

Reducing Academic Anxiety through Blended Learning

by Muhammad Nur Wangid

ABSTRACT

The continuing professional development of the teacher becomes an integral part of the duties and obligations of a teacher. However, teachers are busy carrying out their duties from the start of preparing learning to evaluation and follow-up learning is a series of activities that are very time-consuming and teacher's attention. These conditions often encourage anxiety among teachers who also continue their education. It needs to be thought so that the desire to continue the study of the teacher is not impeded by his various tasks. Lectures with the blended learning model need to be tested to be an alternative to reduce teacher academic anxiety. Blended learning is a lecture that combines face-to-face with lectures online. Quasi-experiment is done by giving treatments (lectures with blended learning) to the teacher (student) who continues the study. With the pretest and posttest design 66 students were asked to fill in the anxiety scale. The results are compared, and it turns out that there are significant differences. This means that lectures with the blended learning model can reduce the level of student academic anxiety.

Kata Kunci: Academic Anxiety, Blended Learning