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**PROFIL *ACADEMIC BURNOUT* MAHASISWA FAKULTAS  
ILMU PENDIDIKAN**

**SKRIPSI**

Diajukan untuk memenuhi syarat untuk memperoleh gelar Sarjana Pendidikan  
dalam Bidang Ilmu Bimbingan dan Konseling



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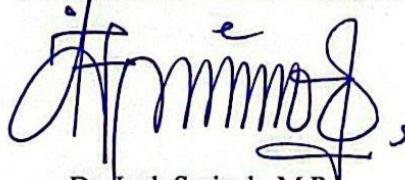
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## ABSTRAK

**Hana Prabawati Fajrina. (2024). Profil *Academic Burnout* Mahasiswa Fakultas Ilmu Pendidikan.**

*Academic burnout* merupakan keadaan dimana mahasiswa mengalami kelelahan fisik dan emosional akibat tekanan dari tuntutan akademiknya, serta dibebankan ekspektasi dan harapan yang dipegang oleh dosen serta orang tua terhadap hasil akademiknya selama di perguruan tinggi. Penelitian ini bertujuan untuk memperoleh data secara umum serta merancang program bimbingan pribadi bagi mahasiswa Fakultas Ilmu Pendidikan yang mengalami *high academic burnout*. Desain penelitian ini menggunakan metode deskriptif dan teknik survei dengan menggunakan *google form* kepada 308 mahasiswa Fakultas Ilmu Pendidikan yang ditentukan dengan teknik *stratified random sampling*. Hasil penelitian menunjukkan bahwa: (1) secara umum mahasiswa di Fakultas Ilmu Pendidikan berada pada kategori *low academic burnout*; (2) aspek *academic burnout* tertinggi dari hasil penelitian ini adalah aspek *exhaustion*; (3) upaya untuk mereduksi *academic burnout* untuk mahasiswa yang mengalami *high academic burnout* yaitu dengan merancang program bimbingan pribadi menggunakan layanan bimbingan kelompok yang bertujuan untuk membantu mahasiswa mengelola mengelola waktunya, mampu menjalin hubungan sosial dengan baik, serta memiliki motivasi belajar yang tinggi.

**Kata Kunci:** *Academic burnout*, Mahasiswa, Program Bimbingan Pribadi

***ABSTRACT***

**Hana Prabawati Fajrina. (2024). Student Academic Burnout Profile Students the Faculty of Education.**

Academic burnout is a situation where students experience physical and emotional exhaustion due to the pressure from their academic demands, as well as the expectations and expectations held by lecturers and parents for their academic results while in college. This study aims to obtain general data and design personal and learning guidance programs for Faculty of Education students who experience high academic burnout. This research design uses descriptive methods and survey techniques using google forms to 308 students of the Faculty of Education who are determined by stratified random sampling techniques. The results showed that: (1) in general, students at the Faculty of Education are in the low academic burnout category; (2) the highest academic burnout aspect from the results of this study is the exhaustion aspect; (3) efforts to reduce academic burnout for students who experience high academic burnout are by designing personal and learning guidance programs using group guidance services that aim to help students manage their time, be able to establish good social relationships, and have high learning motivation.

**Keywords:** Academic burnout, college students, personal guidance program.

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