

ANALYSIS OF FACTORS INFLUENCING THE LEARNING PROCESS AND TEACHER EFFORTS IN OVERCOMING STUDENT BOREDOM IN THE LEARNING PROCESS

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ABSTRAK

This study aims to determine the factors that influence the learning process, factors that cause learning boredom, and teacher efforts to overcome student boredom in the learning process. This study uses a qualitative approach with a literature study research type. Learning boredom is a condition when students feel bored and unmotivated in learning. Learning boredom can cause students to be unable to understand the subject matter properly. Teacher creativity in teaching is one of the factors that reduces the level of student boredom in learning. The efforts made by teachers to overcome learning boredom in students include using various learning methods, creating a conducive learning atmosphere, providing entertainment, and utilizing learning media properly.

Keywords: *Learning Process, Learning Boredom, Teacher Efforts*

INTRODUCTION

A child gains knowledge through a process called learning. Learning, according to Syaiful Sagala (2009), means teaching students using learning theories and educational principles, both of which are major determinants of success. The term "learning" refers to the learning process. Learning means involving students in learning until the desired behavioral changes occur (Faizah and Kamal, 2024).

Students have many interests. This means that students do not like all subjects. They tend to be more interested in just one or two subjects. This encourages teachers to be more innovative and creative in teaching, especially making students interested in the lessons they teach. For example, if a student is not interested in Indonesian language lessons, Indonesian language teachers must try to make the subject matter interesting and easy for students to understand.

It is not uncommon for students to feel bored with what they learn during the learning process. Learning boredom is when students feel bored or unmotivated while learning. This can be caused by several things, such as learning methods that are not interesting to students, or students feel uninterested in the topics being studied.

The formulation of the problem in this study is what are the factors that influence the learning process, the factors that cause learning saturation, and how teachers as educators try to overcome learning saturation in students. This study aims to determine the factors that influence the learning process, the factors that cause learning saturation and teachers' efforts to overcome learning saturation in students.

RESEARCH METHODS

This research uses a qualitative approach and a type of research known as a literature study or literature review. Literature study is a type of research whose data sources come from books, magazines, or journals related to the research subject. Literature review, according to Akbar

Rahman and Julfadli (in Wekke, et al, 2019: 105), means searching and reading various books, journals, and other publications related to the research topic.

The steps used in this research include: finding a general idea of the research topic; finding and locating information appropriate to the research topic; finding and locating the main literature sources, namely scientific journals; finding the main ideas of the scientific journals used; analyzing scientific

journals; conducting reviews of the information that has been analyzed to answer the formulation of research problems; and compiling research results.

RESULTS AND DISCUSSION

Result

Student learning boredom needs to be overcome by the teacher so that students are excited about learning again, so that students are able to understand the learning material well. Each teacher has its own way to overcome student learning boredom, such as, using snakes and ladders game-based learning media, using varied methods, creating a conducive learning atmosphere, providing entertainment, checking the situation and conditions experienced by students, making good use of teaching media, arranging the learning environment, making good teaching strategies, and providing motivation to students.

Discussion

Factors that Influence the Learning Process

Factors that influence the learning process come from both inside and outside the student. According to Slameto (2010), factors that influence the learning process consist of internal factors and external factors. Internal factors include physical factors, psychological factors, and fatigue factors.

According to Slameto (2010), physical factors are divided into two categories: health factors and disability factors. Health has a big impact on the learning process. The health of a person's body must be maintained so that they can learn well. Disability also affects the learning process. The learning of students with disabilities is different from students without disabilities. Therefore, there are special schools or educational institutions that provide assistance to students with disabilities. This is done to ensure that children, both those with and without disabilities, have the opportunity to learn (Khotimah, 2019).

Internal factors that also affect the learning process are psychological factors and fatigue factors. Slameto (2010) states that there are seven psychological components that affect the learning process, namely, intelligence, attention, interest, talent, motive, maturity, and readiness. Learners will have difficulty understanding learning material if there are no seven components.

There are two types of fatigue: physical and mental. Physical fatigue occurs when the body becomes weak and tired, causing the desire to rest. Spiritual fatigue occurs when a person feels tired and bored, resulting in a loss of interest in doing something.

In addition to the internal factors above, external factors also affect the learning process. Family, school and community are external factors in the learning process. Families, especially parents, have a very important role in the learning process. Children will be more motivated to learn if the family has a good and harmonious atmosphere and also supports the child's learning process. Apart from family, schools are also very influential in the learning process. The right curriculum, effective learning methods, and teaching strategies that suit students can make students eager to learn. The learning process is also influenced by the community environment. The community factors that influence the learning process are socializing friends, mass media, student activities in the community, and forms of community life (Slameto in Khotimah, 2019).

Factors that Cause Boredom in Students

According to Chaplin (in Syah, 2015: 181), learning saturation is when someone feels very bored and tired while learning, which causes them to feel tired, lackluster, or lackluster to carry out learning activities. Learning saturation can occur due to the expectation that students always adhere to the guidelines of the assigned tasks. Students may feel bored studying because they are doing the same tasks every day. Learning boredom can lead to decreased focus and comprehension of the information presented. This is because the brain and sentiment are deadlocked in saturation due to constant learning pressure (Syahfitri, Azmi, and Lubis, 2022).

Learning saturation can be caused by several things, such as research conducted by Muhammad Disman and Abas Rudin (2021) entitled Factors Causing Student Learning Saturation in English Subjects. According to this study, there are several factors that cause students to feel bored, lazy, and

bored while studying. Poor learning environment, no student interest in learning, monotonous learning, and learning only in the classroom or in the classroom. The unchanging learning atmosphere causes boredom in learning.

In a study conducted by Poppy Agustina, Syaiful Bahri, and Abu Bakar (2019), entitled Analysis of Factors Causing the Occurrence of Learning Saturation in Students and Counseling Teachers' Efforts to Overcome It, it was found that the large number of assignments given by teachers and the use of unvaried methods were the main causes of student learning saturation. This is in accordance with Sugara's idea (2011: 19) which states that the impact of learning saturation is that students become unproductive in learning and hinder their potential.

Efforts Made by Teachers to Overcome Student Boredom.

Research on teachers' efforts to overcome student burnout has been conducted by several previous researchers. Nur Azizah, Khaliza Nur Fazar, Fahmi Ramdhan Purba, Dessy FITasari, and Fauziah Nasution (2023) have conducted research related to student boredom entitled Efforts of Counseling Guidance Teachers at Man 2 Deli Serdang School in Overcoming Student Boredom in Class. Apart from subject teachers, counseling guidance teachers also participate in overcoming student boredom in learning. Efforts that can be made by counseling teachers in overcoming student learning saturation are by observing and assessing students, establishing relationships with parents and other teachers, and improving communication skills with students. Through these efforts, students are expected to be able to develop their potential and be able to overcome the problems they face.

Wisudatul Umami Tanjung, and Dian Namora also conducted research on overcoming student learning saturation entitled Teacher Creativity in Managing Classes to Overcome Student Learning Saturation at Madrasah Aliyah Negeri (2022). The study states that teacher creativity is needed in overcoming student learning saturation. There are five efforts that teachers need to make to overcome student boredom in learning, namely teachers need to check the situation and conditions experienced by students, teachers need to make good use of learning media, organize the learning environment in such a way, develop good teaching strategies, and develop strategies for providing motivation.

In a study entitled Teachers' Efforts to Overcome Student Learning Saturation during the Pandemic by Putri Hanina, Aiman Faiz, and Dewi Yuningsih (2021) emphasized that distance learning reduces learning motivation and increases student learning saturation. The efforts that need to be made to overcome students' distance learning boredom, namely by changing learning methods every 1-2 weeks and using interesting teaching strategies. In addition, communication with students' parents to invite and guide their children, as well as providing a good learning environment can reduce learning saturation that occurs in students.

Lisman, Khoirunnisa Shidqiyyah Zainab, and Helmi Wicaksono (2022) in their research entitled Teacher Strategies in Overcoming Student Boredom at MTs Al-Maarif Banyorang stated that the role of the teacher is very important in the learning process. Teachers hope that their students will be able to understand the material well so as to provide good learning outcomes as well. However, this rarely happens because in the process there are several problems that need to be faced by a teacher, such as learning boredom experienced by students. In order for students to be able to learn with enthusiasm again, teachers need to change their teaching strategies, which include using varied methods, creating a conducive learning atmosphere, providing entertainment, and being able to create varied learning styles.

Varied teacher teaching methods can also overcome student boredom in learning. Such as research conducted by Fatniaton Adawiyah (2021) entitled Variations in Teacher Teaching Methods in Overcoming Student Boredom in Junior High School. The research emphasizes the importance of the teacher's ability to use teaching methods so that students are not bored in learning. The right teaching method will reduce boredom in students. The efforts made by teachers in making variations in teaching methods are by combining several learning methods and improving teaching skills, especially skills by using varied methods in learning.

CONCLUSIONS

Based on the discussion above, it can be concluded that learning boredom can be experienced by students when the assignments given are the same every day, the learning environment is poor,

there is no student interest in learning, monotonous learning, and learning only in class or in a learning atmosphere that is not change, and teachers' teaching methods do not vary.

The teacher's efforts to overcome learning boredom experienced by students are using interesting learning methods, varied methods, creating a conducive learning atmosphere, providing entertainment, making good use of teaching media, arranging the learning environment, making good teaching strategies, and providing motivation to students.

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