

HUBUNGAN ANTARA *SELF-EFFICACY* DENGAN *BURNOUT* AKADEMIK PADA MAHASISWA YANG BEKERJA

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INTISARI

Mahasiswa yang bekerja sambil kuliah sering menghadapi tekanan ganda berupa tuntutan akademik dan tanggung jawab pekerjaan. Kondisi ini berpotensi menimbulkan *burnout* akademik, yang ditandai dengan kelelahan emosional, sinisme, serta menurunnya pencapaian pribadi. Tujuan penelitian ini adalah untuk mengetahui hubungan antara *self-efficacy* dengan *burnout* akademik pada mahasiswa yang bekerja di Fakultas bidang keilmuan Humaniora Universitas Muhammadiyah Jember. Penelitian menggunakan metode kuantitatif dengan pendekatan korelasional. Alat ukur yang digunakan adalah skala *self-efficacy* berdasarkan teori Bandura yang dimodifikasi dari penelitian Sulistyowati (2016) dengan reliabilitas 0,920, serta skala *burnout* akademik yang diadaptasi dari Maslach *Burnout Inventory–Student Survey* (MBI-SS) dengan reliabilitas 0,909. Penelitian ini menggunakan sampel jenuh yang berjumlah 80 mahasiswa yang dipilih menggunakan *non-probability sampling*. Analisis data dilakukan dengan uji analisis *pearson product moment* menggunakan SPSS 27 for Windows. Hasil penelitian menunjukkan nilai Sig. (2-tailed) sebesar ($r = -0,568$; $p > 0,05$) artinya terdapat hubungan negatif yang signifikan antara *self-efficacy* dengan *burnout* akademik pada mahasiswa yang bekerja. Dengan demikian (H_0) ditolak dan (H_1) diterima. Hasil ini menunjukkan bahwa semakin tinggi *self-efficacy* yang dimiliki mahasiswa, maka semakin rendah tingkat *burnout* akademik yang mereka alami.

Kata Kunci : *Self-efficacy*, *Burnout* Akademik, Mahasiswa Bekerja

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THE RELATIONSHIP BETWEEN SELF-EFFICACY AND ACADEMIC BURNOUT IN WORKING STUDENTS

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ABSTRACT

Students who work while studying often face double pressure in the form of academic demands and job responsibilities. This condition has the potential to cause academic burnout, which is characterized by emotional exhaustion, cynicism, and decreased personal achievement. The purpose of this study was to determine the relationship between self-efficacy and academic burnout in working students at the Faculty of Humanities at Muhammadiyah Jember University. The study used quantitative methods with a correlational approach. The measuring instrument used was a self-efficacy scale based on Bandura's theory modified from Sulistyowati's (2016) research with a reliability of 0.920, and an academic burnout scale adapted from the Maslach Burnout Inventory-Student Survey (MBI-SS) with a reliability of 0.909. This study used a saturated sample of 80 students selected using non-probability sampling. Data were analyzed using Pearson product moment analysis test using SPSS 27 for Windows. The results showed the value of Sig. (2-tailed) value of ($r = -0.568$; $p > 0.05$) means that there is a significant negative relationship between self-efficacy and academic burnout in working students. Thus (H_0) is rejected and (H_1) is accepted. These results indicate that the higher the self-efficacy of students, the lower the level of academic burnout they experience.

Keyword : Self-efficacy, Academic Burnout, Working Students

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