

EFFECT OF ONLINE LEARNING DURING THE COVID-19 PANDEMIC ON MUSCULOSKELETAL DISORDERS AND STRESS LEVELS IN INDONESIAN SPORT SCIENCE MALAYSIAN STUDENTS

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ABSTRACT

Purpose:

This study aims to determine the effect of online learning on musculoskeletal disorders and stress levels in Sports Science students in Indonesia and Malaysia.

Method:

This research is a descriptive analytical observational study conducted with a cross sectional approach. This research was conducted at several universities in Indonesia and Malaysia. The subjects of this study were students from Indonesia and Malaysia who took online learning according to the inclusion and exclusion criteria. The instrument used to collect data is a questionnaire for musculoskeletal disorders using the Nordic Body Map while the stress level questionnaire uses the MSSQ (Medical Student Stressor Questionnaire) questionnaire. The data analysis technique used descriptive test through percentage distribution and comparison test.

Results:

Based on the results of the analysis of the Independent Sample t test, the t-count value was 4.076 with a significance value of 0.000. Because the significance value of 0.000 is smaller than 0.05 ($p < 0.05$), it can be concluded that there is a significant difference in musculoskeletal disorders between Indonesian and Malaysian students. The most common musculoskeletal disorders experienced by Malaysian students are lower back disorders with a mean of 3.15. It can be concluded that the most common musculoskeletal disorders experienced by Malaysian students are disorders of the lower back. Based on the results of the analysis of the Independent Sample t test, the t-count value was 3.624 with a significance value of 0.000. Because the significance value of 0.000 is smaller than 0.05 ($p < 0.05$), it can be concluded that there is a significant difference in stress levels between Indonesian and Malaysian students. Based on the results of the analysis, the average stress level for Indonesian students was 15.66, while the average stress level for Malaysian students was 17.77. It can be interpreted that students from Malaysia have a higher stress level than Indonesian students.

Kata Kunci: *online learning, musculoskeletal disorders, stress*