

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

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## Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara *academic self-efficacy* dengan *academic burnout* pada mahasiswa yang bekerja. Hipotesis yang diajukan adalah terdapat hubungan negatif antara *academic self-efficacy* dengan *academic burnout* pada mahasiswa yang bekerja. Subjek dalam penelitian ini berjumlah 60 orang yang memiliki karakteristik kuliah sambil bekerja. Cara pengambilan subjek dengan menggunakan metode *purposive sampling*. Pengambilan data penelitian ini menggunakan Skala *Academic Self-Efficacy* dan Skala *Academic Burnout*. Teknik analisis data yang digunakan adalah korelasi *product moment* dari Karl Pearson. Berdasarkan hasil analisis data diperoleh koefisien korelasi (R) sebesar -0,720 dengan  $p = 0,000$  ( $p < 0,05$ ). Hasil tersebut menunjukkan bahwa terdapat hubungan negatif yang signifikan antara *academic self-efficacy* dengan *academic burnout*. Diterimanya hipotesis dalam penelitian ini menunjukkan koefisien determinasi ( $R^2$ ) sebesar 0,518 variabel *academic self-efficacy* menunjukkan kontribusi 51,8% terhadap *academic burnout* dan sisanya 48,2% dipengaruhi oleh faktor lain yaitu faktor situasional dan individual yang meliputi karakteristik demografik dan karakteristik kepribadian yang terdiri dari konsep diri, aktualisasi diri, kecerdasan emosi, *locus of control*, introvert, dan *self efficacy*.

**Kata kunci:** *academic burnout*, *academic self-efficacy*

**THE RELATIONSHIP BETWEEN ACADEMIC SELF-EFFICACY WITH  
ACADEMIC BURNOUT IN WORKING STUDENTS**

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**Abstract**

*This research aims to determine the relationship between academic self-efficacy and academic burnout in working students. The hypothesis proposed is there is a negative relationship between academic self-efficacy and academic burnout in working students. The subjects in this study amounted to 60 people who had the characteristics studying while working. How to retrieve subjects using purposive sampling method. Retrieval of this research data using the Academic Self-Efficacy Scale and the Academic Burnout Scale. The data analysis technique using product moment correlation from Karl Pearson. Based on the results of data analysis obtained correlation coefficient (R) of -0.720 with  $p = 0.000$  ( $p < 0.05$ ). These results indicate that there is a significant negative relationship between academic self-efficacy and academic burnout. The acceptance of the hypothesis in this study shows that the coefficient of determination ( $R^2$ ) of 0.518 that means academic self-efficacy variables shows a contribution of 51.8% to academic burnout and the remaining 48.2% is influenced by other factors such as situational and individual factors which include demographic characteristics and personality characteristics that consists of self-concept, self-actualization, emotional intelligence, locus of control, introvert, and self-efficacy.*

**Keywords:** *academic burnout, academic self-efficacy*