Development of Podcast Media As A Social-Support-Based Coping Strategy In Reducing The Level of Work Stress of English Language Teachers at Public High Schools In Bandar Lampung

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Abstract: This study aims to analyze podcast media literature to reduce work stress in English teachers at Bandar Lampung public high school. This research is a literature review research by reviewing 10 relevant articles related to the keywords in this study. The results of the study can be concluded that the development of podcast media as a social support-based coping strategy can be an effective alternative in helping teachers manage work stress. The development of podcast media as a coping strategy based on social support can be an effective alternative in helping teachers manage work stress.. Evaluation of the effectiveness of the podcast media implementation needs to be done to measure changes in teachers' work stress levels. Involving teachers in the development of podcast content is also important to ensure optimal relevance and engagement. The impact of technology on mental health needs to be carefully considered. Collaboration between various parties, including mental health practitioners, researchers, policy makers, and the technology industry, is key in overcoming challenges and utilizing the positive potential of technology in supporting mental health. Thus, the conclusion of this study shows that the development of social support-based coping strategies using podcast media can be an effective solution in managing teachers' work stress. It is important to continue to develop and evaluate the use of this podcast media as a means to improve teachers' well-being and work productivity.

Introduction

As a teacher, teachers have an important role to guide, foster students to become qualified human beings. Teachers are required to be professional in carrying out their duties and responsibilities. The demands of professionalism and the great demands of society are certainly felt very pressing so that they have the potential to cause stress. Stress is a dynamic condition of individuals faced with opportunities, obstacles, and desires, and the results obtained are very important but cannot be ascertained. In general, stress can come from work and from outside work so that it can cause feelings of anxiety, frustration, fatigue, anxiety, and emotional. Stress from work can make a person neglect their work, which can result in impacts that can affect life, health, and productivity.

Meanwhile, a professional is a person who has expertise which can only be done by someone who has been prepared or trained for a particular job. So, it can be said that a professional teacher is a teacher with expertise that has been prepared for him during his time

as a teacher. Therefore, teachers not only educate and teach but also guide, train, assess, and evaluate students armed with the expertise possessed by the teacher. Furthermore, professionalism is the quality or quality that characterizes a profession or someone who is professional. The implementation of teacher professionalism is seen from the responsibility as a teacher of learning, manager of learning, and planner of students' future (Sari, n.d., 2015).

Job stress will arise if at some point the teacher can no longer meet the demands. All forms of stress are basically caused by a lack of human understanding of one's own limitations, resulting in one's inability to fight against one's limitations Stress in the workplace is usually a major problem of concern not only for teachers but also for organizations and society in general. Teachers who cannot withstand work stress in the long run will make their teaching quality reduced so that it can have an impact on the decline in the quality of students.

Teaching is a profession or job that requires special expertise in its field. The main tasks of a teacher are teaching and educating (Amalia, 2017). In teaching, the teacher is in charge of pouring various learning materials into the brains of students as students, while on the other hand, the task of a teacher as an educator is also to guide and foster students to become human beings who have morality to be active, capable, independent and creative. As a professional, teaching and educating are the duties and responsibilities of a teacher.

Teachers at the junior high school level have a higher burden because students at this level are experiencing a period of growth and transition from the child phase to the adolescent phase. This heavy task can only be done by teachers who have high professional competence, this can be one of the mental workloads for teachers which ultimately causes stress. Flook et al (2013: 183) state, teachers who survive with their jobs but experience continuous stress can affect the teacher's responsiveness to students and affect the teacher's ability in classroom management.

On the other hand, English is one of the world's languages and must be learned from an early age, but English is one of the difficult languages because it must master a lot of vocabulary, how to speak, and the meaning in the sentence. Junior high school teachers who teach English will have more workload due to this. Therefore, teachers must have a solution or a way out which is called coping.

The initial analysis that researchers found in the field, through FGDs (focus group discussions) and the distribution of needs questionnaires is known as follows:

Table 1. Needs Analysis

No	Work Stress Indicator	alternative answer	
		Yes	Now
1	heavy workload	8	2
2	lack of human resources	9	1
3	loss of motivation	8	2
4	conflicts with students, parents, or coworkers	6	4
5	job uncertainty	8	2
6	lack of social support	7	3
7	High level of responsibility	9	1

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No	Work Stress Indicator	alternative answer	
		Yes	Now
8	Difficult discipline management	7	3
9	Strict time demands	8	2
10	Lack of rewards and recognition	10	0
	Percentage	**80%**	**20%**

Source: data processing (Excel)

Based on the distribution of questionnaires given to 10 teachers in Bandar Lampung, it is known that the indicators of teacher work stress reach 80%, the most relevant influence of teacher work stress is the lack of appreciation and recognition. To support teacher professionalism. While the influence of conflict with students, parents, and coworkers is the least at 60%. From the explanation of the empirical data analysis, it can be explained that environmental factors and organizational culture affect teacher work stress.

As stated by, (Yulia Triana Ratnasari, 2018). Meanwhile, a professional is a person who has expertise which can only be done by someone who has been prepared or trained for a particular job. So, it can be said that a professional teacher is a teacher with expertise who has been prepared for him during his time as a teacher. Therefore, teachers not only educate and teach but also guide, train, assess, and evaluate students armed with the expertise possessed by the teacher. Furthermore, professionalism is the quality or quality that characterizes a profession or someone who is professional. The implementation of teacher professionalism is seen from the responsibility as a teacher of learning, manager of learning, and planner of students' future.

The solution that can be given from the problems known by researchers is to provide a treatment using strategies, methods and media, as for the strategies and media that will be used in solving this problem, namely using coping strategies and podcast media. Coping strategy itself is a process of individuals trying to handle and master stressful situations that are pressing due to the problems they are facing, by making cognitive and behavioral changes in order to gain a sense of security in themselves (Mu'tadin, 2002). There are several types of coping and one of them is social support. In general, social-support refers to material or psychological resources provided to individuals by partners in some form of social relationship (Jolly et al., 2021). This social-support type of coping can be supported by podcast media to reduce job stress in teachers because this media is an innovative media for counseling (Kusuma et al., 2020).

Overall, teaching is a profession that demands specialized skills in teaching and educating students. Teachers at the junior secondary school level face higher workloads as students are going through growth spurts and transitions that affect their responsibilities. This high workload can lead to stress, which can negatively impact teachers' responsiveness to students and their ability in classroom management. English as a difficult subject adds to the complexity of teachers' tasks at this level. Therefore, it is important for teachers to develop coping strategies, including social-support, to deal with work stress. One effective form of social-support is through Podcast media, which is an innovative medium for counseling. The use of Podcast media can help reduce teachers' work stress and improve their well-being. Further research in this context can provide deeper insights into the effect of social-support-based coping strategies, including the use of Podcast media, on the mental well-being and

performance of English teachers at the junior secondary school level. This study aims to analyze podcast media literature to reduce work stress in public secondary school English teachers in Bandar Lampung.

Methods

This research uses the literarure review method to thoroughly explore the effect of digital game-based learning media to improve the psychomotor abilities of the alpha generation. There are 10 journals used by researchers, most of the research was conducted in Indonesia. The author searches for journals related to the influence of digital game-based learning media to improve the psychomotor abilities of the alpha generation. Journal searches were conducted using Google Scholar, Garuda Portal and Biomedcentral. The articles used used Indonesian and English full-text articles. All journals related to the keywords podcast media, coping strategies, social support, work stress in tabular form are then reviewed, analyzed, looking for similarities (compare) and dissimilarities (contrast), have or criticize and finally make a summary.

Research Results And Discussion
Research Results

The results of this study using keywords and some article restrictions as above, the number of articles that have been found totals 10 relevant articles. All of these journals are related to the keywords podcast media, coping strategies, social support, job stress that have been determined by researchers. table 1 is the result of the literature found by researchers.

Table 2. Review of Relevant Research

Author Name and Year	Review Title	Research Results
Wulandari, R. W., Farida, U., & Santoso, A. (2020).	The Influence of Work Discipline, Non-Physical Work Environment, and Work Stress on Teacher Productivity at SMK Bakti Ponorogo. ASSET:	The results showed that: 1) work discipline has a positive and significant effect on teacher work productivity, 2) non-physical work environment has a positive and significant effect on teacher work productivity, 3) work stress has a negative and significant effect on teacher work productivity, 4) work discipline, non-physical work environment, and work stress simultaneously affect teacher work productivity, 5) work discipline variable is the most dominant variable that affects teacher work productivity.
Rahmawati, A. N., Putri, N. R. I. A. T., & Sumarni, T. (2021).	Teacher Job Stress Management	The results obtained from the training were that a total of 5 teachers experienced mild stress and 4 teachers experienced moderate stress. After conducting health counseling on stress and stress management, the knowledge of teachers increased to good knowledge of 9 teachers. Stress management is carried out so that elementary school teachers can carry out their duties optimally.
Bangngu, H. E. M.	Adversity Quotient and	The results obtained there is a negative

Author Name and Year	Review Title	Research Results
(2019).	Job Stress in facing the Industrial Revolution 4.0 Era among Private Junior High School Teachers in Kupang.	relationship between Adversity Quotient and job stress in teachers. Therefore, teachers are expected to continue to improve Adversity Quotient in order to deal with high workloads.
Kawiswara, F. C., & Wenerda, I. (2022).	Acceptance of Psychological Podcast Messages as Learning Media for Mental Health for College Students.	Hasil penelitian ini menunjukkan bahwa dari delapan informan yang telah dipilih, empat informan masuk ke dalam posisi dominant hegemonic, tiga informan masuk ke dalam posisi negotiating, dan satu informan masuk ke dalam posisi oppositional yang menolak atau tidak sejalan dengan pesan yang disampaikan melalui podcast Psikologid. Dengan latar belakang yang berbeda, kedelapan informan memiliki tanggapan yang berbeda pula mengenai pesan yang mereka terima melalui podcast Psikologid.
Windarti, A. (2019).	Stress Coping Strategies for Shadow Teachers of Children with Special Needs in Kindergarten "X	The results showed that the three subjects experienced stress. The three subjects both carried out coping strategies, both problem-oriented (problem-focused coping) the three subjects used the strategy of seeking social support by seeking social support by telling their problems with their closest friends or family. Another strategy used by the subject is planful problem solving, namely by understanding and analyzing the problem and then making a way out, while the EA subject uses a confrontative coping strategy, namely EA makes certain efforts even though he is not sure he will succeed, as well as emotional-focused coping. The three subjects used Self Controlling, Distancing, Escape Avoidance strategies. The difference is that the Accepting Responbility strategy is used by subjects FA and IN only while Positive Reappraisal is only used by IN.
Darojat, A. R. R. U., & Kholilurrohman, K. (2022).	Teachers' stress coping strategies in educating children with special needs at SLB B YAAT Klaten	Hasil penelitian menunjukkan bahwa gambaran coping stres dibagi menjadi dua, yaitu coping yang berfokus pada masalah dan coping yang berfokus pada emosi. Coping berfokus pada masalah yang dilakukan informan ketika mengalami kesulitan dalam melakukan pendekatan dengan anak dan memberikan dukungan sosial kepada guru dan orang tua. Kemudian coping berfokus pada emosi yang dilakukan untuk meredam emosi

Author Name and Year	Review Title	Research Results
		antara lain dengan pendekatan agama bahwa semua masalah pasti akan terselesaikan, kemudian subjek lainnya menghindari masalah sejenak dengan melakukan hal yang menyenangkan antara lain dengan bermain handphone atau melakukan hobi untuk meredakan stres.
DEMAK, P. P. R. S. K. (2012).	A coping strategy development model based on sources and symptoms of occupational stress.	The results showed that the factors causing work stress are work factors and personal factors. Symptoms that arise due to stress are physical symptoms, emotional symptoms, and intellectual symptoms. In addition, the method used is to focus on the problem, focus on emotional coping, social support, and entertainment seeking as a strategy to overcome stress.
Simanjuntak, M. R., Tampubolon, R. F., Manurung, Y., Sibagariang, E. E., & Gultom, D. (2022)..	Utilization of Classical Music Therapy in an Effort to Reduce the Work Stress Level of Elementary School Teachers During the Covid-19 Pandemic.	The results showed that the level of work stress before giving music therapy was normal 11.1%, mild stress 22.2%, moderate stress 59.3%, severe stress 7.4%, after being given music therapy there was a change in stress levels, normal 85.2%, mild stress 11.1%, moderate stress 3.7%. The Wilcoxon Signed Rank test results showed a p value = 0.000 (<0.05), which means that there is an effect of classical music therapy on reducing work stress in elementary school teachers during the COVID-19 pandemic in Tinggi Raja District in 2021.
Al-Asmahi, M. I., Novrianti, N., Zuliarni, Z., & Maiziani, F. (2022).	Development of Podcast Message Design as English Learning Media.	validation results from media validator 1 obtained an average of 4.5 categorized as "feasible" and validator 1 obtained an average of 4.5 categorized as "feasible" and validator 2 obtained an average of 4.78 categorized as "very feasible". validator 2 obtained an average of 4.78 categorized as "very feasible". This podcast media is said to be "practical" based on the practicality test with an average value of 4.57. Based on the results of the validity test and the practicality test, it can be concluded that the Podcast Media for English Class VIII Junior High School Subjects developed is suitable for use in English Class VIII Junior High School Subjects.
Leguminosa, P., Nashori, F., & Rachmawati, M. A.	Gratitude training to reduce job stress of teachers in inclusive	The results of the analysis showed that there was a significant difference in scores at pre-test, post-test, and follow-up between the two

Author Name and Year	Review Title	Research Results
(2017).	schools	groups (F = 7.393; and p = 0.003 (p<0.05)). The results of the analysis also showed that the experimental group experienced a decrease in job stress levels after being given gratitude training while the control group that was not given gratitude training experienced an increase in job stress.

Discussion

The use of digital media as a coping strategy and social support for stress therapy for teachers involves using technology and digital platforms to provide tools and resources that help teachers manage and reduce their work stress levels. Adzradalila, T. (2024) suggests that the development of information and communication technology has had a significant impact on various aspects of human life, including mental health. Although technology brings convenience and comfort in various daily activities, excessive or unhealthy use of digital technology can cause new challenges in maintaining mental health. In an era where dependence on digital devices is increasing, the emergence of phenomena such as internet addiction, cyberbullying, and sleep disorders have become major concerns in the context of mental health. The importance of understanding the impact of technology on mental health is becoming an increasingly in-depth subject of research. The research not only highlights the potential risks and challenges associated with the use of digital technologies, but also explores solutions and strategies to overcome the negative impacts. In addition, understanding how technology can be used as a tool to improve mental health is also a focus in the effort to face the challenges of the digital age. A key challenge faced in managing technology and mental health is creating a healthy balance between the benefits and risks of using digital technology. This involves a holistic and integrated approach that takes into account the needs of individuals, families and society at large. With the growing awareness of the importance of mental health in the digital age, efforts to address this challenge are becoming increasingly urgent.

Furthermore, technology integration in mental health services has also become a significant topic in the literature and clinical practice. The development of mobile apps, online platforms, and other digital tools has opened new doors to deliver more affordable, accessible, and scalable mental health services. However, it is important to ensure that technology is used appropriately and ethically in support of mental health, and that data privacy and security are considered. In this context, collaboration between various parties, including mental health practitioners, researchers, policymakers, and the technology industry, is important in addressing the challenges and harnessing the positive potential of technology in supporting mental health. Thus, a deep understanding of the relationship between technology and mental health, as well as concerted efforts to address the challenges of the digital age, are key to creating an environment that supports the psychological well-being of individuals and society at large.

Stress is the body's response to the inability to cope with threats faced by mental, physical, emotional, and spiritual humans to disturb the peace that is interpreted as a demand that must be resolved. The state of stress produces changes, both physiologically, physically

and behaviorally. One of the efforts to manage stress is using coping strategies (Amir, 2015). Development of podcast media as a social-support-based coping strategy to reduce teachers' work stress levels. The development of podcast media as a social-support-based coping strategy to reduce teachers' work stress levels is the process of creating, producing and distributing digital audio content specifically designed to provide social support and stress management strategies to teachers. The ultimate goal is to create a platform that allows teachers to receive information, motivation and support from peers and experts, which in turn can help reduce their work stress and improve their well-being. The podcast serves as an effective coping tool by providing easy access to a variety of relevant topics, such as relaxation techniques, shared experiences, classroom management tips, and inspiring stories from fellow teachers. By harnessing the power of social support, the podcast aims to create a supportive community, where teachers feel heard, understood and supported in dealing with their work challenges.

There are several important points to carry out this development. That is by 1) identifying the work stress needs of English teachers, understanding how social support from colleagues, family, and community; 2) the concept of podcasts as a media support discussing topics such as stress management, relaxation techniques, personal work experiences, effective learning strategies and inspirational stories from other teachers; 3) development and implementation by involving English teachers in content production to ensure relevance and engagement, choosing platforms that are easily accessible to teachers; 4) evaluation of effectiveness by using surveys or questionnaires before and after podcast implementation to measure changes in stress levels.

The coping strategy used by an individual is said to be effective if it results in good adaptation, a new pattern in life while ineffective coping strategies result in physical and psychological health problems. Coping behavior carried out in patients undergoing hemodialysis does not just appear but coping is formed through a process. According to Folkman and Lazarus (1985) classify coping strategies into two forms, namely problem focused coping (PFC), namely ways of solving problems directly accompanied by actions aimed at eliminating or changing stress and emotion focused coping (EFC), which is an emotion-oriented coping strategy and is only temporary, as long as a person views the problem as something that cannot be changed.

In the research results presented, there are several important findings related to teacher work stress management and the development of social support-based coping strategies using podcast media. The following are some discussions that can be taken from the results of the study:

1. The Importance of Developing Social Support-Based Coping Strategies: Research highlights the importance of developing social support-based coping strategies, such as the use of podcast media, to help reduce teachers' work stress levels. Social support from coworkers, family and community can be an important factor in managing work stress and improving teachers' mental well-being.
2. Implementation of Podcast Media as a Stress Management Tool: The development of podcast media as a coping strategy based on social support can be an effective means of providing information, motivation, and support to teachers to manage work stress. Involving teachers in the production of podcast content can also increase relevance and engagement, and ensure the platform is easily accessible to users.

3. 3.Importance of Effectiveness Evaluation: Evaluation of the effectiveness of the implementation of podcast media as a coping strategy is also important. The use of surveys or questionnaires before and after implementation can help measure changes in teachers' work stress levels, so that the extent of the benefits of using podcast media in managing stress can be evaluated.
4. The Impact of Technology on Mental Health: In addition, research has also highlighted the impact of technology on mental health, where excessive or unhealthy use of digital technology can lead to new challenges in maintaining mental health. Therefore, it is important to understand the risks and challenges associated with the use of digital technology, as well as explore solutions and strategies to overcome its negative impact.

Thus, the results of this study provide valuable insights into the importance of developing social support-based coping strategies, implementing podcast media, evaluating effectiveness, and understanding the impact of technology on mental health in the context of teacher work stress management.

Conclusion

. The results of the research findings can be concluded that the development of podcast media as a social support-based coping strategy can be an effective alternative in helping teachers manage work stress. The development of podcast media as a social support-based coping strategy can be an effective alternative in helping teachers manage work stress. Evaluation of the effectiveness of the implementation of podcast media needs to be done to measure changes in teachers' work stress levels. Involving teachers in the development of podcast content is also important to ensure optimal relevance and engagement. The impact of technology on mental health needs to be considered carefully. Collaboration between various parties, including mental health practitioners, researchers, policy makers, and the technology industry, is key in overcoming challenges and utilizing the positive potential of technology in supporting mental health. Thus, the conclusion of this study shows that the development of social support-based coping strategies using podcast media can be an effective solution in managing teachers' work stress. It is important to continue to develop and evaluate the use of this podcast media as a means to improve teachers' well-being and work productivity.

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