

***BURNOUT* AKADEMIK PADA MAHASISWA SARJANA
BIMBINGAN DAN KONSELING DITINJAU DARI FAKTOR
SOSIODEMOGRAFI**

SKRIPSI

diajukan untuk memenuhi salah satu persyaratan memperoleh gelar
Sarjana Pendidikan dalam Bidang Ilmu Bimbingan dan Konseling



oleh
Indah Nur Ilahi
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**PROGRAM STUDI SARJANA BIMBINGAN DAN KONSELING
FAKULTAS ILMU PENDIDIKAN
UNIVERSITAS PENDIDIKAN INDONESIA
2024**

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Januari 2024

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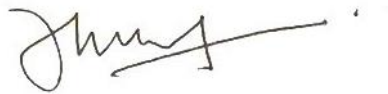
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PERNYATAAN KEASLIAN SKRIPSI

Dengan ini saya menyatakan bahwa skripsi dengan judul “**Burnout Pada Mahasiswa Sarjana Bimbingan dan Konseling Ditinjau Dari Faktor Sosiodemografi**” ini beserta seluruh isinya adalah benar-benar karya saya sendiri. Saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang sesuai dengan etika ilmu yang berlaku dalam masyarakat keilmuan. Atas pernyataan ini, saya siap menanggung risiko/sanksi apabila di kemudian hari ditemukan adanya pelanggaran etika keilmuan atau ada klaim dari pihak lain terhadap keaslian karya saya ini.

Bandung, Januari 2024



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Bandung, Januari 2024

A handwritten signature in black ink, appearing to read 'Indah Nur Ilahi', with a horizontal line underneath.

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ABSTRAK

Indah Nur Ilahi, 1905504 (2024), *Burnout Akademik Pada Mahasiswa Sarjana Bimbingan dan Konseling Ditinjau Dari Faktor Sosiodemografi. Program Studi Bimbingan dan Konseling. Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia.*

Burnout akademik dapat berdampak pada fisik dan psikologis yang serius bagi kesehatan mahasiswa. Penelitian terdahulu mengungkapkan bahwa faktor sosiodemografi memengaruhi kecenderungan *burnout* akademik pada seseorang. Tujuan penelitian ini untuk mendeskripsikan profil kecenderungan *burnout* mahasiswa dan perbedaan kecenderungan *burnout* akademik berdasarkan faktor sosiodemografi secara lebih mendalam pada mahasiswa sarjana Bimbingan dan Konseling ditinjau dari faktor sosiodemografi. Peneliti menggunakan pendekatan kuantitatif dengan metode survey dengan teknik pengambilan sampel *convenience sampling*. Sampel terdiri dari 216 mahasiswa Bimbingan dan Konseling angkatan 2019-2022. Hasil penelitian menunjukkan mayoritas mahasiswa berada pada kategori *burnout* akademik sedang dengan kecenderungan *burnout* akademik yang lebih tinggi pada dimensi *emotional exhaustion*. Faktor sosiodemografi pada penelitian ini tidak menunjukkan perbedaan yang signifikan pada setiap faktornya namun bila dilihat dari nilai rata-ratanya kelompok jenis kelamin laki-laki, usia 19-20, angkatan 2022, dan status sosial ekonomi rendah memiliki kecenderungan *burnout* yang lebih tinggi daripada kelompok lainnya. Rancangan layanan bimbingan dan konseling dari penelitian ini menghasilkan produk berupa *action plan* untuk mereduksi kecenderungan *burnout* akademik mahasiswa.

Kata Kunci: *burnout* akademik, mahasiswa, faktor sosiodemografi

ABSTRACT

Indah Nur Ilahi, 1905504 (2024), *Academic Burnout in Guidance and Counseling Undergraduate Students Examined from Sociodemographic Factors. Guidance and Counseling Study Program. Faculty of Education Sciences, Universitas Pendidikan Indonesia.*

Academic burnout can have serious physical and psychological impacts on student health. Previous research revealed that sociodemographic factors affect the tendency of academic burnout in a person. The purpose of this study is to describe the profile of student burnout tendencies and differences in academic burnout tendencies based on sociodemographic factors in more depth in Guidance and Counseling undergraduate students in terms of sociodemographic factors. Researchers used a quantitative approach with a survey method with convenience sampling technique. The sample consisted of 216 Guidance and Counseling students from 2019-2022. The results showed that the majority of students were in the moderate academic burnout category with a higher tendency of academic burnout in the emotional exhaustion dimension. Sociodemographic factors in this study did not show significant differences in each factor, but when viewed from the average value, the male gender group, age 19-20, class of 2022, and low socioeconomic status had a higher burnout tendency than other groups. The design of guidance and counseling services from this study produces a product in the form of an action plan to reduce the tendency of student academic burnout.

Keywords: *academic burnout, university students, sociodemographic factors*

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