

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *grit* dengan *burnout* pada mahasiswa program kelas karyawan di kabupaten Pasaman. Hipotesis yang diajukan dalam penelitian ini yaitu terdapat hubungan negatif yang antara *grit* dengan *burnout*. Subjek penelitian adalah mahasiswa program kelas karyawan yang tercatat sebagai mahasiswa aktif dan jumlahnya sebanyak 70 subjek. Pengambilan data menggunakan Skala Grit dan Skala Burnout. Keseluruhan data dianalisis menggunakan teknik korelasi product moment. Berdasarkan hasil analisis diperoleh koefisien korelasi (r_{xy}) sebesar -0.696, maka hipotesis dalam penelitian ini diterima. Sumbangan efektif yang diberikan variabel *grit* terhadap kecenderungan rendahnya *burnout* sebesar 48.4% dan sisanya 51.6% berhubungan dengan variabel lainnya yang tidak diteliti dalam penelitian ini.

Kata kunci: *grit*, *burnout*, mahasiswa kelas karyawan

ABSTRAK

This study aims to determine the relationship between grit and burnout in employee class program students in Pasaman district. The hypothesis proposed in this study is that there is a negative relationship between grit and burnout. The research subjects were students of the employee class program who were registered as active students and the number was 70 subjects. Data retrieval using the Grit Scale and Burnout Scale. All data were analyzed using the product moment correlation technique. Based on the results of the analysis obtained a correlation coefficient (rxy) of -0.696, then the hypothesis in this study is accepted. The effective contribution given by the grit variable to burnout is 48.4% and the remaining 51.6% is related to other variables not examined in this study such as insufficient rewards, and lack of social support from superiors.

Keywords: *grit, burnout, employee class students*