupts the learning system, especially in Indonesia. Schedules that must run accordingly.

With this, the learning alternatives carried out by students are very much needed in the pandemic era, besides not being left behind, they are also for better understanding.

1. Starting from the first learning through technology:

   The use of modern technology today is never separated from someone. One of the alternative things that is very adequate and supports WFH activities that are quite smooth to run, besides that most of them are comfortable with today's technology. As much as possible do the habit but not for some people.

   Technology can now have a negative and positive side depending on or in accordance with the use of each individual.

   But still, every time there are positives there must be some negatives that occur. Dependence on usage, feeling lazy, a reduced way of thinking because everything is done practically. As much as possible to generalize the use of technology in the pandemic era.

2. Use of social media

   In technology, there must be social media, and social media plays an active role in today's alternative learning.

   With this, I asked several students about their opinions on using social media in the current pandemic season by concluding the respondents on their way of learning;

   - The first respondent: said that the learning he was doing in the current era during the pandemic was often doing some questions or repeating the material at night which was delivered and recorded when the material was given from morning to noon.

- Second respondent: said that during the pandemic what he did to understand learning in the current era was the same as the respondent above he did learning at night with the material he had also recorded beforehand.
- The third respondent: expressed a different opinion that during the pandemic he did not study at night but only followed the explanation and took it seriously.
- The fourth respondent: said he often went or visited his lecturer's house and did not even hesitate to send messages privately. It's a bit difficult to understand it.
- The fifth respondent: said that during the pandemic, learning entered his understanding, he often studied but a different method of rewriting what the lecturer explained. Even to record during class.
- And the last respondent said: during the pandemic he recorded the main material presented by the lecturer and re-study it through available social media.

It can be concluded that many students have different understandings during the pandemic. Face-to-face meetings are not allowed, making them think about things that must be considered for lectures in the current pandemic era.

Not only that, all respondents from the beginning to the end took positive effects such as the last third

respondent using social media well as an alternative to their learning. Watching, listening to back explanations delivered through the YouTube application, TikTok, and other applications that support learning. Respondents one and two also seemed to say that they use social media well.

3. Good study hours

    In addition to the two above, hearing that managing time when studying is also one of the learning systems in the pandemic era. Not only in a pandemic, when doing daily activities we will be very accustomed to managing time, of course we will also get used to doing things in an orderly manner.

    With information that I know a lot and often hear. The effective hours of good study are in the early hours of 03.00-05.00 followed by morning at 07.00-10.00 and lastly in the evening 19.00-21.00. It is not recommended to do learning during the day because usually the brain and mind will not focus and get tired easily at that time. Also doing it regularly will make the brain get used to receiving the material

4. Apps

    As with social media, the applications mentioned are specifically in certain areas of the course. Not as common as social media. For example, when courses are English-based, English-based applications also need to be studied.

    What about apps? Because in some things I read and saw a lot in the era of the pandemic, students made alternative learning choices that they took. Like the fifth

respondent, he also uses special applications in learning alternatives that he receives well.

Some of these special applications include dualingo, hello talk, bbc learning english and several other applications. For notifications, there are several paid special applications that guarantee the quality of understanding will also be good.

5. Self

For the last is alone. From what has been read, the Prophet SAW said *Ibda 'Binafsik* which means everything starts from ourselves. Why with yourself? Because of the alternatives that have been described earlier, it will be useless if you do not have the will. Moreover, the feeling of laziness that alights in the pandemic era creates a very big feeling of laziness.

This is also exactly the same as from the third respondent: saying he often goes or visits his lecturer's house, he doesn't even hesitate to send messages privately. It's a bit difficult to understand it.

Because when he asks the lecturer there must be self-will, right? Especially for science, it's better not to feel lazy compared to the knowledge you get.

With this alternative learning in the pandemic era will be in accordance with before the pandemic. The addition of a campus is also not the only alternative to get, taking many opportunities by socializing with outsiders, participating in discussions, making friends from various regions or abroad is one of the lessons other than those mentioned in the points above. Noting

things that can be summarized well is also as important as the above.

With this, I personally, in a position as a student, who tried some of the things that have been described, have been greatly helped by these 5 alternatives. Besides getting knowledge, students also have the right to share knowledge, right?

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US, ONLINE, AND PANDEMIC

Students are one of the most valuable assets owned by a country. This asset will be a mirror of the country in the future, because a nation can be said to succeed if the educators are able to produce alumni who can compete with alumni from other countries, both academically and non-academically. To achieve it all is necessary a good learning process. The learning process is an interaction between students and teachers to achieve a change, the change in question is to find out something that is not yet known. The government, especially the minister of education and culture must be smart and careful in choosing educators, because it is these educators who will be very influential in shaping the character of the students. If the educator is not well educated how will it be with the students.

However, at the end of 2019 until 2021 today the world seems to be horrified by a situation that is quite said to be complicated, and this situation has a huge impact on the world of education. Do not know where to explain the beginning of this complicated situation created because everything seems to happen suddenly and make the whole world afraid. He is coronavirus, this virus can cause the sufferer to experience shortness of breath and acute pneumonia, This infection attacks the respiratory tract caused by the covid-19 virus so that the sufferer can experience death. This makes the domestic government especially our country must find a

solution so that the people do not get infected by this virus. Therefore, the government made the decision that the community should remain indoors. Work from home, learn from home, all done from home, even required to wear a mask, keep your distance, and wash your hands. It's a very troubling situation and conditions but it has to be done for safety.

Because it is forbidden to gather and crowd, the government temporarily closed offices, schools, and universities so as not to occur transmission. However, such situations and conditions do not make students stop to learn in studying, because the learning system that swcara suddenly converted into an online learning system or also called online.

Online learning is like a surprise and a gift from the covid-19 pandemic for the world of education. This shocked educators and became a big challenge for them, so they had to quickly turn their brains to quickly change the way they teach, from face-to-face to screen-to-face. In this case, educators must also work hard and think hard about how to get students to understand every material given, because not all of them have the same way of learning. Some are fast and some are slow and this is the toughest challenge for an educator.

Online learning system or often referred to as online word is a learning process that is delivered electronically using electronic media such as computers, android phones, and other media. This learning system is accessed through the internet. If the internet network is good then the connection will not be disconnected. With this online learning system, students will be easier in finding and obtaining the materials taught. But easy does not mean easy to find easy also in the

process of understanding, because a material that if only read without being searched understand and not taught by educators will not be well understood and will not be stored well in their memory.

Due to the learning process that has been changed from whiteboard to screen board, there are several applications used in this learning, such as through whatsapp application, google meet, google form, classroom, schoology, and many more. The most popular and widely used application is zoom app. The zoom is free and can accommodate up to 100 participants and is limited to 40 minutes of usage time. This application is more widely used in high education and companies. With this application, students and students can do presentations because they can share screens of presentation materials and lecturers can also see faces and monitor the activities of every student who attends their lectures. But many of them also turn off their cameras during lectures, whether they come or just sleep or just play around. Because many just leave their names on display without knowing where their bodies and bodies lie. Like a headstone, intangible, voiceless there is only a name and black and white on his screen.

To use these applications it takes a good internet connection anyway because without an internet connection we can not reach it. This is also very influential in this learning process because not all places can be reached, for example there are some corners of the village that do not have and can not use the facilities that have been provided by this country because the village can not be reached by the internet and this is one of the obstacles that affect the learning process. Since all are required online, we must have a good network

connection in order for the learning process to run smoothly. Not only the network connection required must be good, the connection between educators and students must also be improved in order to create a good understanding as well. Educators must be able to understand by understanding the condition of these students, because many educators are too pressured so that their students must participate in this learning without wanting to know the obstacles experienced by other students. However, many students who make this network connection problem a reason not to participate in learning, many reasons they throw so as not to participate in learning such as: do not have a good internet network connection, the connection is intermittent, if the power goes out then the connection is also lost, wifi is dead and the best selling sweet is the problem of not having quota.

The issue of quotas can also be said to be an obstacle in this process. Although it has a good internet connection but does not have the same quota as the way in place, because without quota we will not be connected to the internet. Not all students have a good economy, many of them are underprivileged and they go to college only with scholarships, not only that parents' income may be enough on food needs and other costs. As a child it is certainly afraid to ask and add more burdens. Not a few students quit just because of this problem.

Seeing this condition and many students who complain about this quota problem, the government is not just silent. The government provides leeway by providing learning quota assistance, not only for students but also for lecturers and teachers. It was all done by the government, especially the

minister of cultural education for the smooth learning process and education in Indonesia is not left behind even though all transferred to an online learning system. With the quota subsidy, the government hopes that all students can learn even if the place of study is closed and even in a pandemic. Pandemic is not the reason all stopped it's just that all activities are diverted to prevent the transmission of the coronavirus or covid-19 virus.

Behind the problems that arise in the online learning process, there are several benefits and conveniences that we can feel. With this online learning we can learn anywhere and anytime, can save transportation costs to school or to campus, easy to document, environmentally friendly means no need to use paper to write, no motor pollution and much more.

To achieve a good understanding during the learning process, we need to do several things so that each given material can be absorbed properly as well. There are several things or maybe it can be said surefire skills so that we can understand in doing online learning.

1. Set a schedule or time

    Although only learning from home, arranging a study schedule is necessary so as not to be late for class. If the learning starts at 8 am then before that hour we have prepared ourselves such as waking time, bathing, changing clothes and breakfast. We should then prepare all the writing stationery necessary to follow the learning.

2. Learning location

    The selection of learning places is an important factor in the online learning process. Before following or doing online learning we should first prepare the learning

location, the chosen location must be a comfortable place, not noisy and away from the crowds. The place is too crowded there is definitely a noise and the noise will certainly provide discomfort and make our constention disturbed, so that all the material taught will not be conveyed properly.

3. Connection

   If we hear the word online or online our thoughts will always lead to an internet connection. Because the tip of the online learning pole is the connection. If the connection is interrupted then the learning is also disrupted. Therefore, before following the learning, check the network connection first after we determine the place. There would be no point in a comfortable place if it didn't have a good network connection. Just imagine how when in our area there is no internet connection or the connection is dead for 1 or 2 weeks, the consequence is that we can not participate in learning, material is left behind and already it all results in value later.

4. Media selection

   This is also no less important than the connection because the media or application used must be reachable by all learners. If you use zoom then everyone should have this app. With this application students can see the teaching materials and teachers can monitor the activities of the students. Other apps like google meet, classroom and many more.

5. Take small class notes

   Even if it's only through computer or mobile media, it doesn't mean we don't have to write anymore. Learning

means figuring out what is unknown, therefore when the teacher is giving an explanation, we need to make small notes or outlines about the explanation, so that if there is a question or task of the note that will help us later. By writing it will also help us to focus on learning and hands do not always hold a mobile phone.

6. Atmosphere

The classroom atmosphere is also one of the influential aspects of the learning process. Even if it's only through digital classes, the atmosphere will still have an impact. It is undeniable that in online learning many students are sleepy because they just stare at the screen. At this time the role of the teacher is very necessary and in this online condition the teacher hatus can liven up the atmosphere so that the students do not feel bored and eventually sleepy. Teachers can tuck into small jokes that can bring the atmosphere to life.

7. Tasks

Every teacher can not guarantee that all the materials submitted can be understood by all students and students will not understand if not repeat what has been described. To test their understanding the teacher must give the assignment. By doing the task given we will understand and we will start to find out what we initially do not know. So, the assignment is also required by the student, but the form of the assignment must be reasonable, not torturing the student and in the capacity.

8. Study group

Study groups are not only used offline, but online must also have a study group. This is shown so that

students can work together in finding out something and can discuss together even if only through digital media. This study group also aims to enable students to exchange ideas and complete the assignments given even though the way to do them is only vitual.

Many people like this learning system because it is considered more practical and flexible. However, not a few do not like. There are some people who do not like because they think children will not understand the way to learn like that. If they are offline they can not understand then what about online learning is only virtual. They think that the learning process requires analysis and practice if all digital-based without in-depth analysis ad only makes it difficult for students to learn.

Actually, the assumptions of the community is not wrong only that people's understanding of online learning is still lacking. because online or online learning systems they think all diverted to digital as well without doing analysis and practice. This is where the educator challenge begins. The success of a learning depends on how educators make this learning system interesting and not boring. interaction between teachers and students. This online learning system is expected to encourage students to be creative by accessing various learning sites, can hone educators must be able to present elusive facts into a material that is quickly understood, provide an overview of a phenomenon even though it is only through video or other media, and provide wiggle room or insight in order to produce a work. This work will be a handle to be able to do something better.

In this era all machines, sophisticated and electronic, all seem to be demanded more creative and innovative in adjusting. It's not as easy as imagined, but it's a challenge of the world, about how we can adapt and blend in with something new and better prepare to accept the coming of a 4.0 era that may be more sophistication than what it is today.

With the 8 ways of learning that have been listed above, it can be used as a method of doing learning in order to achieve optimal and successful learning outcomes. Even though the situation and conditions are very different from the previous year, this situation provides an experience and reinforcement to face all the challenges that arise in the current era.

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STUDENTS AND ONLINE LEARNING

A. Definition of student

Student is a term for someone who is taking or undergoing higher education at a college such as high school, academy, and the most common is university. At this university, students learn to sharpen their brains, think, solve problems without problems, learn to be independent people and practice their skills without feeling bored and tired of being a real human being. But behind all that being a student is not as easy as someone who has not been categorized as a student or student, whether he is in formal education or not. Because the task of students is not only studying, reading books, making papers, presentations, discussions, attending seminars and other campus-style activities. But there is another task that is more difficult for the meaning of the student itself, namely as an agent of change and social controller of society. It is this task that makes students the hope of the nation, namely to become people who are loyal to find solutions to various problems that are surrounding them. This is what can add a plus for him as a student if their hopes are realized and become reality in their lives, not just hopes that run aground in the midst of the turbulence of life.

The word student comes from the words "maha" and "student" which means "big" which means big while the ''student'' is a student. So a student is someone who is an agent of great change, and in general students are required to

be more independent than a student, usually a student is still waiting for instructions from the teacher but students are required to be more creative so that all their actions can bear fruit.

The student's role is as an intellectual, genius and observant person who must be able to carry out his life proportionally, as a student, child, and society's expectations. And students also as someone who lives on campus who is known to be free to express, act, discuss, speculate and give speeches, must be able to show moral behavior in every action without being contaminated and affected by conditions and the environment. Because he himself with his ability can measure the good and bad actions, besides always being monitored and imitated by the community.

B.   Definition of online learning

Online learning or also known as online learning is a system that can facilitate students to learn in a practical and flexible way, with a more appropriate and more personal approach. Through the facilities provided by the system, students can study anytime and anywhere without being limited by distance, space and time. The learning materials that are studied are more varied, not only in verbal form, but also more varied such as visual, audio, and motion.

There are two approaches to online learning, namely synchronous and asynchronous. Synchronous is a learning interaction between teachers and students carried out at the same time, using video conferencing or chat technology. While asynchronous, namely the teacher can prepare the material in advance, and learning interactions are carried out

flexibly and do not have to be at the same time, for example using discussion forums or independent study.

The development of information technology has an impact on the learning process that is more effective. The development of information technology is clearly visible in computer-based learning. In fact, the use of this online technology network with the use of the internet as a means of interactive communication. In the macro context, the use of this network has a very broad impact on the productivity of human work, because it has made it easier for humans to do things.

a)   Designing online learning with the CAFE Model

- Content
  Create and upload learning content/materials in such a systematic, logical, interesting and challenging way for students.

- Activities
  Design and develop a variety of interactive, interesting and challenging learning activities for students. Check for reflex activity.
  General things that can be done in online activities:
  - Reflective activities such as online discussions, summarizing a chapter, and writing arguments.
  - Productive activities, namely making collaborative projects.

- Facilitation
  Facilitate interaction with a variety of interactions between:
  - Students with content
  - Student with lecturer

- Student by student.
- Evaluations
- Using various types of relevant assessments
- Using multiple data sources to evaluate students
- Using self-assessment and peer assessment

b) The purpose of online learning
    - The purpose of online learning is generally intended for non-face-to-face teaching methods.
    - So that it is easier for us to study the outside world and increase our knowledge.
    - Facilitate communication in the delivery of teaching materials in the field of education carried out remotely.

c) Benefits of online learning
    - Increase the level of learning interaction between lecturers and students.
    - Allows learning interactions from anywhere and anytime (time and place flexibility).
    - Facilitate students in a broad scope (potential to reach a global audience).
    - Can train, shape and improve student learning independence in following the learning process.

C. Is online learning important for students

At this time, especially during a pandemic like this, of course, online learning is very important because of the circumstances that do not allow us to study normally, so the online learning system in my opinion is important. But if the situation returns to normal, the teaching and learning process can be normalized again. In my opinion, the online learning system can still be used when the situation is normal, but it is

only carried out when certain circumstances, for example the lecturer is outside the area, online learning can be done according to the agreement between the lecturer and students.

D.   Constraints faced by students in the online learning process

-   Signal constraints during learning

    Signal constraints are the biggest obstacles that are often faced during the online learning process due to the COVID-19 pandemic. We often encounter also that there are many students who live in remote areas who have to go to high places in order to get a good signal connection to carry out the online learning process.

-   Difficult to understand the material

    With this online learning, the second obstacle is the difficulty of understanding the material presented by the lecturer, which is often only through voice notes. Some of the lecturers did not provide a detailed description of the learning material. And there are also some lecturers who just give assignments to students without giving an explanation first about the learning material so that students will have difficulty in doing the assignments given.

-   Required to have electronic goods for learning (mobile phones, laptops)

    With this online learning, parents are required to have at least a cellphone that is sufficient to carry out this online learning. In fact, there are still many people who do not use mobile phones to do online

learning. That way, this condition will require parents to buy cellphones for their children so they can take part in online learning. Meanwhile, in reality, with this pandemic, the community's economy has experienced a drastic decline due to the PSBB policy. Many parents experienced layoffs, businesses that went bankrupt, causing a decline in the economy in the community.

- Feeling lazy and difficult to concentrate
  Learning while online actually adds to the feeling of laziness and also makes it difficult to concentrate. Apart from being dizzy with the tasks given, students also have more time to play such as, playing games, opening Instagram, Twitter, YouTube and other social media compared to studying. As a result, there is a feeling of laziness that is very difficult to fight and also difficult to concentrate when learning online.

E. Media used by students in online learning

This online learning media can be used as an option. Online learning is currently being carried out in the context of social distancing. The goal is to keep distance from other people to avoid the transmission of the Covid-19 virus. Advances in technology like today can make learning at home effective by using online learning media. However, what are the learning media that can be used, including:

a) WhatsApp Groups
The first and most widely used online learning media is whatsapp group. Although it can be said that this application is a messaging application. However, this

app has a feature to create group conversations. We can also use this feature to form study groups. In WhatsApp groups, users can send various documents such as videos, photos and even presentation files. So that group members can share material with each other. In addition, features. Voice notes can also be used to explain the material being studied.

b)   Google Suite for Education

The next online learning media comes from Google, namely Google Suite for Education. Google suite for education can be accessed online or offline. The feature for the learning media in question is classroom. Here, lecturers can also create classes for teaching and learning activities and students can follow these classes. In this classroom, lecturers can give assignments, assessments and written conversations. In addition, classroom also supports video streaming which allows lecturers to provide material directly via video.

c)   Zoom

Zoom is a free meeting app with video and screen sharing with up to 100 people or more. This application can be used in a variety of mobile devices, laptops or other communication tools that support. Zoom can hold meetings, dialogues and direct discussions with other people and share material that will be explained by sharing screens. In addition, lecturers can open chat rooms or discussions with students so that learning becomes more active.

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MOTIVATION AND BENEFITS
OF ONLINE LEARNING

Online courses are lectures without having to attend on-campus classes, but still being able to enjoy university facilities and earn the same degree as regular students. Lectures are usually delivered via teleconference, subject matter is provided online, and there is also a forum where students can ask questions to the lecturer, and discuss with one another.

Online lectures are lecture systems that utilize internet access as a learning medium designed and displayed in the form of lecture modules , video recordings, audio or writing by the academy/university.

Online lectures are managed and organized by higher education institutions; academies and or universities that have met the eligibility standards for the implementation of an online lecture system intended for all learners who wish to take education to a higher level, both for scientific and practical purposes. Initially, online lectures were a college solution for employees who wanted to have the opportunity to study while working. Along with the demands of lifestyle and flexibility, the online lecture system is one of the alternative solutions in equal distribution of education for students, especially employees, to explore science and knowledge.

Online learning has started since March 2020. As for students independently, they must actively follow information updates regarding which platforms their courses will carry out online learning, giving assignments/quiz, and also providing the material. This learning technique fully adapts to the policies of the lecturers of each course. Platforms that can be used include Google Classroom, video conferencing, telephone or live chat, Zoom, WebEx, Google Meet, and WhatsApp groups. As for UGM students, they can take advantage of the SIMASTER UGM, Elok, and eLisa applications. This online learning is one of the innovations in the field of education to answer the challenges of technology literacy and the availability of more varied learning resources.

Online learning uses materials and timescales that are in accordance with the curriculum. As for the place, online learning has the flexibility of learning time, you can study anywhere and anytime. This is because it is quite difficult to implement health protocols on campus, so online learning is a pretty good alternative during a pandemic like this. Online learning provides benefits for both lecturers and students (Singh, & Worton, 2005).

For students, online learning is an alternative method of learning that does not require them to be present in class. In addition, this learning will form a spirit of independent learning, and also encourage interaction between students, especially for students who are usually not actively speaking, so they will be able to more freely express their opinions/questions via writing if online learning is carried out as it is today. As for lecturers, online learning methods are here to change conventional teaching styles which can later

improve work professionalism. The online learning model also provides opportunities for lecturers to assess and evaluate the learning progress of each student more efficiently because they can interact directly and have a track record.

Online learning has positive and negative sides that go hand in hand. This will later have consequences for how effective online learning is during the COVID-19 pandemic. The meaning of the word effective according to the KBBI is that there is an effect, consequence, influence, and or brings results or is effective. Therefore, the level of effectiveness can be said to be relative, depending on each component that supports or participates in this online learning process so that it is hoped that this learning will bring the best results despite the existing limitations. Students are expected to be independent and more active in learning not only relying on the material that has been given but also from other sources. Lecturers and the Faculties/Universities should adapt the curriculum to the current situation so that online lectures can still be carried out and are not too burdensome. An attractive, active, and acceptable learning model is also needed by all types of students.

The government is also trying its best to support the continuity of learning during the COVID-19 pandemic, for example, providing quota subsidies for students, teachers, students, and lecturers every month. In the long term, online learning can limit field activities or practicums that support courses so that blended learning innovations are needed when conditions start to improve and allow the implementation of health protocols on campus.

Understanding Online Lectures or online-based lecture systems, online lectures also called e-Learning or Online Courses are the lecture process using information and communication technology, in this case the internet. In this online lecture or non-face-to-face lecture, students are not required to come to campus regularly. Online lectures are also one of the means of interactive learning. Lecturers and students can communicate using the internet. Lecturers can provide lecture material, either in the form of files, videos, or writing (text). With online lectures, a lecturer can also teach in several places at the same time. Students can get lecture material in the form of files or readings from the lecturer in question, send questions to the lecturer of the course, send contacts to other students, view information from the lecturer in question, and take exams at the appointed time.

Online Lectures contain Open Content, namely learning materials that can be used together. Online Lectures can also be Mobile Learning (Mobile Learning). Students can take courses anywhere and anytime, as long as they have an Internet connection. Some lecture materials can even be accessed even if there is no internet connection. In the online system, students still have a "face-to-face" schedule with the lecturer, usually using . In addition, discussion classes in chat rooms are also regularly held. Student activity here is included in the assessment.

➢ Disadvantages of Online Lecture Programs

In addition to having advantages, online lecture programs also have disadvantages, including:

Very dependent on the internet, if the network is slow or has poor signal, the learning process will be left behind, especially if it includes college exams.

It really depends on the students' discipline attitude, if they lack discipline, they will also be left behind in learning. In terms of social interaction it becomes difficult because they are used to it alone. There are some courses that cannot be taught online. This course program can only be accessed by certain circles.

• Benefits

Online lectures or open lectures, both at open universities and at universities that organize this lecture system provide an alternative solution for every employee/employee who wants to study while working. With online lectures, students can adjust their own schedule or based on campus policies. In essence, the online lecture system is more flexible - not bound by time and place - in addition, the source of the material is not only obtained through lecture materials that have been designated as compulsory sources of lectures. However, it can also be obtained online by carrying out the process of browsing the internet, filtering and developing student insights

• Resistance

Following the online lecture system also contains significant obstacles. This is seen from the learner's perspective and the completeness of the learning process.

➢ Solutions in Online learning

1) a location near a home environment that is difficult to reach by the internet network, temporarily moving to a location that is covered by the internet network. If the minimal internet quota is overcome, join friends who have WIFI at home, a maximum of 3 students and comply with the health protocols to prevent Covid-19.

2) Various online learning media are used so that students are not bored.

3) Efforts are made to use varied online media that are interactive.

4) When using online media that can be live, for example zoom meetings, google meet, webinars and others so that the character or behavior of the students is relatively monitored.

5) The material to be delivered in the lesson should be given the day before to be read first. When the teacher/lecturer explains the material, the dominant students can understand better, if there are still difficulties, they can be asked. Assignments are given a time limit to collect and grade.

6) Collecting assignments is not late. When the assignment has been received, it is immediately corrected / assessed and the results are immediately notified.

7) With online media that is varied and dominant, live will be able to absorb the subject matter close to optimally.

- Prepare devices and connections before synchronous learning.

  Online learning has two forms, namely synchronous and asynchronous learning. Learning synchronous is learning together in an online class through the application of video conferencing such as Zoom, Webex, and Google Meet .

  This method of learning includes discussions and classes guided by teachers or lecturers as presenters. Because this class uses a video conferencing application , don't forget to make sure our devices are ready to use for both mobile data and secure wifi connections before you enter class

- Start to be active in class discussions Class discussions through video conferencing applications are a golden opportunity to master the material as well as get grades for class activity. Therefore, do not hesitate to always be eager to know more about the material, and dare to answer questions asked by the teacher or lecturer.

- Make a to-do list of tasks and materials to be studied

  Even though the class has finished, it doesn't mean that learning is enough. There are still tasks that need to be completed and materials that need to be mastered.

  So, to make it easier for you, try to make a to-do list of tasks and their deadlines so you can always remember to do assignments so that they are collected on time. In addition, don't forget to make a list of materials you want to study independently.

Looking for supporting materials on the internet

The internet is a tool that makes it very easy for you to find information, including information related to material. Good students are students who are actively looking

for additional material beyond what is given by the teacher in the classroom.

Therefore, use the internet to find additional material to increase your understanding.

Create study groups

Learning together can make it easier for us to understand the material. Create study groups with your close friends to discuss the material.

The Dangers of Online Lectures for the Nation's Youth, and How to Overcome Them

A.   The reason why online learning is dangerous for the nation's youth

The generalization of the quality of online learning is really dangerous for the progress of education in this country. The government and the DPR must encourage campuses to develop better in serving the education of our nation. Pandemic and online lectures are two different things. This is clear in the literal sense even though it occurs at the same time. Indeed, online lectures were very happening when the Covid-19 pandemic suddenly hit the world.

However, it is not because of the new online college pandemic created. Learning activities in it cannot be determined independently, especially in perfunctory ways because since years ago the activities have developed. The quality of learning must still be maximized, even with more effort, even though we realize the current situation is not easy.

It must be admitted, in the early days of the pandemic, many campuses were not ready to organize learning properly. However, three months have passed, campuses have found

many forms of online learning that are suitable for lecturers, students, and learning outputs. There is no campus that has bad intentions for perfunctory or likes to serve its students. The best efforts will certainly be made to fulfill promises to students.

It is undeniable that many campuses are not able to achieve maximum business due to the age of the educators, infrastructure, and finances. Because it requires a large amount of investment in its implementation, the suggestion from the Chairperson of Commission X DPR I during the socialization event "Guidelines for Implementation of Learning in the Academic Year and New Academic Year in the Covid-19 Pandemic Period", last Monday, should be encouraged to be realized.

Support from the government in the form of finance and infrastructure will not only save the campus, but also save the future of students so that they can still achieve their goals and competencies in accordance with the expected time.

As we all know, implementing online learning requires an investment that is not cheap. The campus must have sufficient financial capacity to organize it properly. In addition to telecommunication access, campuses must also prepare reliable servers and internet subscriptions as well as greater efforts from lecturers than usual.

Lecturers have to prepare various learning materials and illustrations that could previously be explained on the blackboard, then transferred to the virtual world. Electricity costs are also still incurred because the campus is not automatically empty and stops operating as soon as online learning is held. Indeed, there are still activities of lecturers

and education staff in serving online learning and creating learning content while still using campus services or infrastructure.

If the Chairman of Commission X considers that the implementation is cheap so that costs must be reduced, of course his other suggestions must also be followed, namely to provide financial support from the government to campuses for the implementation of online learning. Thus, investment and costs from preparing access, infrastructure, to online learning incentives can be handled properly.

Of course, the provision of incentives is not only for the campus, but also for students who consistently participate in online learning continuously. That way, costs can be lowered according to his encouragement.

However, in order to create justice, campuses must also provide feedback in the form of maximum quality of learning, not just providing materials and assignments via email or other social media during class schedules. This is so that students do not have to be forced to study on their own.

Because if it was the other way around, students could of course take material from Youtube or Massive Open Online Courses (MOOCs) from around the world, which are often better and clearer in providing explanations. Accompanied by attractive visuals, young people's speaking styles, and the feeling of meeting physically, it is possible to disrupt the world of Indonesian education more quickly.

The generalization of the quality of online learning is really dangerous for the progress of education in this country. Instead, the government and the DPR should encourage campuses to develop better and be more capable of serving

this nation. Thus, the quality of learning can achieve the expected output even though the pandemic does not give us time to get ready.

If the campus does its best, it will prevent us from misguiding thinking about the quality of online lectures which are actually the same as conventional learning.

According to a professor in digital learning, Stefan Hrastinski (2008), online learning consists of two types, namely synchronous learning and asynchronous learning. The first term refers to real-time activities in online learning. All material and direct interaction of lecturers with students occur according to the lecture schedule every day.

The need for a server that is stable and capable of handling massive and massive users at the same time when online learning for synchronous learning is much greater than online learning with asynchronous learning, which does not require real-time interaction between lecturers and students.

For this second type of online learning, campuses only need to put materials, assignments, and evaluations in a predetermined place and let students work independently. Most open university learning models in various parts of the world do demand independent learning of their students.

The DPR's proposal regarding financial support from the government in the implementation of online learning needs to be encouraged. However, it is necessary to look at the different types of online learning and the quality of online learning that is actually held on each campus. This knowledge is needed so that we don't go astray in assessing the quality and cost of conducting online lectures.

B.   How to make online learning useful for the education of the nation's youth

Online learning has a significant influence on students' language literacy skills, where online learning has many advantages for students, including being able to create a learning community, efficiency in learning time and costs, and learning materials can be accessed at any time with technological sophistication. students' language literacy skills. Students can be considered to have literacy, if students have basic language skills, namely reading and writing. For sources of reading and writing in the current era cannot be separated from the internet network through smartphones, laptops, computers, and so on.

Using online can improve reading skills, generate positive reading perceptions, encourage class discussion, and develop reading and critical thinking skills. Due to the increasing number of internet users, it encourages people to upload their work, including in the form of written work. People's penchant for searching for reading on the internet and uploading writing, automatically increases reading and writing literacy. Therefore, literacy really needs to be fostered so that the generation likes to read and write. Especially in this digital era, everything requires literacy skills, including language literacy.

The COVID-19 phenomenon presents its own challenges for the world of education, which demands to be ready to teach and learn online/online so that lectures are full of competence, precise, accurate and fast. On the other hand, the competence, system, and technical support have not fully supported it. Because so far learning has been carried out by

teachers and lecturers accustomed to the old pattern with teacher centered, online learning has only arrived at discourse as a technical tool, has not led to media changing ways of thinking and acting, as a paradigm of student center-based learning, to make students creative, innovative. that produce works, insight into the formation of students to become lifelong learners.

The application of online learning requires readiness for both parties, be it from education service providers or from students themselves. However, online and distance learning requires the help of capable and easily accessible technology.

In addition, students must also be ready to adapt to changes in learning arranged by the school. Remote learning can be seen as more freely and flexibly accessed from home. Then, what are the strategies so that online and distance learning can be carried out effectively? Take a look at the description below.

a.   Set time management

Set study time regularly. Work with the focus on the tasks assigned by the teacher or lecturer. This is easier to do if the school or university provides restrictions on online access schedules for students. This will be different if education service providers provide full flexibility to students. Students must arrange their own study schedule.

For people who are not used to self-study, they will usually do schoolwork at the last minute of the deadline set. Therefore, getting used to learning and doing assignments early is a skill that must be instilled in students who do remote learning.

b.　Prepare the technology needed

Students should know what tools are needed to conduct distance learning. Not all schools have provided adequate online learning services, therefore several online learning platforms can be an alternative. Likewise, technological tools such as computers, smart devices, or tablets have become important, and especially a decent internet network.

c.　Study seriously

The mistake that students often make, as reported by Psychology Today, is not focusing when doing remote learning. During learning on the internet, there are many distractions that interfere with the learning process. The temptation to watch videos, access social media, to read news content impulsively is often carried out without prior planning.

Therefore, it is important for students to try to focus and be consistent during the allotted study time. Avoid all kinds of distractions that have the potential to interfere with the learning process. If possible, set up a separate room for study and stay away from distractions from other family members.

d.　Keep in touch with teachers and classmates

For those who are not used to doing remote learning, they have to adapt to stay visible and communicate responsively with other teachers or classmates. If needed, a special group should also be held to discuss the tasks assigned by the teacher. Although it does not have to be done face-to-face, communication must be well established to avoid misunderstandings.

Use these moments to hone your online communication skills. If you are not sure about the results of the work done,

immediately contact the teacher. Do it as soon as possible to show commitment that we are serious about learning.

Although many students find it difficult to do remote learning, once they get used to it, it actually gives them their own freedom and flexibility, which is not found in teaching and learning activities in the classroom. In the midst of the spread of the Covid-19 outbreak, this kind of online learning can actually be an effective alternative to class meetings or face-to-face learning.

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THE IMPORTANCE OF INTERNET MEDIA TO HELP ONLINE LEARNING ACTIVITIES

As we know that we are in this pandemic period for about 2 years and online lecture activities are still being carried out. From this online learning system, we as students are certainly required to be independent in doing everything. Independent here, I mean, as students, we don't have to depend on what the lecturer says.

Because according to my experience this online learning system has a lot of obstacles that we go through, for example, many student housing locations are not accessible from the internet network. so to understand the material conveyed by the lecturer was not understood.

Therefore, we as students do not have to rely on what is conveyed by the lecturer if we still do not understand a lot of reading from other sources, such as searching from internet media, or from books related to the material. Not only that, as students we also have to have the right moves in dealing with this online lecture.

In the online learning process, of course, we must use various media that support the online learning process such as using the WhatsApp application, Google Clashroom, Zoom Meeting and many more media that can be accessed to help the learning process during this pandemic. Of the various kinds of media, of course, the most mandatory and the most needed are gadgets.

According to my experience as a student, it's not just me but the majority of my friends on campus do this. To face this online learning activity, we need to prepare a device or a stable network connection in carrying out the learning process. Because the most important thing to note is a good internet connection. Because if our internet connection is bad, it will interfere with learning activities.

Many impacts that we receive if the internet connection that we use is not stable. One of them could not properly digest what was explained by the teacher. Not only that, as a result of the poor internet connection that we use, we also cannot attend lectures. it is very bad for our presence in the learning process.

Therefore, before the lecture activity will start, check the internet connection again. for example, if we are in an area where the internet connection is not good, we try to find a place with a stable network in order to maximize our lecture activities properly.

Then secondly, we as students certainly don't have to rely on the material that the lecturer provides, we can look for other supporting materials, for example looking for references from the internet or from print media that have something to do with the material provided by the lecturer. Then if we are already in the learning process, try to be active in discussion forums.

Because class discussions, either through zoom meetings or other media, are an opportunity for us as students to master the material given by the lecturer and we can also get grades for class activity.

Therefore, do not hesitate to always be eager to know more about the material. and trying to get up the courage to answer questions in discussion forums, both questions given by lecturers and questions given by fellow students.

Then we can also make a list for the tasks given by the lecturer. Even though the learning process has been completed, it does not mean that learning is enough. There is still work to be done

Because from my experience, every lecturer who finishes teaching will definitely give assignments with a limited time. Therefore, we as students must be smart in dividing our time. because in online learning the majority of lecturers give more assignments.

Not only doing assignments, but, if the lecture is finished, try to re-learn the material that has been delivered by the lecturer at least we use the internet to make small notes to make it easier for us to remember the material.

Because finding supporting material on the internet is very easy. Because we know that the internet is a very easy tool to find information, including looking for information related to the material presented by the lecturer. Because during this pandemic, internet media is one of the shortcuts to broaden students' knowledge.

Besides that, what we can do to make it easier to understand the material, even though learning is online, we can create our own study groups to share knowledge with each other, for example, create our own discussion forums, even if only through whatsapp media. There we can exchange ideas even if only via whatsapp.

So, social media is very useful for students if we use it well in this online learning period. Because social media is very useful for accessing information, knowledge and education.

Furthermore, to facilitate online learning activities, we can also use print media (books) related to the subjects we are studying. Because finding sources of knowledge through books is very useful for students.

Because in my opinion, literacy activities are positive activities for students. Building interest in reading, we must start from the awareness of each individual. But if we have a real intention to understand everything even if only through print media. If you don't have print media, you can look for digital library applications via the internet

Furthermore, to deal with online learning, the most important thing is that we also have to think positively in doing everything, for example in doing assignments.

Indeed, many tasks that we do with very short deadlines we often think of as something terrible. Because it really affects our grades. However, you should get rid of that assumption and start making friends. Think positive because as long as we do everything sincerely and are good at managing time, everything will be finished on time too. we don't need to take it too seriously. but don't take it too lightly. do it because it's our duty as students. Indeed, everything must have consequences that we must face. However, try to use it as motivation. we must be sure that what task we will do. will finish at the appointed time. Moreover, we as students must have mature thoughts in dealing with everything.

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ONLINE LEARNING PROBLEMS AND SOLUTIONS

Covid-19 is a disease that can spread, either directly ot inderctly, from one person to another. This condition attacks the respiratory system sucg as the nose, throat and lungs. The complexity of handing the outbreak, the absence of vaccines and rugs to cure ovid patiens has made the government implement strict policies to break the chain of the spread of Covid-19. Ine way to break the chain of the spearding Covid-19 is by limiting community interaction which is applied by means of physical distancing.

The existence of a distance learning policy during the pandemic has encouraged teacher to carry out online learning. Learning is done by using cellphones in providing subject matter and assigments to students. Students study at their respective homes by reeiving material that the teacher has distributed online. Laerning that is carried out using an online system makes subject matter more easily and boardly accessible to studentd. This makes it easier for teachers and students to continue teaching and learning even though they are doing physical distancing in accordance with recommendations from the government.

Online/online lectures are lecture systems that utilize internet access as a learning medium designed and displayed in the form of lecture modules, video recordings, audio or writing by academics/universities. In this online lecture, students are not required to come to campus regularly. Online

lectures are also one of the interactive means. There are various online learning media. Services that are quite familiar to use for online learning are *google classroom, zoom, cloud meetings,* to *whatsapp groups.* Some of these online learning media models are used by lecturers and students during lectures without face to face.

Online lectures allow learning to be done at home, without having to come to class/campus. In an emergency situation like now, online lectures can be a solution because lectures are possible to take place outside the classroom. Online lectures can be done anywhere and anytime according to the time that has been determined together.

One of the advantages of online lectures is the variety of learning media that can be used. The remaining time and more energy can be used by students to develop abilities and creativity or seek experience. While the drawback of online lectures is that they are very dependent on the internet, if the network is slow or the signal is difficult, the learning process will be left behind, especially if it includes college exams. And in terms of social interaction it becomes difficult because you are used to being alone.

Educationalist a tool to change the way of thingking and acting towards a goal that has meaningful value in life both individually, society, or state. So, trhough education, the pattern of thinking is instilled, instilling values, developing self-potential and forming personality, so that it can be transformed from generation to generation for the sake of human civilization in the life of society, nation and state.

Education has the most important tole in the civilization of human life so far, all innovations inhuman life from wall

walks of life begin with education. Without education, the perceived civilization willnever happen, life will continue on the law of the jungle.

The government has encouraged campuses to organize lectures with an online system. And, in the midst of the current Corona pandemic, the lecture system that uses this online system is also the right choice for universities to implement. Seeing this condition, a number of universities are looking for the right way so that online lectures can be effective and of good quality for students.

The spread of the corona virus has resulted in all parties being victims of this virus outbreak. The impact felt by students is a negative impact because they are "forced" to do learning from home. Moreover, many students who are not used to studying online have never even experienced it. Especially with lecturers who do not understand internet technology or the use of various online learning media, especially those in the regions.

The problem in online learning lies in the availability of internet services because most students live in areas with poor network services. This becomes an obstacle when the learning process is in progress, such as an unstable network that will result in intermittent explanations from the lecturer which will eventually experience miscommunication.

Another problem faced when implementing online learning is that most students complain that the costs incurred to buy internet quotas are getting higher. The government has provided free internet quotas for students, but it is still lacking because online learning requires quite a lot of quota. This is caused by most of the lecturers when providing material using

google meet which aims to make the material provided easily understood by students.

This highly changing learning system has had a major impact on the world of education. This learning change is a situation that requires entering information literacy in academic culture. One of the causes of this big change is because online learning is done suddenly, this has a big impact on the readiness of universities, lecturers and students in carrying out inadequate learning.

Actually there is nothing wrong with online lectures, as long as universities have a place to facilitate qualified teaching and learning activities. Even before the onset of Covid-19, several universities had existed with the term online lecture. However, problems arise when students complain about the decrease in the quality of learning they get. Some of the students find it difficult to access online lecture rooms, due to several things, one of which is a bad connection so that the learning process is disrupted.

In fact, online lectures are the best solution for students to continue their education during this corona pandemic crisis. Pandemic and online lectures are two different things. This is clearly a literal meaning even though it occurs at the same time. Indeed, online lectures were very happening when the Covid-19 pandemic suddenly hit the world. Learning activities in it cannot be determined independently, especially in a perfunctory manner because since years ago the activities have developed. The quality of learning remains maximal, even with more effort, even though we realize the current situation is not easy.

There are a large number of studies that find positive statistically significant effects for student learning outcomes in the online pr hybrid format compared to the traditioal face-to face format. Some of the positive learning outcomes are improved learning as measured by test scores, student engagement with the class material, improved perception of learning and of the online format, stronger sense of community among student, and reducation in withdrawal or failure.

The campus must have sufficient financial capacity to organize it properly. In addition to telecommunication access, campuses must also prepare reliable servers and internet subscriptions as well as greater efforts from lecturers than usual. During the Covid-19 pandemic that came at the end of 2019, circumstances forced us to start using an online learning system. In online learning there are advantages and disadvantages, but most still consider online learning to be less effective.

The learning process is a transformation process in a learner. The transformation in question is a change in knowledge, attitudes, and actions for the better in quantity and quality. This era of information technology is the right time for students to explore material, because all lecture materials are available on the internet. Thus, the determining factor for learning success is not only meeting in class but also the willingness of the learner to explore learning materials.

This online learning is certainly a new challenge for lecturers which makes them have to master learning media to carry out learning activities and are expected to be creative in the learning process so that learning objectives can be

achieved optimally. In conducting online learning, it is not only students who are confused but also lecturers, regarding assignments, what materials must be delivered when online lectures take place.

In learning that is carried out online, the characteristics of the learning also need to be considered by the lecturer as a guide and facilitator of the learning process. In order for the character of the learning process to be carried out, a good online learning system is needed. Here are some things that need to be considered by lecturers and students in online learning so that the desired character of the learning process can be achieved.

1. Generating motivation

Whatever the learning media used, the learner's motivation is the main factor in the face-to-face method, if a student is not motivated, he or she will not attend class. In online learning, this attitude will be easier to do because lecturers cannot monitor students. Therefore, the first thing that needs attention from lecturers is how to generate student motivation.

2. Interactive

Face-to-face learning is only 42%, so lecturers should not assume that face-to-face is everything, thus requiring a live meeting with students. Besides spending the student quota, the time is not flexible. So the interaction needs to be a major concern even though it doesn't have to be direct. So it is not good in online learning, a lecturer only uploads material without any clear introduction or instructions.

3.   Make students have to study

In addition to the introduction of the material, lecturers also need to find ways and "force" so that students learn the material provided.

4.   Building a spirit of collaboration

In this information age, it is very possible to build collaboration with anyone and anywhere. There is no need to think about meeting costs anymore, because communication can be done from each location. Lecturers can take advantage of similar study program forums that already exist.

By paying attention to these few things, online learning is no longer a problem. Even with the pandemic in this global era, students can enjoy the freedom to learn and collaborate as learners. It's not just lecturers who have to be careful in online/online learning, students also have to play an active role in this. The following is a surefire way to learn online well

1) Prepare devices and connections before synchronous learning

Online learning has two forms, namely synchronous and asynchronous learning. Synchronous learning is learning together in online classes through the Zoom and Google Meet applications. This method of learning includes discussions and classes guided by teachers or lecturers as presenters.

2) Start to be active in class discussion

Class discussions through video conferencing applications are a golden opportunity to master the material and at the same time get grades for class

activity. Therefore, don't hesitate to always be eager to know more about the material.

3) Make a to-do list of tasks and materials to be studied

Even though the class has finished, it doesn't mean that learning is enough. There are still tasks that need to be completed and materials that need to be mastered.

4) Looking for supporting materials on the internet

The internet is a tool that makes it very easy to find information, including information related to material. Therefore, use the internet to find additional material to increase understanding.

5) Create study groups

Learning together can make it easier for us to understand the material.

Everyone has different goals and dreams. The main task of students is to study. But studying here is not just monotonous and don't make studying boring, a very busy college period might make students so overwhelmed to study online. As a student, don't make online learning boring. Here are some tips that can be applied:

Learning is the core of the educational process. The quality of education describes the quality of learning. Improving the quality of education can be done through improving the quality of learning. Online learning and working from home for educators are changes that must be made by lecturers to continue teaching students. Distance education has the aim of improving the quality of education and the relevance of education as well as increasing equitable access and expansion of education.

Learning online is not a problem for lecturers and students in the study program who have implemented an e-learning syste, or blended learning, both the system, the technical, and the learning culture. Learning by using e-learning online has various advantages, namely: low cost, following the latest development, teaching materials are chosen as needed and can be accessed from anywhere and anytime.

Problems arise when lectuers and students are not accustomed to using profitable online learning,especially related to operational techniques using programs model e-laerning. So that difficulty does not increase, both terms of technical, especially pyschological, it requires empathy scores drom leturers as a basic for onine laerning, at least it will ease the psychological burden of students. Empathy in the sense as according to Heinz Kohut, namely the capacity to think and feel oneself into the live of other. The attitude of positioning oneself to other is carried out modestly and sincerely.

However, this learning still has some weaknesses, including signals that are difficult to reach by students who live in the area, a lot of chat that makes the cellphone memory full so that the internet connetion is slow and quite tiring because they have go to back and forth to see the cat from the beginning of learning.

Online learning held with good quality assurance in accordance with the needs of stakeholders is one of the mechanisms for expanding access to higher education. Determining online lectures is the right solution during the current COVID-19

pandemic. Without the need to make physical contact and travel to campus, students can directly study at home with a laptop or smartphone connected to the internet. However, the online lecture must still be under the supervision of the lecturer, otherwise the lecture process will be ineffective.

Although there are obstacles to online learning, it can be said to be effective if students can achieve learning goals and students are active with the interaction between lecturers and students in the learning and not only lecturer-centered. One of the main envy of student learning that is very prominent is the ability and willingness in the learning process by directing the learning process according to the desired needs.

A side effect of online lectures is an increase in stress levels if you are in front of a laptop or computer for too long. Lecturers should not burden students too much with a myriad of tasks at this critical time of the corona virus. Lecturers can take a break to take a break and not push their students too long in front of a computer screen. Physical and mental health must be maintained so that the body's immunity can remain stable. By giving a break can be a solution to this.

The success of learning media is not only seen from a technical side but also depends on the characteristics of each student. As for the output, there are also many students who feel that they do not understand the material, have more independent assignments, and have difficulty doing practicum as supporting courses. Lecturers are also more difficult to supervise

students during online learning because it is limited to the media, so there may be students who only attend but are not listened to.

In addition, another problem with online learning is that the internet signal is still limited in some areas, thus hampering the learning process. Students are expected to be independent and active in learning not only relying on the material that has been given but also from other sources. Lecturers and faculties/universities should adapt the curriculum to the current situation so that online lectures can still be carried out and are not too burdensome.

The advantage of using online learning is that learning is independent and high interactivity, able to increase memory levels, provide more learning experiences, with text, audio, video and animation which are all used to convey information, and also provide convenience in delivering, updating content, downloading, students can also send emails to other students.

It is no less important to note that learning materials and lecture activities must continue as planned online. It must be admitted that online lecture learning methods have an impact on learning materials. With the online college policy, it is inevitable that the plan will be disrupted.

The speed of discussing material offline is different from the speed of discussing material online, so there is a possibility that some material was not discussed during the lecture period. In addition to the problem of time, it is

not impossible for students to experience difficulties in capturing material because there are several disturbances that occur during online lectures. Lectures can still run online as long as they can run online as long as there is cooperation and discipline from lecturers and students. However, online lectures are part of government policy and are carried out with the aim of reducing the risk of the spread of Covid-19.

The key to the success of this online learning is being focused and independent, meaning that lecturers and students must focus when the lecture starts and must also be independent in undergoing lectures. With these two things, during the corona pandemic like today, online lectures can be a solution for students.

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LEARNING ONLINE WITH PANDEMICS

Students are intellectually easy people who have an important role for themselves and also for society, because students are the next generation of a very valuable nation, students who are able to compete and scent the name of the nation if they manage to score good educators and examples.

Students have a high level in the community, students are not only for college, canteens, libraries or just on campus only. Students have a broad social function for the life of the nation and the state. Like, when the people can not speak, students are the most advanced voice of the community, because students have justice in demanding in their own country.

However, in 2019 the whole community was horrified by the news of viruscorona until now, all people are afraid and panicked when they hear this bad news, because viruscorona can be transmitted to others and can cause death. This coronavirus can also cause educators and teachers to be hindered including workers. Because the longer the news viruscorona rampant causing many deaths then the government issued new circulars so that students and teachers learn from home, the government also tightened the regulation of health protocols so that we always use masks everywhere, always wash our hands, all the crowds are closed, and other workers are blocked because of the corona virus so that we can not gather in crowded places. The spread of corona virus

has a huge impact on economic activities, transportation and also in the world of education.

But at that time, because we were forbidden to gather so as not to cause crowds so that the government closed tours, markets, offices, schools, and colleges. All activities are carried out from home so as not to occur transmission to people.

Because of the corona virus that eventually hindered aspects of life and education, learning that was originally done face-to-face, is now transformed into online learning. Day after day we go through, but the coronavirus is increasingly rampant, causing many deaths to thousands per day. Over time, Kemdikbud issued a circular to organize distance learning (online), or learn from home.

Now online learning starting in March 2020, the student must actively attend the lecture, the technical of online learning must adjust to the policies of our respective course lecturers. Applications that we can use during this online learning include google classroom, zoom, googlemeet, whatsapp group and other applications again.

Online learning uses time that ranges according to the curriculum. In online learning students are not required to regularly come to campus, Online lectures are also one of the interactive learning tools, lecturers and students can communicate using internet media. Lecturers can give students assignments in the form of files, videos and writings. With online learning a lecturer can also teach in several places simultaneously. In terms of where online learning can be done anywhere and anytime, online learning also has flexibility in learning time. But, in online learning many students also do

not understand about the material that has been explained by the lecturer. Similarly, lecturers are difficult to supervise students when learning is ongoing because it is limited by the media, because there may be students who only play around or lie down while the learning is taking place, as well as students who only leave attendance. In addition, the problem of online learning is the limited internet signal in some areas so that students are hampered in the ongoing learning process.

During online learning many things happen to students or lecturers. Learning that was originally face-to-face is now turned into online, but as for the obstacles that we get in online learning, such as remote houses in rural areas that are not affordable with internet networks and minimalist quotas, laptop or mobile phone facilities are not adequate. YAA,,, There may be some students who like online learning and also those who do not, because online learning is very difficult for those who have a poor internet network connection so that the network connection is intermittent and long connected, when the power goes out then the internet connection is lost, so many students complain about the internet connection during this online learning , the problem of quota can also be said to be an obstacle for us, because even though our internet connection is good if we do not have the same quota.

This online learning realizes our tremendous potential, the internet that has not been fully utilized in various fields, including education. In online learning we as students can record what the lecturer has explained, and online lectures can also be done from home so that we can be close to family. However, not all of these activities are carried out properly because there are obstacles experienced by students.

Online learning is mostly teachers who complain about student and student participation when online learning takes place because, teachers find it difficult to ascertain whether students or students are really taking learning seriously or not. Because it often happens when learning is taking place through the zoom application or googlemeet they only put photos or videos that have been recorded so that it is as if they follow the learning process, but in other cases it turns out that they do other activities, through online learning attention, monitoring and assessment to students less so that not a few are more relaxed during the lecture. Sometimes also when students do not attend lectures because they are hampered by unstable networks or they do not have internet quota.

Seeing this condition many students or students complain about quota problems. Over time we always learn through online so that the government gives leeway to students or students with the help of free quota (learning quota). With the subsidy of internet quota, the government hopes that students or students can learn even if only through online so that we do not miss lessons. Pandemic is not a reason we stop activities as usual it's just that the activity is now diverted to prevent the transmission of coronavirus.

Behind the problems that arise in the online learning process, there are several benefits that we can feel, such as online learning programs students or students can follow lectures anywhere they want and have a good and maximum internet connection, save transportation costs, shorter lecture time in badingkan lectures face-to-face. As for the lack of learning in online lectures that is very dependent on the internet, if the network is not good then our learning process

will be missed when again include exams, depending on the discipline attitude of the students, the implementation of lectures are not in accordance with the schedule that has been set, online learning is sometimes less thorough in sound and camera settings, accidentally interfere with kbm. in this online learning there are also some courses that we can not do online. However, there are risks that students or students can experience in the implementation of online learning, such as learning loss or decreased learning competence of students or students.

Pandemic demands a new style of learning system to replace what was originally face-to-face now into online learning, they think this learning method is quite foreign, thus requiring students from both elementary school and student levels to adapt to the current learning methods. To achieve a good understanding during the online learning process we need to do several things so that each given material can be understood properly. Therefore, there must be an effective and fun way of learning online at home, This is a surefire way to learn online effectively.

1. Set a schedule

Although learning from home, but we have to keep our schedule well as we often do, such as when having a schedule at 8 o'clock then we have to get up early to prepare for bathing, learning, refreshing, breakfast and dressing neatly even though we only do learning from home.

A well-organized routine using a schedule can give us good signals and our brain works well. That way we can learn well and effectively even from home.

2. Create a study group

    Create a study group with your closest friends that we can reach home so you can discuss together or study together so you can make it easier to understand unknown material.

3. Create a study plan

    Plan learning achievements for the next 2 days or in advance, or do the tasks given by lecturers so as not to accumulate. This learning can be done with friends to make it more enjoyable.

4. Learning Location

    The selection of learning places is the most important thing in the learning process, before online learning begins we first prepare a safe and quiet place from the crowds so that when the learning process takes place we are not disturbed by the noises of the crowd. Because when we are in a place of automatic crowds we do not focus so the material described by our lecturers does not understand.

5. Take small class notes

    Although we learn only by mobile phone does not mean we do not write, when learning takes place we have to write a small note of the explanation when there is something we do not understand.

6. Media selection

    Media selection is also important for us, because the media used must be reachable by all students or students when using googlemeet or zoom then students must have it as well. With the application used by

students can see the materials explained and teachers can also monitor the students.

7. Internet connection

Naahh,,, Internet connection is very important for us, because this internet connection is the pillar in the online learning process so that we can follow the learning. Because when the internet connection is not good or unstable then we will feel disturbed in learning, therefore look for a safe place and check your internet connection before starting learning.

However, not a few of us do not like this learning process because, according to them it is difficult to understand the learning, which used to be difficult to understand face-to-face, especially in this online way.

Not only students who do not like this online learning, but the parents of students, because they think online learning makes their children do not understandabout the material described.

This is where the challenge of students or students begins the success of a learning, depending on how the student or student makes this learning system into something interesting and fun so as not to be boring. This online learning system is expected to encourage students or students to be creative by accessing various learning features, can hone insights in order to produce a work.

In this era everything has become sophisticated as well as machines or electronic devices, all as if demanded more creative. It is not as easy as what we see, yaa want in moreover

this has all become destiny, therefore we must be able to adapt to something new .

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IS ONLINE LEARNING BORING?

At school it was very different from now. Now we are demanded to be more disciplined and responsible with lectures. This is certainly something that is familiar to me this semester. During the current pandemic, schools and lectures have changed, because learning materials will be more frequent. with online or online learning.

Now more lectures online. So they have to be more active in providing online learning media, online presentations and learn more about it. Now teachers also have to make more changes in the approach strategies and methods that teachers have to do whether from the readiness of students in online learning.

 In online learning, there are many things that become problems that we often find and must immediately find a solution.

1.   Setting up the device and internet connection before studying
2.   Active in class discussion diskusi
3.   Take notes on the material to be studied and assignments
4.   Definitely looking for material through the internet
5.   Divide study groups

Learning will be easier if it has been prepared, as mentioned above. The main factor in choosing to continue learning online is choosing interesting learning. Successful

learning for students and their lecturers is to create an online learning atmosphere and of course anti-dry (boring). Of course, if you still use manual learning in online learning, I'm sure many students will not be interested in online learning.

As students, of course we have been given a lot of assignments until they finally piled up and felt the task was heavy, and finally we chose a quick move to complete the task, now things like this finally choose us the practical way, namely the copy paste task, "gosh what's the solution for this? Consciously or not, these activities are very detrimental to the students themselves and it is very boring if they are often done because students think that their only task is not interesting.

Discussion online learning is very necessary, discuss with friends to find answers. Discussion with friends can also make our brains more active than studying alone. Talking about the discussion moves that I have had with friends online, which I think is very funny and strange. Wondering "huh? What discussion is this? What college is this? What did we do just now?", because the lesson was very short and crisp for sure.

Saturation is focused on the difficulty of students in understanding the lesson, or vice versa because students do not understand the material presented, a sense of saturation arises. Learning that can be said to be just like that or monotonous should be a challenge for educators to change the learning system from a simple one to an interesting one. considers learning that just happens not without reason, but indeed it is an expression of what is experienced and felt in general. Students are humans and humans are social beings who are basically humans to interact with each other. No direct interaction can also be associated with the cause of boredom in learning and the emergence of dry learning.

Garing itself means dry in Sundanese. It can also be interpreted as empty, tasteless, not good. This term is often used by millennial children today to express something that is considered empty or not quite right (less on target).

It is very different from the offline learning system where together learning to interact with each other. The workload given also increases student fatigue and makes them easily bored which leads to laziness in learning. The demands of students to always be active in online learning are very difficult to do, considering that the supervision of educators towards students is not optimal. How can educators supervise students with so many students at one time without being in the same place?

Many students in Indonesia often complain about the limited facilities and infrastructure available, especially the learning culture that must change as it is today. So many educators or students are surprised to face a situation with drastic changes in learning like this. Moreover, internet quotas or packages have become a staple in this study, so what about students who can't afford it?

Online learning decisions taken as a solution will be right, becoming a complaint for some people, students, such as not having a gadget or network that does not support it. The readiness of all parties who are willing to contribute with their aim of implementing online learning so that it does not become 'dry' or 'darting', awareness to interact with new situations is very necessary in an effort to make learning effective. Support and motivation are very important to deal with this current situation. , patience to carry out limited activities in emergency situations is needed.

Thus online learning will provide greater opportunities to explore the material to be taught, but teachers must be able

to choose and limit the extent of the material coverage and what applications are suitable for the materials and learning methods used.

Because, many teachers are overly imposing an application that is considered modern and cool, but it is not in accordance with the original purpose of an online learning, namely to make it easier for students to get learning or education in this covid-19 pandemic situation.

Instead of helping to relieve the psychological burden, it actually makes students stressed, coupled with the many assignments that are not measured by the teacher. In this way, we will get good learning outcomes. The domino effect is good, the program is right on target, and the learning achievements are achieved and good character grows. And in the end when they have to go back to school, they are ready physically and mentally. Theyeady understand the health protocols in dealing with the corona virus and have a caring mentality, like to help and help others. Hopefully this covid-19 pandemic will end soon. Amen.

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OVERCOMING BOREDOM AND SELF-DISCIPLINE DURING LEARNING ONLINE (IN THE NETWORK).

For more than a year, people have stayed at home because of the corona virus (Covid-19) outbreak. Many of these people do all their activities from home, including work. With the outbreak of this virus, it also demands a new style of learning system to replace the old style of learning or face-to-face learning, namely online learning. For some people, this learning method is quite foreign, so it requires students from elementary school to university level to adapt to this method.

Because they are more at home, it certainly causes a prolonged sense of boredom for the students themselves. In addition to having to take part in online learning, students also have to work on lecture assignments that are so confusing from the lecturers.

Conditions like this coupled with a lack of rest can trigger Cabin Fever in students or students who are constantly at home. The term Cabin Fever itself refers to a feeling that is closely related to being isolated from the outside world. This kind of situation has the potential to make a person mentally disturbed, not to mention the students and subjects who have been studying from home for almost three semesters.

To overcome this there are several ways to overcome it. The following ways can restore our feelings for students or lessons so that they are not too bored during online learning.

1. Changing the learning atmosphere

One of the advantages that you can get from online learning is that you can customize the learning atmosphere you want. You can freely change your learning atmosphere if you feel uncomfortable with the previous atmosphere.

For example, if you have been studying only in your room, you can move to the living room, or family room. Or if you want a cooler atmosphere, maybe you can try to study on the terrace or in your yard. But still make sure that there are no distractions so that you remain conducive to learning.

Besides being cool, the green plants in the yard can also refresh the eye. This can help relax your eyes due to fatigue after looking at the monitor screen all the time.

2. Listening to music

Listening to music while studying has many benefits, one of which is that it helps improve your mood. Listening to music can increase levels of dopamine and neurotransmitters that can increase feelings of happiness and excitement levels.

Several studies have found that, we will solve problems faster when we are in a happy mood. Music can also help reduce stress and anxiety because music helps lower levels of cortisol in the brain, the hormone in the body that is responsible for feelings of stress and anxiety.

It is not recommended to study while watching movies or reading readings outside of learning materials. In contrast to listening to music, watching movies and reading can break the concentration of learning, it can even cause someone to be negligent in their studies. There will be a separate time to enjoy the two pleasures.

1. Positive thinking

Self-suggestion has a huge impact on oneself. Therefore always think positively can reduce stress due to study. Indeed, the difficulty of the online learning system is a separate problem for students and students. They will think that they will face many difficulties when learning online. But it would be better if we get rid of that thought and change it by suggesting to ourselves that we can get through this all easily.

Do not always burden every task given by the teacher or lecturer as a burden. Take it all in a relaxed manner and start setting time to get it done instead of always complaining about tasks.

2. Do Light Sports Activities

One of the effects of learning from home is the lack of movement. If in the past you usually needed to walk to get to school and at school you were also required to walk to the canteen during breaks, this walking activity has become rare or even you never do while studying from home. In fact, walking is the same as doing light exercise that can help nourish the body.

When you feel tired of studying, you can take a moment to do light sports activities, such as a leisurely walk at home, light workouts, or yoga. Or maybe if you have a brother or sister you can do sports that can be played together such as badminton, futsal or basketball. By doing sports activities, your brain will release dopamine, serotonin, endorphins, and adrenaline that can make you happy.

3. Rest your body

Setting aside time after or while doing the same activity to rest can be very important. When you are stuck in the same

position for a long time, your body will feel tired or sore. Therefore, do some things to rest your body.

Take time to rest from fatigue while studying. One of them is by doing activities that are fun and can entertain yourself, such as hanging out with friends and also going for a walk together, or hanging out with friends to places that have natural nuances in order to be able to provide peace of mind and peace of mind.

In addition, there are also many activities that can be done during breaks. From just lying on the bed, scrolling TikTok on your cellphone, to watching drama or anime. In addition, reading stories or novels can also help restore the mood for someone. This method will make you more relaxed, as long as you don't take too long and forget to do the most important thing, namely studying.

Besides being able to cause the psychological condition of students to be disturbed, too long doing online learning can also trigger boredom which results in students becoming lazy, less socializing with those around them, and of course reduced discipline from the students themselves.

Here are some ways to cultivate student discipline during online learning:

1. Prepare devices and connections before synchronous learning

Online learning has two forms, namely synchronous and asynchronous learning. Synchronous learning is learning together in online classes through video conferencing applications such as Zoom, Webex, and Google Meet.

This method of learning includes discussions and classes guided by teachers or lecturers as presenters. Because

this class uses a video conferencing application, before starting learning, don't forget to make sure that your device is ready to use and that both mobile data and wifi connections are secure. This is so that during the learning process, internet connection problems or learning devices do not interfere.

2.   Try setting a study time

It takes the right steps to set productive hours so that they are not wasted into passive time. The most effective time is usually after the Isha prayer or after the dawn prayer. Because, at that time the mind has begun to improve and can be used to do various things well. Thus, the available time is used to the maximum and the task is automatically completed optimally.

3.   Set priorities

To complete the task optimally and not burdensomely, determine we must determine which priority scale for the given task. Choose to complete the task with the closest deadline so that it doesn't become a burden on your mind that causes fatigue. No need to worry about other tasks, just ignore it so that you get the most out of the task at hand.

Do the most urgent and most important priority tasks. If you have just done another task.

4.   Make a to-do list of tasks and materials to be studied

Even though the class has finished, it doesn't mean that learning is enough. There are still tasks that need to be completed and materials that need to be mastered. So, to make it easier for you, try to make a to-do list of tasks and their deadlines so you can always remember to do assignments so that they are collected on time. In addition, don't forget to make a list of materials you want to study independently.

5. Don't delay work

Reflecting on several developed countries that are famous for their disciplined workforce. According to them, delaying work will actually increase the number of jobs themselves.

So, someone tends to let the problem drag on until it all falls apart. So, no need to wait for the right time to do the task. Never sacrifice your rest time to complete all the tough tasks. Do it one by one nicely for best results.

6. Looking for supporting materials on the internet

The internet is one of the tools created to make it easier for you to find information, including information related to learning materials. Good students are students who are diligent in looking for additional material beyond what is given by the teacher in the classroom.

Therefore, make good use of the internet to look for additional material in order to increase your understanding both before class starts or just to get additional information after class ends. This is so that if at any time there is an additional quiz from the lecturer, students are no longer confused or confused about what they are doing.

7. Create reminder alarm

Activating the reminder alarm feature on a cellphone can make someone regular in managing time. As we already know that the alarm is active due to our own volition, so we will try to fulfill the activities that we have previously scheduled.

So, the things above are things that you can use to reduce boredom and stress during online learning. You can also follow several ways to improve your discipline,

especially about time through this online learning. Hopefully can help.

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OVERCOMING BOREDOM AND SELF-DISCIPLINE DURING LEARNING ONLINE (IN THE NETWORK).

For more than a year, people have stayed at home because of the corona virus (Covid-19) outbreak. Many of these people do all their activities from home, including work. With the outbreak of this virus, it also demands a new style of learning system to replace the old style of learning or face-to-face learning, namely online learning. For some people, this learning method is quite foreign, so it requires students from elementary school to university level to adapt to this method.

Because they are more at home, it certainly causes a prolonged sense of boredom for the students themselves. In addition to having to take part in online learning, students also have to work on lecture assignments that are so confusing from the lecturers.

Conditions like this coupled with a lack of rest can trigger Cabin Fever in students or students who are constantly at home. The term Cabin Fever itself refers to a feeling that is closely related to being isolated from the outside world. This kind of situation has the potential to make a person mentally disturbed, not to mention the students and subjects who have been studying from home for almost three semesters.

To overcome this there are several ways to overcome it. The following ways can restore our feelings for students or lessons so that they are not too bored during online learning.

1.   Changing the learning atmosphere

One of the advantages that you can get from online learning is that you can customize the learning atmosphere you want. You can freely change your learning atmosphere if you feel uncomfortable with the previous atmosphere.

For example, if you have been studying only in your room, you can move to the living room, or family room. Or if you want a cooler atmosphere, maybe you can try to study on the terrace or in your yard. But still make sure that there are no distractions so that you remain conducive to learning.

Besides being cool, the green plants in the yard can also refresh the eye. This can help relax your eyes due to fatigue after looking at the monitor screen all the time.

2.   Listening to music

Listening to music while studying has many benefits, one of which is that it helps improve your mood. Listening to music can increase levels of dopamine and neurotransmitters that can increase feelings of happiness and excitement levels.

Several studies have found that, we will solve problems faster when we are in a happy mood. Music can also help reduce stress and anxiety because music helps lower levels of cortisol in the brain, the hormone in the body that is responsible for feelings of stress and anxiety.

It is not recommended to study while watching movies or reading readings outside of learning materials. In contrast to listening to music, watching movies and reading can break the concentration of learning, it can even cause someone to be negligent in their studies. There will be a separate time to enjoy the two pleasures.

3. Positive thinking

Self-suggestion has a huge impact on oneself. Therefore always think positively can reduce stress due to study. Indeed, the difficulty of the online learning system is a separate problem for students and students. They will think that they will face many difficulties when learning online. But it would be better if we get rid of that thought and change it by suggesting to ourselves that we can get through this all easily.

Do not always burden every task given by the teacher or lecturer as a burden. Take it all in a relaxed manner and start setting time to get it done instead of always complaining about tasks.

4. Do Light Sports Activities

One of the effects of learning from home is the lack of movement. If in the past you usually needed to walk to get to school and at school you were also required to walk to the canteen during breaks, this walking activity has become rare or even you never do while studying from home. In fact, walking is the same as doing light exercise that can help nourish the body.

When you feel tired of studying, you can take a moment to do light sports activities, such as a leisurely walk at home, light workouts, or yoga. Or maybe if you have a brother or sister you can do sports that can be played together such as badminton, futsal or basketball. By doing sports activities, your brain will release dopamine, serotonin, endorphins, and adrenaline that can make you happy.

5. Rest your body

Setting aside time after or while doing the same activity to rest can be very important. When you are stuck in the same

position for a long time, your body will feel tired or sore. Therefore, do some things to rest your body.

Take time to rest from fatigue while studying. One of them is by doing activities that are fun and can entertain yourself, such as hanging out with friends and also going for a walk together, or hanging out with friends to places that have natural nuances in order to be able to provide peace of mind and peace of mind.

In addition, there are also many activities that can be done during breaks. From just lying on the bed, scrolling TikTok on your cellphone, to watching drama or anime. In addition, reading stories or novels can also help restore the mood for someone. This method will make you more relaxed, as long as you don't take too long and forget to do the most important thing, namely studying.

Besides being able to cause the psychological condition of students to be disturbed, too long doing online learning can also trigger boredom which results in students becoming lazy, less socializing with those around them, and of course reduced discipline from the students themselves.

Here are some ways to cultivate student discipline during online learning:
1. Prepare devices and connections before synchronous learning

Online learning has two forms, namely synchronous and asynchronous learning. Synchronous learning is learning together in online classes through video conferencing applications such as Zoom, Webex, and Google Meet.

This method of learning includes discussions and classes guided by teachers or lecturers as presenters. Because this class uses a video conferencing application, before starting learning, don't forget to make sure that your device is ready to use and that both mobile data and wifi connections are secure. This is so that during the learning process, internet connection problems or learning devices do not interfere.

2. Try setting a study time

It takes the right steps to set productive hours so that they are not wasted into passive time. The most effective time is usually after the Isha prayer or after the dawn prayer. Because, at that time the mind has begun to improve and can be used to do various things well. Thus, the available time is used to the maximum and the task is automatically completed optimally.

3. Set priorities

To complete the task optimally and not burdensomely, determine we must determine which priority scale for the given task. Choose to complete the task with the closest deadline so that it doesn't become a burden on your mind that causes fatigue. No need to worry about other tasks, just ignore it so that you get the most out of the task at hand.

Do the most urgent and most important priority tasks. If you have just done another task.

4. Make a to-do list of tasks and materials to be studied

Even though the class has finished, it doesn't mean that learning is enough. There are still tasks that need to be completed and materials that need to be mastered. So, to make it easier for you, try to make a to-do list of tasks and their deadlines so you can always remember to do assignments so

that they are collected on time. In addition, don't forget to make a list of materials you want to study independently.

5.   Don't delay work

Reflecting on several developed countries that are famous for their disciplined workforce. According to them, delaying work will actually increase the number of jobs themselves.

So, someone tends to let the problem drag on until it all falls apart. So, no need to wait for the right time to do the task. Never sacrifice your rest time to complete all the tough tasks. Do it one by one nicely for best results.

6.   Looking for supporting materials on the internet

The internet is one of the tools created to make it easier for you to find information, including information related to learning materials. Good students are students who are diligent in looking for additional material beyond what is given by the teacher in the classroom.

Therefore, make good use of the internet to look for additional material in order to increase your understanding both before class starts or just to get additional information after class ends. This is so that if at any time there is an additional quiz from the lecturer, students are no longer confused or confused about what they are doing.

7.   Create reminder alarm

Activating the reminder alarm feature on a cellphone can make someone regular in managing time. As we already know that the alarm is active due to our own volition, so we will try to fulfill the activities that we have previously scheduled.

So, the things above are things that you can use to reduce boredom and stress during online learning. You can also follow several ways to improve your discipline, especially about time through this online learning. Hopefully can help.

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