

Academic Burnout Ditinjau Dari Self-Efficacy Pada Mahasiswa Bekerja

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INTISARI

Penelitian ini bertujuan untuk mengkaji hubungan antara *Self-Efficacy* dan *Academic Burnout*. Hipotesis penelitian ini menyatakan adanya hubungan negatif antara variabel *Self-Efficacy* dan *Academic Burnout* dengan asumsi semakin tinggi *Self-Efficacy*, maka semakin rendah *Academic Burnout*, dan sebaliknya semakin rendah *Self-Efficacy*, maka semakin tinggi *Academic burnout*. Subjek penelitian ini melibatkan 152 mahasiswa/i di Universitas X. Uji asumsi yang dilakukan terdiri dari uji normalitas dan uji linearitas. Teknik pengambilan sampel yang digunakan adalah purposive sampling. Pengujian ini menggunakan korelasi *Pearson product moment* serta analisis statistik lainnya menggunakan SPSS for Windows versi 25.0. Terdapat koefisien korelasi -0.853 dan Sig 0,000. Hasil dari penelitian ini dapat disimpulkan bahwa adanya relasi negatif antara pengaruh *Self-Efficacy* terhadap *Academic Burnout* sehingga hipotesis diterima.

Kata kunci : *Self-Efficacy, Academic Burnout*

Academic Burnout in Relation to Self-Efficacy Among Working College Students

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ABSTRACT

This study aims to examine the relationship between self-efficacy and academic burnout. The hypothesis of this research states that there is a negative relationship between the variables of self-efficacy and academic burnout with the assumption that the higher the self-efficacy, the lower the academic burnout, and vice versa, the lower the self-efficacy, the higher the academic burnout. The subjects of this study involved 152 students at X University. the assumption test carried out consisted of a normality test and linearity test. The sampling technique used was purposive sampling. This test uses pearson product moment correlation and other statistical analysis using SPSS for windows version 25.0. there is correlation coefficient of -0.853 with a significance value 0.000. Based on these findings, it can be concluded that there is a significant negative relationship between Self-Efficacy and Academic Burnout, thus the research hypothesis is accepted.

Keyword : Self-Efficacy, Academic Burnout