

# The Relationship between the Application of Social Distancing and the Achievement of Adolescent Social Development Tasks During the COVID-19 Pandemic at Kemala Bhayangkari 1 Junior High School Medan

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**Abstract.** The phenomenon in the field during the COVID-19 pandemic that restricts students from carrying out activities in schools, conducting online learning which has now begun to do limited face-to-face learning while still carrying out social distancing rules so that there are still teenagers who have not been able to solve their problems correctly. This results in the task of adolescent social development needing to be improved. This study aims to identify whether or not there is a relationship between the application of social distancing and the achievement of adolescent development tasks during the COVID-19 pandemic at SMP Kemala Bhayangkari 1 Medan. This research design is descriptive quantitative using Non-Probability Sampling (Purposive Sampling) technique. That is, the sample is selected according to what the researcher wants. The results were that teenagers who implemented social distancing during the COVID-19 pandemic at Kemala Bhayangkari Junior High School were categorized as obedient as 38 teenagers (57.6 %) and 35 teenagers (53%). The conclusion is that there is a significant relationship between the direction of a positive relationship and a reasonably good strength between social distancing and the achievement of adolescent social development tasks. This means that in the COVID-19 pandemic, teenagers who obediently apply social distancing can achieve their social development tasks quite well. This can mean that some teenagers must still achieve their developmental tasks well. It is recommended that teenagers continue to learn to understand the importance of implementing social distancing and achieving the tasks of adolescent social development that must be realized properly and optimally so that they can adapt to their surrounding environment.

**Keywords:** Social distancing, adolescent social development tasks, COVID-19 Pandemic

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## 1 Introduction

Coronavirus (CoV) is a new virus that can cause infectious diseases in humans and animals. WHO has also stated that this Coronavirus Disease (COVID-19) pandemic is based on non-natural natural disasters [1]. Some researchers categorize COVID-19 as a type of virus that is very dangerous and deadly. Seeing how dangerous the impact of the COVID-19 virus is, the Indonesian government is taking quick steps to slow the spread

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of COVID-19, such as social restrictions, physical distancing, and regional quarantine, both large and small or limited [2].

The pandemic has impacted the whole world in education, work, and societal socializing [3]. As a result of this COVID-19 pandemic is causing many changes, starting with the application of physical distancing or social distancing, namely rules for the community to avoid activities that involve many people, this causes people, especially teenagers, to easily experience mental stress, such as stress and even depression due to teenagers. have a desire to play with their friends freely without physical restrictions related to group activities and social.

Social distancing is the practice of individuals, families, and even communities by widening the distance from their environment [4]. Social distancing, or "keeping a distance," is the act of keeping a distance from other people at least 2 meters. Social distancing forces people to stay home and reduce activities outside the home. This is also a new dimension for the people of Indonesia. The interaction and communication that characterizes every human being as a social being becomes "impeded" because of this policy. Social distancing has several influences and impacts on society, where this can affect all age groups, especially teenagers who have a lot of daily activities in the social environment. Social activities, because of the rules for closing schools, the transition of learning activities into a distance learning system (online), the rules for staying at home, and the inability to gather with friends.

It is challenging to define adolescents precisely because so many perspectives reveal the meaning of adolescents [5]. Children and adolescents are the nation's next generation as human resources in the future, and school-age children are often referred to as the transition period between preschool and adolescence [6]. Adolescents are full of uncertain worries, excessive anxiety, and easily confused during their development period. Also, have high expectations that make adolescents challenged to achieve their desires. This is also one of the crucial periods in aspects of life and development as a transitional period that can be directed to healthy adult development. Adolescence is called the "learning" period to process children into adults. Developmental tasks accompany this learning period. Similar to assignments at school, this developmental task must also be completed by a teenager appropriately and adequately [7].

Developmental task is a term used to describe a person's expectations of carrying out developmental tasks according to age. Suppose this developmental task can be carried out precisely and adequately, especially in the social development of adolescents. In that

case, the teenager will not have difficulty in socializing, but if, on the contrary, when the teenager carries out his developmental tasks less than optimal, it will have negative consequences in his life, which cause the adolescent The child has difficulty in completing the developmental tasks he is undergoing [8].

From the theory developed, there is one developmental task that must be mastered by adolescents, namely tasks related to social development such as: being able to achieve social roles as men or women, being able to build good relationships with peers and parents, being ready to face developments sexuality, can develop proactivity in adolescents and adolescents can carry out their activities well.

The phenomenon in the field shows that several rules have already been implemented during the COVID-19 pandemic that restricts students from carrying out activities in schools and conducting online learning, which has now begun to do limited face-to-face learning. Hence, some teenagers still need help to solve the problem well. Developmental tasks during adolescence require significant changes in attitudes and behavior patterns, and social relationships between adolescents are influenced by the physical maturity they achieve. Therefore researchers are interested in researching "The Relationship between the Application of Social Distancing and Achieving Adolescent Social Development Tasks During the COVID Pandemic Period. -19 at SMP Kemala Bhayangkari 1 Medan" to see whether there is a relationship between the application of social distancing and the achievement of adolescent social development tasks at the school.

## **2. Method**

This study is a quantitative study with a descriptive approach, with a population of 192 adolescents and a sample calculated based on the Slovin formula with an error accuracy of 10%, namely 66 adolescents. The sampling technique used is based on the procedure or method in determining the sample to determine the number of samples that are following this study, namely the Non-Probability Sampling technique, where the sample is selected according to what the researcher wants by following the conditions that occur, and this makes the respondent have specific criteria such as; (a) Adolescents who attend SMP Kemala Bhayangkari 1 Medan. (b) Youth is aged 12-15 years. (c) Grade 7 and 8 students and (d) Adolescents are willing to be study respondents.

This research was conducted at SMP Kemala Bhayangkari 1 Medan, which was carried out in June 2022. Before the researchers conducted the research, the researchers

conducted a validity and reliability test first to determine if the questionnaire was valid and reliable. For the data collection process, the researcher went through several stages, from processing the necessary documents collecting data by coming to the research location, and distributing the prepared questionnaires. The researchers analyzed the data by editing, coding, data entry, and cleaning.

### 3. Result and Discussion

The results obtained on the demographic characteristics of adolescents are that there are a majority of teenagers aged 13 years, as many as 34 people (51.5%), with the majority of the sexes teenagers being male, as many as 36 people (54.5%) and in the category of class the majority of teenagers there are in grade 7 as many as 38 people (57.6%).

**Table 1.** Frequency distribution in the 1 data 1 demographic characteristics (n=66).

Characteristics	F	%
<b>Age</b>		
12 years old	12	18.2
13 years old	34	51.5
14 years old	16	24.2
15 years hun	4	6.1
<b>Class Type Sex</b>		
Female	30	45.5
Men	36	54.5
<b>class</b>		
Class 7	38	57.6
class 8	28	42.4

The emotional disturbances that arise as a result of the rules for applying social distancing are also more common in adolescent girls than boys because this is related to the higher social emotionality of adolescent girls, women who are more involving feelings, conscience, empathy, and a sense of wanting to socialize with peers is higher than men [9]. The results obtained from the application of social distancing showed that teenagers who attended SMP Kemala Bhayangkari 1 Medan during the COVID-19 pandemic applied this rule with the obedient category of 38 people (57.6%), sometimes against the rules for implementing social distancing. One example is sometimes doing social distancing of 1-2 meters in places of worship because many teenagers do it at home with family members.

**Table 2.** Distribution of Frequency and Presentation on Application of Social Distancing (n=66)

Social Distance	f	%
Obedient	38	57.6
Not Obey	28	42.4

The results obtained from achieving adolescent social development tasks are categorized as sufficient for as many as 35 people (53%). This can be seen from the question of both individual development and identity formation, there are still teenagers who do not recognize themselves as many as five people (7.6%), and there are still teenagers who do not have a good personality, as many as 13 people (19.7%).

**Table 3.** Frequency Distribution in Adolescent Social Development Task Achievement Presentation (n=66)

Adolescent Social Development Tasks	f	%
Well	23	34.8
Sufficient	35	53.0
Not enough	8	12.1

Likewise, with the relationship between teenagers and their parents, some still need a better relationship with their parents. There are often disputes with their parents during the COVID-19 pandemic, and many teenagers don't listen or obey what their parents tell them about the importance of maintaining health during the pandemic. This COVID-19, as well as in the category of adolescents relating to peers, the development of adolescents regarding sexuality, the development of adolescent proactivity, and the ability of adolescents to carry out activities in their environment during the COVID-19 pandemic were not fully implemented, even many of the respondents admitted that they were less interested in participating in youth activities or other organizations.

The results obtained from this study which was carried out by statistical tests using the correlation test (spearman's rho), stated that the achievement of adolescent social development tasks had a significant value ( $0.000 < \alpha (0.05)$ ), with a correlation coefficient of  $r = 0.438$ . Then  $H_0$  is rejected, and  $H_1$  is accepted. That is, there is a significant relationship between applying social distancing and achieving adolescent social development tasks in a positive direction. It has a reasonably good strength at SMP Kemala Bhayangkari 1 Medan.

**Table 4.** Description of the Relationship between Application of Social Distancing and Achievement of Adolescent Social Development Tasks at SMP Kemala Bhayangkari 1 Medan (n=66)

Variable 1	Variable 2	r	P-value	A means
Social Distance	Achievement of adolescent social development tasks	0.438	0.000	there is a significant relationship between the direction of the positive relationship and has a reasonably good strength

The application of social distancing carried out by adolescents the regulation made changes to the activities and routines of adolescents, adolescents who are a vulnerable group to experience mental health problems really feel changes in their activities [10]. The rules for implementing social distancing also cause teenagers to do a lot of activities at home, in line with other research, which states that social distancing disrupts social relationships or social interactions of adolescents with peers and parents [9]. The adolescents experience significant changes, and the perceived impact is that this interferes with adolescents because of the lack of social interaction with friends, which results in boredom in adolescents [11].

#### 4. Conclusion

Adolescent social development tasks were categorized as sufficient for as many as 35 people (53.0%), which means that there is a significant relationship between the direction of a positive relationship and a reasonably good strength between social distancing and the achievement of adolescent social development tasks with a p-value level of  $0.000 < (0.05)$  and  $r = 0.438$ . In the COVID-19 pandemic, adolescents who obediently apply social distancing can achieve their social development tasks quite well. This can mean that some teenagers still have to achieve their developmental tasks well under any conditions.

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