

The Effect Of Progressive Muscle Relaxation On Zoom Fatigue In Students During The Covid-19 Pandemic

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Abstract

Covid 19 has brought many changes in human life, especially in changes to the education system. The teaching and learning process is carried out using online media with several available learning application platforms, one of which is Zoom. Zoom Fatigue is a symptom of fatigue when someone regularly uses video calls and video conferencing as a medium for carrying out work. One way to overcome zoom fatigue is progressive muscle relaxation therapy. The goal of progressive muscle relaxation is to identify muscle tense and then reduce muscle tension by using relaxation techniques to get a feel for it. The research objective was to determine the effect of progressive muscle relaxation on zoom fatigue in students during the Covid-19 pandemic at INSTITUT Immanuel Bandung. The research design used in this study was a quasi-experimental pre- post test with control group with 64 respondents who were the results of screening based on inclusion and exclusion criteria, consisting of 32 respondents for the intervention group and 32 respondents for the control group. Therapy was given 6 sessions consisting of 2 deep breathing sessions and 4 progressive muscle relaxation therapy sessions. This research was conducted for 6 weeks. Characteristics and zoom fatigue were analyzed using the independent t test, chi-square and marginal homogeneity. The results show that there is an effect of progressive muscle relaxation on zoom fatigue in students during the Covid-19 pandemic at the Immanuel Bandung Institute of Health. It is hoped that progressive muscle relaxation therapy can be carried out by students to overcome zoom fatigue and anxiety.

Keywords: zoom fatigue , students, progressive muscle relaxation

Introduction

At the end 2019 , The world was shocked with the emergence of the corona virus which was first discovered in Wuhan, China , then WHO said disease This with COVID-19. The spread of the COVID-19 virus is very dangerous and fast spread to 185 countries in the world, including Indonesia. Very fast spread resulted in WHO establishing The COVID-19 virus outbreak has become world pandemic .

Pandemic This result in change order life in everything aspects . The Indonesian government through secretariat cabinet make “ *Social and Physical Distancing* ” policy as effort prevent spread of the Covid-19 virus. Policy *Social and Physical Distancing* give impact all sector life and activities society in general . One of them impact on the field education . Based on the Circular Letter Number 4 of 2020 concerning Implementation Education Policy in Times of Emergency The spread of Covid-19 contains a series policy cancellation exam national (UN), adjustment exam school , online approach to the registration process students , and implementation learning distance far . Research results show that utilization technology information develop rapid moment This like *elearning* , *google classroom*, *whatsapp* , *zoom* own very important role connect lecturers and students in

implementation learning distance far away , so that the teaching and learning process can walk as should be in the middle Covid-19 pandemic .

Determination activity Learn how to teach in a way *online* it turns out give constraint for teachers/ educators , students / participants students , and parents . Participants educate start experience difficulty concentration Study from home , complain the weight assignment question from teachers , increased stress , boredom consequence isolation potential sustainable cause anxiety for children . Research results show excess information to *social media fatigue* and more vulnerability group student man For experience *social media fatigue* moment study at home during Covid-19 pandemic .

Zoom Fatigue is symptom fatigue moment someone who regularly uses *video call* and *video conference* as a medium for operate work . When doing video chat , someone need high focus For absorb information that he sees and hears so that brain will Work more hard For understand every conversations conducted in video chat . Conditions prolonged *zoom fatigue* can trigger psychological somebody experience anxiety excessive , easy offended , stressed and tired which will influence health .

The term zoom in fatigue is not only limited to use application on zoom but there are also some complaints that are felt at the time use application whatsapp via video call, google meets, skype, zoom meeting and other online learning platforms . Students Already getting used to it using online media , but when its use excessive will can cause discomfort (Ri et al., 2016). Zoom in fatigue can trigger the occurrence change concentration towards what is done someone so that it has an impact on productivity someone . With Thus , as long as student Study from House through video conference media, it can be possible the occurrence decline on the skill level academic so that competence on students No achieved with good (Malik, 2020).

One of effort reduce stress and fatigue Can done method *Progressive Muscle Relaxation*. *Progressive Muscle Relax* or Relaxation Technique Progressive is a exercises that refer to to technique relaxation . Research results giving relaxation muscle progressive , stress student initially in the category stress light (48.8%), stress heavy (48.8%) experienced decline level stress on category light (95.3%), there is influence giving therapy relaxation muscle progressive to stress students . With thus effort the proven in a way stateInstitute influential to decline level stress in students . This technique can made one of non- pharmacological interventions in the field nursing , and able to give effects on muscles so that reduce tension and stress thought somebody .

Immanuel Health Institute is one of the private universities in Bandung City. INSTITUTES Immanuel It has several study programs, one of which is S1 Nursing. S1-1 Nursing at INSTITUTES Immanuel has regular, conversion and transfer programs. S1-Nursing Transfer Level is a student who has worked for more than 2 years in a hospital, clinic or health center and has completed D3 Nursing education. In 2021, INSTITUTES Immanuel still implements online learning for S1 Nursing Transfer Level students.

Formulation of the problem

Based on background background and problems on so can formulated problem researcher is how is it description *Zoom Fatigue* student Nursing during Covid-19 Pandemic ? Is There ? influence Relaxation Muscle Progressive to *Zoom Fatigue* in D3 Nursing students during Covid-19 pandemic ?

Research purposes

Knowing the results of the influence Relaxation Muscle Progressive to *Zoom Fatigue* in Students at the Immanuel Health Institute, Bandung .

Research methods

This study uses a *quasi-research type. experiment* with a *pre- design and post test design with control* , namely observations carried out before and after treatment using a control group. The *pre-treatment approach test post test with control group design* is used to see the effect of treatment through the differences between the intervention group and the control group (Arikunto, 2009). In research this , technique *sampling* used is *probability sampling* with technique *Proportionate stratified random sampling*.

Results

1. Student stick character with *Zoom Fatigue*

**Table 4.1 Distribution of Student Characteristics
At Immanuel Health Institute Bandung**

Variables	Friday n = 106	Percentage (%)
Age		
Teenager	20	18.87%
Young Adult	86	81.13%
Gender		
Man	13	12.26%
Woman	93	87.74%
Total	106	100%

Based on table 4.1, can explained that characteristics age of first semester students who experience price self low situational almost all in all respondents (81.13%) adults young , characteristics type gender in first semester students who experience price self low situational that is almost all in all respondents (87.74%) were female .

2. Zoom Fatigue in Students Before Done Relaxation Muscle Progressive at Immanuel Health Institute Bandung (n=30)

Table 4.3 Zoom Fatigue in Students Before Undergoing Muscle Relaxation Proges at Immanuel Health Institute Bandung (n=30)

Pride	Amount	Presentation
High Self Esteem	0	0%
Low Self Esteem Situational	30	100%
Total	30	100%

Based on table 4.3 is obtained that price self in students regular semester one before done logotherapy almost all over respondents (100%) experienced price self low situational .

3. Student Self-Esteem Regular Semester One After Done Logotherapy at Immanuel Health Institute Bandung (n=30)

Table 4.4 Situational Low Self-Esteem in First Semester Regular Students After Logotherapy at Immanuel Health Institute Bandung (n=30)

Pride	Amount	Presentation
High Self Esteem	25	83.33%
Low Self Esteem Situational	5	16.67%
Total	30	100%

Based on table 4.3 is obtained that price self in students regular semester one after done logotherapy Most of from respondents (83.33%) experienced price self tall .

4. Effectiveness Logotherapy Against Low Self-Esteem Situational in Students Regular Semester One at Immanuel Health Institute Bandung (n=30)

Table 4.5 The Effectiveness of Logotherapy on Situational Low Self-Esteem in First Semester Regular Students at the Immanuel Health Institute, Bandung (n=30)

Pride	Mean	Mean	<i>P-value</i>
Before Logotherapy	27.25	3.78	0.016
After Logotherapy	21.15	2.20	

Based on table 4.3 is obtained that price self in students regular semester one before done logotherapy is 27.25 with standard deviation 3.78. After done logotherapy an average increase was obtained price self in students regular semester one is 21.15 with standard deviation 2.20. The results of the statistical test with using the Paired sample T-Test, it was obtained p - value 0.016 ($p < 0.05$), then H_0 is rejected and there is difference between improvement price self low situational before and after done logotherapy in students regular semester one or There is influence logotherapy to price self situational in students regular first semester at the Immanuel Health Institute , Bandung.

Discussion

1. Improvement price self low situational before and after given logotherapy in first semester students

Based on results study with use sheet observation about measurement price self students , obtained price self in students regular semester one more from half (71.70%) experienced price self high and some small from respondents (28.30%) experienced price self low situational . Self -esteem low situational in students regular semester one before given logotherapy almost all over respondents (100%) experienced price self low situational and after done logotherapy there is increase in price self students . Research results This support from the theory that states that therapy nursing that can given to student is psychotherapy that can increase interpersonal relationships , improving price self , lower feeling No means , and increases belief self (Stuart & Laraia, 2016). Symptoms subjective individuals who do not succeed find and fulfill meaning life namely : feeling No useless , empty , useless own objective live , judge self negative , feel ashamed / guilty , refuse evaluation positive , for symptom the objective speak slow , walking always bow down and refuse interact with other people (Budi Anna et al. , 2019). One of the therapy nursing that can done is with logotherapy . Logotherapy is a therapy or method counseling or treatment with business look for meaning from a events (Frankl, 1978 in Kirbach 2002).

2. Effectiveness Logotherapy On Self -Esteem Low Situational in Students Regular Semester One

Self-esteem in students regular semester one before done logotherapy is 27.25 with standard deviation 3.78. After done logotherapy average increase was obtained price self in students regular semester one is 21.15 with standard deviation 2.20. The results of the statistical test with using the Paired sample T-Test, it was obtained p -value 0.016 ($p < 0.05$), there is difference between improvement price self low situational before and after done logotherapy in students regular first semester at Immanuel Health Institute Bandung. Viewed from results study about effectiveness logotherapy to improvement price self low situational in students, then researcher can conclude that implementation logotherapy can help student with price self low situational. For increase price self. Logotherapy this can also done by students every day. At home moment appear negative thoughts, feelings, behavior and social.

According to researcher, do logotherapy in a way Keep going continuously gives a lot of meaning to help increase price self someone and make life become meaningful.

Conclusion

1. Self-esteem in students regular semester one before done logotherapy almost all over respondents (100%) experienced price self low situational
2. Self-esteem in students regular semester one after done logotherapy Most of from respondents (83.33%) experienced price self tall.
3. There is influence logotherapy to price self situational in students regular first semester at Immanuel Health Institute Bandung

Suggestion

1. Immanuel Health Institute Bandung

Immanuel INSTITUTE should using evidenced based in Developing Giving Techniques care nursing soul in implementation logotherapy group for student with price self low situational.

2. Other Researchers

- a. Other researchers need to do study qualitative For complete information about to what extent logotherapy group can help student in overcome price self low situational.
- b. Other researchers need to compare effectiveness logotherapy with other therapies such as CBT or deep CT overcome price self low situational.

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