

## THE IMPACT OF EXCESSIVE STUDY HOURS IN THE AL AZHAR MEDAN SENIOR HIGH SCHOOL ENVIRONMENT

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### Abstract

*This study aims to explore the impact of excessive study hours on students' mental and physical health. In the context of modern education, many students experience pressure to achieve high academic results, which often results in unbalanced study hours. Through qualitative and quantitative methods, this study collected data from 20 students in various classes of SMA AL-Azhar Medan. The results showed that students who studied more than 10 hours per day tended to experience increased levels of stress, anxiety, and sleep problems. In addition, negative impacts were also seen on physical health, with increased complaints such as headaches, drowsiness and fatigue. These findings highlight the need for a more balanced approach to managing study hours, as well as the importance of interventions from schools and parents to support student well-being. Recommendations for healthier educational policies and learning practices are presented as an effort to create a sustainable learning environment.*

**Keyword:** SMAS AL-Azhar Medan, Excessive Study Hours

## 1. INTRODUCTION

### Background

Education is one of the main pillars in human resource development, which plays an important role in shaping individual character, knowledge, and skills. In Indonesia, education at the Senior High School (SMA) level is a crucial period in students' lives, where they are faced with various academic challenges that require more attention and effort. One institution known for its high commitment to quality education is SMA Unggulan Al Azhar Medan. With a rigorous curriculum and dense study hours, this school aims to prepare students to compete at the national and international levels. However, while the goal is certainly noble, it is important to question whether excessive study hours actually provide benefits that are worth the impact on students' physical and mental health. The concept that "more study equals more achievement" is often accepted without considering the holistic state of student well-being. Research shows that excessive study hours can lead to a variety of health problems, including stress, burnout, and other mental disorders. Students who are exposed to high levels of academic pressure often have difficulty managing their emotions and may be at risk for serious mental health problems, such as depression and anxiety.

### 2. Literature review

Academic stress is a common phenomenon among high school students, and long study hours can worsen this condition. According to various studies, students who study more than 40 hours per week are at higher risk of experiencing severe stress symptoms compared to those who have a more balanced study time. This can lead to decreased motivation to study and, in the long run, interfere with the desired academic achievement. When students feel stressed and burdened, they tend to experience decreased

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concentration and understanding of the material, which can actually hinder their educational goals. The negative impacts of excessive study hours are not only limited to the psychological aspect. Many students who spend too much time studying often ignore the importance of physical activity. Lack of exercise and time to socialize can lead to physical health problems, including obesity, sleep disorders, and decreased immunity. In the long term, this unbalanced lifestyle can contribute to the risk of chronic diseases, such as diabetes and hypertension, which should be prevented through a healthy lifestyle.

In addition, the social impact of excessive study hours cannot be ignored. Social interaction is an important component in students' social and emotional development. Students who are isolated from their social environment tend to have difficulty in building healthy relationships with peers and others. Communication skills and the ability to work in a team are key in the workplace, and students who do not have enough social experience may have difficulty adapting to a professional environment in the future. At SMA Unggulan Al Azhar Medan, while efforts to improve students' academic achievement are highly appreciated, it is important to critically evaluate how excessive study hours affect students' overall well-being. This study aims to identify the relationship between study hours, stress levels, mental health, and students' academic achievement at the school. With a data-driven approach, this study is expected to provide better insight into the necessary balance between study time and other aspects of life, including students' physical, mental, and social health.

Finally, the results of this study are expected to serve as a basis for designing better policies in managing study time at SMA Unggulan Al Azhar Medan. By understanding the impact of excessive study hours, it is hoped that schools, parents, and other stakeholders can work together to create an educational environment that supports the holistic growth and development of students. Through a more balanced approach, students will not only be able to achieve high academic achievement but also have good mental and physical health, as well as adequate social skills to face challenges in the real world.

### **3. RESEARCH METHODS**

#### **3.1 Types of research**

The research location was conducted at Al-Azhar Medan's Leading High School which will be estimated on August 16-24, 2024 through a questionnaire containing several questions and will be shared with students of Al-Azhar Medan's Leading High School. We use a quantitative research method using a questionnaire that requires the resource person to fill out a questionnaire that is given. Quantitative is a research method that focuses on collecting numerical data and statistical analysis to answer research questions and test hypotheses

#### **3.2 Population and Sample**

**Population:** several students of class XII of Al Azhar Medan's leading high school.

**Sample:** Using purposive sampling technique, 20 students from class XII will be selected as respondents.

#### **3.3 Data Collection Techniques**

- **Questionnaire:** A questionnaire consisting of closed and open questions will be distributed to measure:
  - Number of study hours per day.
  - The level of stress experienced by students.
  - Impact on physical and mental health.
  - The feeling of studying for too long.

We also guarantee the confidentiality of respondents' identities.

## 4. RESULTS AND DISCUSSION

### 4.1 Research Results

This study was conducted on 100 grade XII students at SMA Unggulan Al Azhar Medan with the aim of exploring the impact of excessive study hours on students' academic and psychological aspects. The questionnaire used included various questions regarding study duration, rest habits, participation in tutoring, level of focus during learning, pressure felt due to class hours, and students' feelings when studying for a long time.

#### A. Study hours

From the results of the questionnaire, it was revealed that:

- **40% of students** study between 8-12 hours per day.
- **60% of students** admitted to studying more than 12 hours per day.

These results show that most students spend quite a significant amount of time studying. The category of studying over 8 hours shows that many students are trapped in an intensive study pattern, which is often not balanced with adequate rest and relaxation activities.

#### B. Resting habits

In terms of resting habits, the results showed:

- **50% of students** feel like you're not getting enough rest.
- **50% of students** stated that they had a "decent" rest.
- **0% students** feel well rested.

This condition shows that although some students feel there is time to rest, a significant proportion still do not get enough rest time. This can contribute to physical and mental fatigue, which is important to note in the context of effective learning.

#### C. Participation in tutoring (bimble)

Regarding tutoring, the results show that:

- **70% of students** follow the tutoring.

These data indicate that students feel the need to improve their understanding of the subject matter. However, on the other hand, excessive tutoring can increase the learning burden, thus creating more stressful conditions.

#### D. Focus during learning hours

When asked about the level of focus during learning, the results were:

- **35% of students** feel focused.
- **45% of students** feel "quite good".
- **20% of students** not feeling focused.

Although half of the students reported being OK, a significant proportion had difficulty, suggesting that long study hours may not always contribute to improved comprehension and concentration.

#### E. Pressure due to class hours

In terms of perceived pressure, the results showed:

- **75% of students** admitted to feeling stressed due to the long hours of studying.

This condition is very worrying, because academic pressure can have a negative impact on students' mental health. Prolonged stress can lead to serious problems such as anxiety, depression, and decreased quality of life.

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**F. Feelings when studying too long**

When asked about their feelings about studying too long, many students reported:

- Feeling tired and stressed.
- Some students noted that they felt less productive and less motivated.

This shows that even though students try hard to study, they often do not get the expected results, which can lead to feelings of frustration and hopelessness.

**5. DISCUSSION**

The results of this study indicate that excessive study hours among grade XII students at SMA Unggulan Al Azhar Medan have a significant impact on their psychological and academic health. Although many students are committed to studying and trying hard to face academic demands, the pressure resulting from intensive study patterns can disrupt the balance between study and personal well-being.

**Mental Health Impact**

Students' mental health is greatly affected by long study hours. With 75% of students feeling stressed due to the long study hours, this shows the need for serious attention from schools and parents. Prolonged academic stress can lead to mental health problems, such as anxiety and depression. Previous studies have shown that students who experience high stress are at greater risk of developing mental health disorders, which can impact their academic performance.

**Balance between Study and Rest**

Inadequate rest habits contribute to mental and physical fatigue. No student feels well-rested, creating concerns that many students do not have enough time to restore their energy. Good rest and time to socialize are essential to maintaining students' mental and physical health. Therefore, it is important for students to understand the importance of good time management, including time to rest.

**The Role of Tutoring**

Participation in tutoring, reported by 70% of students, indicates that students are trying to deepen their understanding. However, excessive tutoring can add to the burden, creating a greater cycle of stress. Schools need to evaluate their curriculum and tutoring programs, ensuring that they are balanced and do not add to the stress that students feel.

**Focus and Academic Performance**

Although 35% of students felt they were able to focus, 45% felt fairly focused and 20% had difficulty. This shows that long study hours do not always equate to increased understanding. Research shows that the quality of learning is more important than the quantity. Therefore, a more holistic approach to learning, including stress management techniques and increasing student engagement, needs to be considered.

**6. CONCLUSION**

This study revealed that excessive study hours among grade XII students at SMA Unggulan Al Azhar Medan can have a negative impact on their mental and psychological health. With most students feeling significant stress, it is important to evaluate and adjust existing study patterns and rest habits. Collaboration between schools, parents, and students is essential to create a learning environment that supports a balance between academics and student well-being. Steps to reduce excessive study hours, improve rest quality, and facilitate psychological support can help students reach their academic potential without compromising mental and physical health.



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