

Mindfulness Relationship With Student Life Satisfaction In Learning During The Covid-19 Pandemic

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Abstract

Today in the era of the Covid-19 pandemic, this study aims to: (1) describe the mindfulness of students in learning during the Covid-19 pandemic, (2) describe student life satisfaction in learning during the Covid-19 pandemic, and (3) test Mindfulness relationship with student life satisfaction in learning during the Covid-19 pandemic. The research approach used a quantitative approach with a descriptive correlational type. The population in this study were students of SMA Negeri 2 Sungai Limau with a proportional random sampling technique. Data collection was carried out through mindfulness and student life satisfaction questionnaires in learning. Furthermore, the data were analyzed using descriptive statistics with percentage techniques, and to test for normality, linear test and the relationship between the two variables used statistical analysis using the Pearson product moment technique with the help of SPSS version 20.0 for windows. Based on the results of the study, it was found: (1) students' mindfulness was in the high category with an average percentage of 43%, (2) the life satisfaction of students was in the medium category with an average percentage of 70.3% and (3) there was a relationship between mindfulness and Student life satisfaction in learning during the Covid-19 pandemic was 0.632 with a significant level of 99%. The implication of guidance and counseling services is that guidance and counseling teachers provide services to students related to mindfulness problems and student life satisfaction in learning during the Covid-19 pandemic.

Keywords: Mindfulness, Life Satisfaction

Introduction

The Covid-19 pandemic that is currently occurring has resulted in the school learning process being carried out differently from before, namely virtually (virtual class). This is done to break the chain of spreading covid-19 in exchange for learning activities carried out online for all levels of education. Online learning activities are carried out to replace direct learning activities. Online learning has several weaknesses, namely the use of the internet network which requires adequate infrastructure, requires a lot of money, communication via the internet has various obstacles or obstacles (Milatus Solihah & Mudjiran, 2020). Erman Amti & Marjohan (1991) learning problems are a certain condition experienced by an individual that hinders the smoothness of the learning process. Elgi, Yarmis, & Indra (2013) the form of learning problems experienced by students related to learning skills is the skill of managing study time, it appears that there are still many students who are unable to make the best use of their free time to study. Romarta Fitri Yana, Firman, Yeni Karneli (2015) explained that all individuals are able to solve their own problems. So that they can recognize their potentials, develop them optimally, and face the problems they face, help or guidance from others is needed so that they can act appropriately in accordance with their potential or circumstances. Each individual has different ways of dealing with stressful situations or situations that are full of demands, someone who experiences an unpleasant situation always does something to balance himself (Rizke Adyafnita, Khairani, 2019).

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Firman (2016) explains that sharing of information in learning has changed from teacher centered learning to student centered learning. Students have different study habits, there are students who show a high level of study habits and some who show low learning habits, this is because students have different potentials. Students are said to have good study habits if students are able to carry out learning tasks without dependence on others (Lisa Mardian Nova, Firman, Indah Sukmawati, 2016). Nurul, Mudjiran, & Herman (2015) have many temptations that can interfere with student learning motivation, one of which is the development of information and communication technology which is growing rapidly resulting in various information technology products that utilize electronic visual media or internet facilities such as computers, laptops, cellphones, and tab. In addition to technology and information having a positive impact, it is undeniable that they also have a negative impact on students in carrying out online learning. Sharfina, Mudjiran, & Nurfarhanah (2014) ideally solve each problem. The problem may not be allowed to continue until it drags on because it will result in disrupted daily effective life. So that the success of students in learning is internal factors that come from within the student and external factors that come from outside the student (Ridho ilahi, Syahniar, Indra Ibrahim, 2017).

In relation to some of the problems above, it can be concluded that the first obstacle is the life satisfaction of students in learning during the Covid-19 pandemic, where life satisfaction is a condition that almost everyone experiences, it's just that the acceptance of himself is different. . Riska Pratama (2018) explains that life satisfaction is an individual cognitive assessment of his or her satisfaction with life as a whole, towards the desired goals and goals that have been consciously achieved. One of the things life satisfaction in learning during the Covid-19 pandemic can be increased, one of which is by increasing the mindfulness of students in learning. Endang F, Ratih A. L (2017) explains that mindfulness is an open awareness and is a condition of attention to what is happening in the present. mindfulness is the condition of the individual who consciously brings his or her experience to the current state with a full sense of openness and acceptance. Brown and Ryan (2003) explain that mindfulness is based on the increased awareness of being awake which constantly monitors the state of the self, the external environment and the presence of focused attention so as to produce a more open awareness of the experience. Mindfulness is defined as the quality of self-awareness, which includes a conscious state of being awake and mindful.

Based on the results of the observation description found in the field at SMA N 2 Sungai Limau on August 24, 2020, there were students who were not satisfied in online learning during the Covid-19 pandemic, many students complained about learning online during the Covid-19 pandemic, many students were not ready to face online learning during the Covid-19 pandemic, and students cannot accept situations and conditions during online learning during the Covid-19 pandemic.

Then the researchers also conducted an interview on August 24, 2020 at SMA Negeri 2 Sungai Limau, with 10 students consisting of 3 students of class X MIPA, 2 students of class X IIS, 2 students of XI MIPA and 3 students of class XI IIS They said that with this condition students often complained about the ineffectiveness of online learning during the Covid-19 pandemic, many of the assignments given were not explained, the assignments given also took up a lot of internet packages, did not understand the material provided by the teacher. As for the complaints that want to ask for an extension of the time for taking attendance due to the signal in each student residence there is weak or not strong, as well as an extension of the time to collect assignments or exercises given by the teacher, and the assignments given are too many because they are not in accordance with understanding and the desired time in collection.

Based on the background that has been described as well as from the phenomena that occur in the field, the author examines further through this study how "The Relationship of Mindfulness with Student Life Satisfaction in Learning During the Covid-19 Pandemic Period at SMA N 2 Sungai

Limau". Disclosing this problem is very useful as material in implementing guidance and counseling services to help students when facing the Covid-19 pandemic.

Method

This study uses quantitative methods with descriptive correlational research that aims to describe mindfulness (X) and life satisfaction (Y), as well as to determine the relationship between mindfulness and student life satisfaction while studying during the Covid-19 pandemic. The research subjects were 256 students of class X and XI at SMA Negeri 2 Sungai Limau. Sampling was done by using proportional random sampling technique. Collecting data using a questionnaire and a questionnaire with a Likert scale model. The collected data were analyzed using descriptive statistics and Pearson Product Moment techniques with the help of the SPSS program for Windows version 20.0.

Results and Discussion

Result

1. Description of Mindfulness Data

Based on the results of the study, it was found that the students' mindfulness of SMA Negeri 2 Sungai Limau were found, as shown in the following table:

Table 1. Frequency Distribution and Percentage of Mindfulness (n = 256)

No.	Aspek	KATEGORI	INTERVAL	F	%
1	Perencanaan Belajar	Sangat Tinggi	≥ 30	2	0,8
		Tinggi	24 – 29	50	19,5
		Sedang	18 – 23	133	52
		Rendah	12 – 17	57	22,3
		Sangat Rendah	≤ 11	14	5,4
2	Kegiatan Belajar	Sangat Tinggi	≥ 62	4	1,6
		Tinggi	50 – 61	94	36,7
		Sedang	38 – 49	90	35,1
		Rendah	26 – 37	66	25,8
		Sangat Rendah	≤ 25	2	0,8
3	Evaluasi dan Tindak Lanjut	Sangat Tinggi	≥ 51	9	3,5
		Tinggi	41 – 50	80	31,3
		Sedang	31 – 40	97	37,9
		Rendah	21 – 30	62	24,2
		Sangat Rendah	≤ 20	8	3,1
4	Keseluruhan	Sangat Tinggi	≥ 134	6	2,3
		Tinggi	108 – 133	110	43
		Sedang	82 – 107	89	34,8
		Rendah	56 – 81	47	18,3
		Sangat Rendah	≤ 55	4	1,6

Based on Table 1 above, information on the mindfulness of students in studying at SMA Negeri 2 Sungai Limau. Overall, 110 people were in the high category with a percentage of 43%. The very high category was 6 people with a percentage of 2.3%, the moderate category was 89 people with a percentage of 34.8%, the low category was 47 people with a percentage of 18.3% and the very low category was 4 people with a percentage of 1,6%. These results reveal that most of the SMA Negeri 2 Sungai Limau students had a high mindfulness in learning during the Covid-19 pandemic.

Based on Endang F's opinion, Ratih A. L (2017) explains that mindfulness is an open awareness and is a condition of attention to what is happening in the present. mindfulness is the condition of the individual who consciously brings his or her experience to the current state with

a full sense of openness and acceptance. Brown and Ryan (2003) explain that mindfulness is based on the increased awareness of being awake which constantly monitors the state of the self, the external environment and the presence of focused attention so as to produce a more open awareness of the experience.

2. Description of Student Life Satisfaction Data

Based on the results of the study, it was found that the life satisfaction of students of SMA Negeri 2 Sungai Limau was shown in the following table:

Table 2. Frequency distribution and percentage of student life satisfaction (n = 256)

No.	Aspek	KATEGORI	INTERVAL	F	%
1	Kemandirian	Sangat Tinggi	≥ 35	0	0
		Tinggi	28 – 34	16	6,2
		Sedang	21 – 27	156	61
		Rendah	14 – 20	78	30,5
		Sangat Rendah	≤ 13	6	2,3
2	Penguasaan Lingkungan	Sangat Tinggi	≥ 30	0	0
		Tinggi	24 – 19	13	5,1
		Sedang	18 – 23	110	43
		Rendah	12 17	111	43,3
		Sangat Rendah	≤ 11	22	8,6
3	Pengembangan Pribadi	Sangat Tinggi	≥ 41	3	1,2
		Tinggi	33 - 40	50	19,5
		Sedang	25 - 32	134	52,3
		Rendah	17 - 24	58	22,7
		Sangat Rendah	≤ 16	11	4,3
4	Hubungan Positif dengan Orang Lain	Sangat Tinggi	≥ 15	5	2
		Tinggi	12 14	44	17,2
		Sedang	9 11	109	42,6
		Rendah	6 8	71	27,7
		Sangat Rendah	≤ 5	27	10,5
5	Tujuan Hidup	Sangat Tinggi	≥ 14	0	0
		Tinggi	11 13	0	0
		Sedang	8 10	43	16,8
		Rendah	5 7	190	74,2
		Sangat Rendah	≤ 4	23	9
6	Penerimaan Diri	Sangat Tinggi	≥ 25	0	0
		Tinggi	20 – 24	21	8,2
		Sedang	15 – 19	98	38,3
		Rendah	10 14	112	43,7
		Sangat Rendah	≤ 9	25	9,8
7	Keseluruhan	Sangat Tinggi	≥ 140	0	0
		Tinggi	113 – 139	28	11
		Sedang	86 – 112	180	70,3
		Rendah	59 – 85	46	18
		Sangat Rendah	≤ 58	2	0,7

Based on Table 2 above, information on the majority of student life satisfaction in learning during the Covid-19 pandemic at SMA Negeri 2 Sungai Limau as a whole was in the moderate category as many as 180 people with a percentage of 70.3%. There were 28 high

categories with a percentage of 11%, there were no students who had life satisfaction in learning during the Covid-19 pandemic which was classified as very high, then the low category was 46 people with a percentage of 18%, and the very low category was 2 people with a percentage of 0.7%. The results of this study describe the overall life satisfaction of students in learning during the Covid-19 pandemic at SMA Negeri 2 Sungai Limau which is in the medium category. This means that most students can control life satisfaction in learning during the Covid-19 pandemic. Based on the opinion of Riska Pratama (2018), it explains that life satisfaction is an individual cognitive assessment of his or her satisfaction with life as a whole, towards the desired goals and goals that have been consciously achieved.

3. Hubungan mindfulness dengan kepuasan hidup siswa dalam belajar pada masa pandemi Covid-19

Berdasarkan hasil pengujian hipotesis penelitian terlihat pada tabel berikut:

Tabel 3. Hubungan mindfulness dengan kepuasan hidup siswa dalam belajar pada masa pandemi Covid-19

Correlations			
		Mindfulness (X)	Kepuasan Hidup (Y)
Mindfulness	Pearson Correlation	1	.632**
	Sig. (2-tailed)		.000
	N	256	256
Kepuasan Hidup	Pearson Correlation	.632**	1
	Sig. (2-tailed)	.000	
	N	256	256

** . Correlation is significant at the 0.01 level (2-tailed).

Based on the calculation results, the correlation coefficient of mindfulness with student life satisfaction in learning during the Covid-19 pandemic is r_{xy} 0.632 with a P of 0.000 ($p < 0.05$). A positive r_{xy} value shows the direction of the relationship between the two positive variables which is very significant between mindfulness and student life satisfaction in learning during the Covid-19 pandemic. This means that the higher the mindfulness, the higher the life satisfaction of students in learning during the Covid-19 pandemic, and vice versa.

Conclusion

Based on the results of research that has been conducted on the relationship between mindfulness and student life satisfaction in learning during the Covid-19 pandemic, it can be concluded that:

1. Students' mindfulness in studying at SMA Negeri 2 Sungai Limau is high with an average achievement score of 110 (43%).
2. Student life satisfaction in learning during the Covid-19 pandemic in SMA Negeri 2 Sungai Limau was classified as moderate with an average score of 180 (70.3%).
3. There is a significant positive relationship between mindfulness and student life satisfaction in learning during the Covid-19 pandemic for SMA Negeri 2 Sungai Limau of 0.632 at a significance level of 0.000. This means that the higher the mindfulness, the higher the student's life satisfaction in learning, conversely, the lower the mindfulness, the lower the student's life satisfaction in learning during the Covid-19 pandemic.

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