



# The Impact of *Clubbing* on Students' Learning Performance in Bandung City

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**Abstract.** This study aims to analyze the impact of *clubbing* on the learning performance of students in Bandung. This includes class attendance, active participation in discussions, and the ability to complete academic tasks. In addition, this study will also identify other factors that may influence the relationship between *clubbing* and learning performance, such as alcohol consumption patterns, stress levels, and social support. *Clubbing*, one of the most popular entertainment choices for students, is often the main choice to relieve stress and socialize. However, this phenomenon also raises questions about how it impacts students' learning performance and academic achievement. This study uses a qualitative approach. The primary data of the study came from interviews and participation in nightclubs with Bandung students. Secondary data consisted of journals, books, the internet, and others. Interviews, observations, and documentation were the data collection methods used in this study. The results of the study obtained It is seen that students who are active in clubbing tend to have lower attendance rates in class. Many of them admit to often being absent due to fatigue after late-night activities, which has a direct impact on the understanding of the material being taught and the potential for academic achievement.

**Keywords:** *Clubbing*, Lifestyle, Hedonistic Students, Adolescent Behavior.

## 1. BACKGROUND

In this modern era, student life is colored by various complex social dynamics. One phenomenon that attracts attention is *clubbing activities*. For some students, *clubbing* is not just a night entertainment, but part of a lifestyle and social identity. However, behind the flashing lights and music, a fundamental question arises: how does this activity affect their learning performance.

Bandung as a metropolitan city and student city holds various dynamics of young people's lives, including students who come from various regions in Indonesia. In addition to being a center of higher education, Bandung is also known for its rapidly developing nightlife, marked by the many nightlife venues such as bars, lounges, and nightclubs (*clubbing*). *Clubbing* activities for some young people are considered part of a modern lifestyle, a place to socialize, relieve stress, or even seek social existence.

However, behind this phenomenon, concerns have arisen about the impact of *clubbing*, especially for students who actually have the main responsibility of pursuing

higher education. A nightlife that tends to last until late or even early morning has the potential to disrupt sleep patterns, study concentration, and academic productivity. Not a few also use clubbing as an escape from the pressure of studying, but are actually trapped in a routine that shifts their priorities from their main goals as students.

This phenomenon is important to study in more depth because it concerns the balance between freedom of expression and academic responsibility. Is clubbing just a form of relaxation that does not have a serious impact, or is it actually a factor in decreasing students' learning motivation and academic achievement? In this context, it is important to collect empirical data on the frequency of clubbing activities and its relationship to student learning performance in Bandung City. This study is expected to provide a more objective picture and be a consideration for campuses, parents, and students themselves in responding to the ever-growing lifestyle phenomenon.

As the next generation of the nation, students must achieve the best academic achievement. However, the desire to experience the nightlife with all its charms is often a unique challenge. The *clubbing* phenomenon among students has become an important component of social life on campus, especially in big cities like Bandung. After a busy academic routine, this activity is often considered a way to relieve stress, socialize, and enjoy entertainment. It is strongly suspected that *clubbing* activities, which are identical to staying up late, consuming alcohol, and irregular sleep patterns, can interfere with students' concentration, memory, and desire to learn.

Various studies have tried to examine the impact of a hedonistic lifestyle on academic achievement. However, studies that specifically highlight the influence of clubbing on student learning performance are still relatively limited. Therefore, this study is here to fill this gap. This study has similarities with the research of Panji Setiawan, et al. with the article title "THE IMPACT OF CLUBBING BEHAVIOR ON DELAY IN COMPLETING STUDENTS' STUDY (Case Study of Students of the Faculty of Social and Political Sciences, Mulawarman University)" which was published in 2023 in the Journal of Social Development.

The purpose of this study is to see how clubbing affects various aspects of students' academic performance. This includes class attendance, active participation in discussions, and ability to complete academic tasks. In addition, this study will also identify other factors that may influence the relationship between clubbing and academic performance, such as alcohol consumption patterns, stress levels, and social support.

The results of this study are expected to improve our understanding of how clubbing affects students' academic life. By understanding this impact, it is hoped that students can be wiser in managing their time and social activities, so that they can achieve a balance between social and academic life. Therefore, it is hoped that this paper will be an important reference for academics, education practitioners, students, and the general public who are interested in this issue.

## **2. RESEARCH METHODS**

This study uses a descriptive qualitative approach, which aims to describe in depth and systematically the mechanism of budget preparation and absorption at Rindam II/Sriwijaya. This approach was chosen to gain a comprehensive understanding of the phenomena that occur in the budget management process and the obstacles faced during its implementation. A qualitative approach is very appropriate for exploratory research and aims to explore the views and perceptions of informants who are directly involved in the budget management process (Creswell & Poth, 2020:55).

This study uses a qualitative approach, which allows researchers to explore and understand the views and perceptions of informants who are directly involved in the preparation and absorption of the budget. This study aims to provide a clear picture of the budget mechanism and process as well as solutions to obstacles found through in-depth interviews and direct observation (Sutrisno, 2020:85). This study does not only focus on numerical data, but also on the context and interpretation of the experiences and decision-making processes that occur in budget management.

## **3. RESULTS AND DISCUSSION**

Nightlife in big cities like Bandung has become part of the social dynamics of students, especially those who are living away from home and are in the process of finding their identity. Clubbing activities, which were originally more associated with the entertainment world, have now also spread to students as part of a lifestyle that is considered modern and expressive. Clubbing is often seen as a means to relieve stress, socialize, and build social networks outside of academic spaces. However, behind the flashing lights and loud music, there are various consequences that have the potential to affect students' learning performance.

Clubbing activities, especially if done routinely, have the potential to disrupt the biological rhythm of students' bodies. Disrupted sleep patterns due to staying up late at night entertainment venues have a direct impact on the ability to concentrate in class, comprehension of material, and motivation to study. In many cases, students who spend too much time in the nightlife tend to experience decreased academic performance due to physical fatigue and mental fatigue. In addition, clubbing is also often associated with alcohol consumption and an environment that is permissive of deviant behavior, which can worsen its impact on students' personal and academic lives.

On the other hand, not all students involved in clubbing activities experience a direct decline in learning performance. Some of them are able to manage time, sort priorities, and maintain academic achievement. This shows that the impact of clubbing is not always absolute, but rather highly dependent on the frequency, intensity, and ability of individuals to manage their lifestyle. However, the potential for disruption to learning consistency remains an issue that needs to be considered, especially when clubbing is no longer just occasional entertainment, but has become a habit that takes up time and energy.

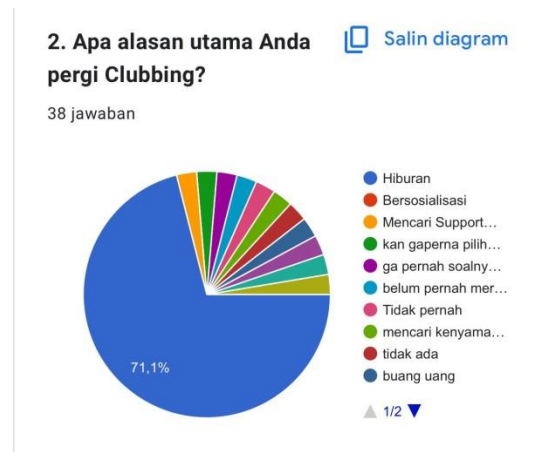
This phenomenon also shows a shift in values among students, where social prestige and instant gratification are sometimes prioritized over academic achievement. Social media also strengthens the image of the nightlife as a symbol of the present, encouraging students to participate so as not to be left behind socially. Without strong guidance and self-awareness, students can get caught up in a consumptive and permissive lifestyle that is difficult to control.

In this context, there needs to be a deeper approach in understanding the reasons why students engage in clubbing activities. Is it because of academic pressure, environmental influences, the need for self-actualization, or the lack of alternative spaces for healthy recreation? Understanding the motivation behind this behavior will help formulate solutions that are not judgmental, but rather educative and empathetic. Character education, campus counseling, and the creation of a pleasant academic environment can be preventive efforts so that students can still channel their social expressions and needs without having to sacrifice academic commitments.

Thus, clubbing is not only a lifestyle, but also a reflection of broader issues in the lives of urban students. Maintaining a balance between freedom of expression and

responsibility for learning is a challenge that must be answered by students, families, and educational institutions together.

This study aims to analyze the impact of clubbing on the academic performance of Bandung students. Based on data collection through interviews and questionnaires filled out by 38 respondents, it provides different views and important findings that can be described as follows:



The main factor with a result of 71.5% shows that what drives students to visit nightclubs is for entertainment. A fun form of physical relaxation is dancing to the beat of the music. Clubs also help them meet and socialize with many people. Clubbing is often an option to celebrate special moments or just have fun with friends, dancing to the beat and expressing yourself freely.



It was found that students who were active in *clubbing* tended to agree that clubbing could interfere with academic activities and had lower attendance rates in class. Many of them admitted to frequent absences due to fatigue after late-night activities, which directly impacted the understanding of the material being taught and the potential for academic achievement. In addition, there was a decrease in active participation in class discussions by students who were involved in clubbing. The lack of energy and motivation to contribute to discussions can limit social interactions and learning opportunities from classmates.



36.8% felt that the effects of alcohol consumption associated with clubbing also had a significant impact on physical and mental health. Alcohol affects concentration and memory, which are very important for the learning process. In addition, many students who experience academic stress tend to try to cope with it by clubbing and consuming alcohol. Finally, although social support from friends in clubs can provide a sense of togetherness, it also creates pressure to participate in these activities. This can increase stress levels and divert focus from academic responsibilities. These ineffective coping strategies have the potential to harm students' academic development.

Overall, clubbing has a negative impact on the academic performance of Bandung students. Therefore, it is important for students to be able to manage their time and choose social activities that do not harm their education. This study is expected to provide valuable insights for students and educational institutions in creating a more supportive academic environment.

The effect on class attendance was one of the main findings of this study. Students who frequently engage in clubbing tend to have lower levels of class attendance. Fatigue from staying up late and irregular sleep patterns cause students to often miss lectures, which

ultimately disrupts their learning process. This low attendance can hinder understanding of the material and reduce opportunities to interact with lecturers and classmates.



In addition, active participation in class discussions also experienced a significant decline. The results of the questionnaire were 36.8% Students who are active in clubbing often feel tired or less focused during class learning. This reduces class dynamics and creates fewer opportunities to share ideas and perspectives, which are essential in the learning process. This inactivity can result in a less in-depth understanding of the material being taught.

Then, the high frequency of clubbing is also directly related to the decline in students' ability to complete academic tasks. The study found that many students prefer to spend time in clubs rather than completing assignments, which causes delays and decreases in the quality of work results. This shows that students often prioritize entertainment over academic responsibilities, which has a negative impact on their achievements.

Frequent alcohol consumption associated with clubbing also contributes to decreased academic performance. Respondents reported that alcohol affects concentration, memory, and the ability to focus, all of which are essential for learning. In addition, some students experience academic stress, and they tend to use *clubbing* and alcohol as a way to cope with this stress, even though this actually worsens their situation.

The social support gained from the clubbing environment can provide a sense of community, but it also creates pressure to participate in the activity. This can increase stress

levels and divert focus from academic responsibilities. Students who cannot manage stress well often have difficulty balancing their social and academic lives.

#### **4. CONCLUSION**

This study concludes that clubbing has a significant negative effect on the learning performance of students in Bandung. This finding is based on a thorough analysis of various aspects affected by clubbing activities, identified through interviews and direct observation.

The conclusion of this study emphasizes the importance of good time management for students. Students need to be aware of the negative impacts of clubbing on their academic performance and try to create a balance between social activities and academic responsibilities. With a better understanding of the consequences of this hedonistic lifestyle, it is hoped that students can make wiser choices in managing their time and activities.

Recommendations for further research include expanding the understanding of the dynamics of students' social and academic lives and exploring effective strategies to help students manage social activities without sacrificing their academic performance. Through these efforts, it is hoped that a more supportive educational environment can be created for students in achieving their academic goals.

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