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# The Resilience of Padang City High School Students during the Covid-19 Pandemic

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## Abstract

This research is based on the many negative impacts that occur as a result of the prolonged Covid-19 pandemic, especially related to learning activities and student development. If not handled, it can be bad for students as national assets. This study aims to describe the resilience of high-school students in the city of Padang in the face of the Covid-19 pandemic. This study uses a descriptive analytical quantitative approach. The research subjects were 499 high-school students as respondents. Research data were collected using resilience instruments, then analyzed using the frequency distribution formula and percentage. The results of the study revealed that 35.87% of students had a high level of resilience, 1.8% in the very high category, but 62.12% of students had a low level of resilience and 0.2% in the very low category. Overall, the resilience condition of high-school students in the city of Padang is on average in the low category. Most students are in a state of worrying about the Covid-19 problem, and students are less able to develop the positive attitude needed in dealing with the Covid-19 pandemic situation. However, students have confidence that they can face and overcome problems related to this pandemic. Thus, the role of Guidance and Counseling teachers is needed to help optimize abilities and improve students' skills in developing positive attitudes in dealing with negative impacts and problems as a result of the Covid-19 pandemic. It especially is related to the ability to learn at home, and social attitudes, such as empathizing and caring about problems that occur in their environment.

## Keywords

Resilience, Covid-19, Guidance and Counseling

## 1 Introduction

Coronavirus Disease 2019 (Covid-19) has become a national and global problem. Based on data from the World Health Organization (WHO), the total number of Covid-19 case in the world entering June 2020 was confirmed as many as 5,676,415 (5.6 million) cases with a death toll of 352,590 people. (Valerisha & Putra, 2020). In Indonesia, the total number of positive cases as of 27 June 2020 was confirmed as many as 23,165 people with 1,418 deaths. (Budi & Anwar, 2021). Furthermore, the total number of Covid-19 cases in Indonesia on July 13, 2021 increased to 2.57 million with 67,355 deaths (Putri, 2020). The number of positive cases and deaths due to Covid-19 is predicted to continue to increase and requires serious handling. (Farhaeni, 2020). These conditions need to be taken seriously; it requires maximum work from various parties in accordance with their respective fields. Social contact is a determining factor in the spread of Covid-19, so that the application of social distancing is the chosen method and is considered effective for several countries in preventing the spread of Covid-19. (Satriah, Miharja, Setiana, & Rohim, 2020). In Indonesia, social restrictions were increased to Large-Scale Social Restrictions (PSBB) in line with the increasing number of cases due to Covid-19 so that this policy requires many people to postpone meetings or events that are attended by many people, avoid using public transportation, work from home, study abroad. Home and worship at home (Aprilina, 2020). As an effort to control the spread and alleviation of the impact of Covid-19, currently the Government through the Instruction of the Minister of Home Affairs (Inmendagri 15/2021), is implementing the Enforcement of Restrictions on Community Activities. (PPKM) (Budi & Anwar, 2021). In addition to having an impact on human health and death, Covid-19 also has a serious negative impact on social, economic, education and religion. (Valerisha & Putra, 2020)

The impact of Covid-19 in the field of education is a challenge that must be faced immediately, especially by educators, education experts and parties related to the implementation of education. Several



solutions can be implemented as alternatives that may be chosen to be implemented in schools so that learning continues during the Covid-19 period, so that students can learn and develop well. (Gusty et al., 2020).

What can be done by BK/Counselors is to design a Guidance and Counseling service program that is carried out online with themes and topics about efforts to improve and develop student resilience. Information services are provided as an effort to understand, prevent and alleviate learning problems faced by students. (Suhaili, Netrawati, & Syarifuddin, 2020). The provision of information services can provide understanding to students about efforts to improve and develop students' self-resilience so that they have self-resilience attitudes and skills that can be used at certain critical times.

Information service is a Guidance and Counseling service that aims to provide understanding, equip students with various things needed both in the fields of education, work, self-development, and social, as a consideration in determining direction, deciding a goal, and planning the desired career. (Fitri, Ifdil, & Neviyarni, 2016). This information service is implemented, (1) to equip individuals with various knowledge needed to solve problems faced related to the environment, social, and position, (2) enable individuals to determine the direction of their own life, (3) everyone is unique. Through information services, students are provided with data and information relating to various things that individuals need to live their lives effectively (Siregar, 2012).

Resilience is a coping skill when faced with life challenges or an individual's capacity to stay in healthy (wellness) and continue to improve themselves (self-repair) and continue to live effectively and develop (Neviyarni & Netrawati, 2019). Students who have self-resilience will have the ability to adjust and adapt to changes, demands, and disappointments as well as critical situations that arise in life (Alhaitamy & Netrawati, 2021).

The improvement and development of student resilience in this critical period of Covid-19 are urgent to be carried out by the school, including BK/Counselors so that students remain in effective daily life and are always in a state of peace, development, progress, happiness and prosperity (Taufik & Ifdil, 2016).

## 2 Methods

This research is a type of quantitative descriptive. Repeated Stem analytic research that aims to describe repeated Stem the level of resilience in high school students high-school students in Padang city. The populations in this study were high school students, high-school students, in the city of Padang with a simple repeated Stem of 499 respondents using the purposive sampling repeated Stem technique. The validity of the instrument is carried out on a study of construct validity and content validity, then ask for expert judgment, namely people who have expertise in the field of instrument preparation to assess it. Meanwhile, an Incomplete sentence to test the validity of the item (content) using Spearman's rho. rho. technique.

## 3 Results and Discussion

**Table 1** Description of the Resilience of Padang City High School Students in the Covid-19 pandemic

No	Category	Interval	F	%
1	Very High	212-252	9	1.804
2	High	172-211	179	35.87
3	Low	132-171	310	62.12
4	Very Low	92-131	1	0.2
Total				100

**Table 1** shows that most students have resilience in the low category of 62%, and those who have resilience in the high category are 35.87% while those in the very low and very high categories have 0.2% and 1.8% respectively. The data shows the low level of resilience of high school students in the face of the

Covid-19 pandemic, this needs to be responded to quickly by various parties to overcome and anticipate it to avoid the negative impact of the Covid-19 pandemic more broadly.

The problem of the Covid-19 pandemic has not shown any signs of when it will end. Currently, there is a tendency for an increase in cases, ranging from those exposed to Covid-19 to cases of death. Prevention of the spread of Covid-19 through school clusters, with the temporary closure of educational institutions, resulted in changes in the learning process, from direct teacher-student interaction to distance learning, and decreased quality of results and skills acquired by students. This is most likely to happen to students with low levels of resilience. For students who have a high level of resilience, they will be able to face and be able to adapt to various challenges encountered in life (Erwinda, Syahputra, Fadli, & Zola, 2018). Judging from the research findings of the resilience level of high school students in the city of Padang, 62% are in a low category. This fact illustrates that most students tend to be in a problematic condition in learning activities during the Covid-19 pandemic. In addition, there are still other problems that also have an unfavorable impact on student learning activities. These problems are related to various limitations that occur as a result of the Covid-19 pandemic, in the form of complaints about the lack of special equipment and necessary facilities, insufficient parental salary/income to meet student learning needs, as well as the difficulty of internet connection and requiring additional fees. for package purchase.

This situation hurts the development of students, not only physically but also psychologically and socially. Psychologically students can develop in a negative direction, such as; indifferent to learning tasks, decreased learning motivation, and bored doing learning activities at home, and so on. Negative attitudes and unhealthy psychological conditions often develop leading to other social problems (Iqbal, 2011). The continuation of the Covid-19 pandemic will make students experience very heavy pressure, demands from schools that students must remain productive. As a result, more and more students are becoming powerless, starting with complaints about the many challenges associated with specialized equipment, increasingly sophisticated use of information technology skills, and unstable internet connections that are not even affordable for certain areas. Students often do learning activities at home, so students get bored of studying at home, not meeting their friends and teachers. The emergence of Covid-19 psychologically puts pressure on students causing their resilience to decrease and their immune system to decrease, so the number of positive patients may increase due to the stress of facing the increasing Covid-19 pandemic. Therefore, students' resilience tends to decrease because they are under pressure (Ifdil, Ardi, & Yendi, 2012).

Strong resilience abilities can better reduce the stress they experience in the face of academic pressure (Salim & Fakhurrozi, 2020). In addition, adaptive ways to cope with unpleasant situations, social developments, and great pressures inherent in today's world by developing students' resilience abilities to face these obstacles (Fitri et al., 2016). Educators must be familiar with the use of technology and information, because it has become government policy to study from home (Khasanah, Pramudibyanto, & Widuroyeki, 2020). Some schools have adopted policies in the form of internet membership fees or subsidies to reduce the financial burden on students. This needs to be supported in all settings so that the home learning process can run as expected. Educators must also innovate to complete the learning process. The innovation is in the form of teachers who have to learn together by maximizing digital platform applications such as Whatsapp (WA), telegram, zoom, Google Lessons, and e-learning applications into a proper learning system. Students must continue to study, even at home (Simarmata, Iqbal, & Nasution, 2019). Increasing student resilience can be done with various techniques such as bibliotherapy, Rational Emotive Behavior Therapy (REBT) (Mashudi, 2016). Patience and prayer, motivation, and religious coping. The implementation of increasing student resilience can be done with cooperation between the government, schools, parents, and the community (Setiawan et al., 2020).

### **3.1 Implications for Guidance and Counseling Services**

The results of research on the resilience of high school students during the covid-19 pandemic are generally in the low category. This is one of the important problems to be solved so that students can learn and develop themselves to the fullest. The types of services that can be provided by counselors are:

#### **3.1.1 Individual Counseling Service**

Individual counseling services help individuals get direct, face-to-face assistance individually with a counselor in the context of discussing and alleviating personal problems they are experiencing (Purwanti, Firman, & Sano, 2013). Individual counseling services are counseling services that are organized by individual counselors to individuals in solving client personal problems (Susanti & Syukur, 2021). Students are able to convey to the counselor/BK teacher about the difficulties they are experiencing whether they are personal or relate to other people.

### 3.1.2 Group Guidance Service

Group Guidance Services, can help students improve resilience with task topics discussed in groups (Latupasjana & Firman, 2020). Group guidance services are services that allow students to jointly obtain various materials from certain sources (especially counselors/counselors) that are useful for supporting and making decisions for daily life. In this group guidance, there are two parts, namely free topics and task topics. For the topic of assignments can be given relating to resilience, for example about optimism for a better future while for free topics can be discussed about the opinions of teenagers related to resilience.

## 4 Conclusions

Based on the results of research and considerations, it was concluded that student resilience in dealing with the Covid-19 pandemic is still low, this can be seen from students who are not able to remain calm when facing pressure and problems, do not have positive confidence in themselves to deal with Covid-19 conditions. Resilience must be improved so that students are not only optimistic and confident, but they also have to be calm, can control their emotions, and be able to solve problems well. Guidance and counseling services play an important role in alleviating this problem, by using various types of existing services in the hope of being able to overcome the problems in the current situation.

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