The Effect of Doa in Regulating Students' Emotional State (Anxiety) and Their Confidence Level During E-Learning Session

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ABSTRACT

Objectives: This is a randomized controlled study to measure the effect of Doa in regulating student emotional (anxiety) state among Malaysian students during e-learning session. It is also a study that examines relationship between the improvement of student's emotional state (anxiety) using Doa and their confidence level. For the study, the Positive and Negative Affect Schedule (PANAS) questionnaire was used to measure the participants' emotional state. As for confidence level, a self-reported questionnaire in a scale of 1 to 5 was used.

Methods: 56 participants (18 females and 38 males) with an average of 21.84 years were randomized into two groups; the Doa group (15 females, 20 males) and control group (3 females and 18 males). The Doa group were given doa intervention after they have completed their e-learning session. In contrast, the control group were asked to sit quietly for about three minutes (about the same amount of time as the doa group) after they have completed their e-learning session. The changes of their emotional state (anxiety) and confidence level were assessed using self-reporting technique.

Results: Within-group analysis revealed that the participants in the Doa group showed statistically significant improvement of their emotional states (anxiety) following the intervention during their e-learning session compared to the control group ($U=56$, $p=0.07$). Likewise, results from the study has also indicated that the students in the Doa group had consistently registered better confidence level compare to the control group after their e-learning session ($U=56$, $p=0.05$).

Conclusion: Results from the study have indicated that the use of Doa is useful in improving students' performance. It also noted that the doa group participants were observed to be in a better emotional state (anxiety) as compared the control group especially for those who were inferred to be in a negative emotional state (i.e. failed to answer the learning session successfully).