

ABSTRAK

Skripsi merupakan salah satu persyaratan untuk memperoleh gelar sarjana. Dalam proses penyusunannya, mahasiswa dihadapkan pada berbagai tantangan dan hambatan. Berbagai perasaan negatif yang dialami selama proses penyusunan skripsi dapat menimbulkan *academic burnout*. Penelitian ini bertujuan untuk mengetahui hubungan antara *self-compassion* dengan *academic burnout* pada mahasiswa yang sedang menyusun skripsi. Hipotesis yang diajukan dalam penelitian ini adalah *self-compassion* memiliki hubungan negatif dengan *academic burnout* pada mahasiswa yang sedang menyusun skripsi. Subjek penelitian berjumlah 205 mahasiswa yang sedang menyusun skripsi dan diperoleh melalui teknik *purposive sampling*. Pengumpulan data menggunakan Skala Welas Diri (SWD) dan Skala *Burnout* Akademik. Teknik analisis data yang digunakan adalah korelasi *Product Moment*. Hasil analisis menunjukkan nilai koefisien korelasi sebesar -0,494 dengan $p = 0,000$ ($p < 0,05$). Hasil tersebut menunjukkan adanya hubungan negatif antara *self-compassion* dengan *academic burnout* pada mahasiswa yang sedang menyusun skripsi. Dengan demikian, hipotesis yang diajukan dalam penelitian ini diterima.

Kata kunci: *Academic Burnout*, Mahasiswa, *Self-compassion*

ABSTRACT

A thesis is one of the requirements for obtaining a bachelor's degree. During the thesis-writing process, students face various challenges and obstacles. The negative feelings experienced throughout this process may lead to academic burnout. This study aimed to examine the relationship between self-compassion and academic burnout among students who were working on their thesis. The hypothesis proposed in this study was that self-compassion would be negatively related to academic burnout among students working on their thesis. The participants consisted of 205 students who were currently writing their thesis and were selected using a purposive sampling technique. Data were collected using the Self-Compassion Scale (SCS) and the Academic Burnout Scale. The data were analyzed using the Product Moment correlation technique. The results showed a correlation coefficient of -0.494 with $p = 0.000$ ($p < 0.05$). These findings indicate a significant negative relationship between self-compassion and academic burnout among students working on their thesis. Therefore, the hypothesis proposed in this study was accepted.

Keywords: *Academic Burnout, Self-compassion, Students*