

**FENOMENA *BURNOUT* PADA PRAKTIKAN PROGRAM
PENGENALAN LAPANGAN SATUAN PENDIDIKAN**

(Survei terhadap Mahasiswa Kependidikan Program S1 Universitas Pendidikan
Indonesia Peserta PPLSP Tahun Ajaran 2019/2020)

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Syarat Memperoleh Gelar Sarjana Pendidikan
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Sarjana Pendidikan pada Departemen Psikologi Pendidikan dan Bimbingan
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ABSTRAK

Vivi Sri Pertiwi (1603496). Fenomena *Burnout* pada Praktikan Program Pengenalan Lapangan Satuan Pendidikan (Survei Terhadap Mahasiswa Kependidikan Program S1 Universitas Pendidikan Indonesia Peserta PPLSP Tahun Ajaran 2019/2020).

Mahasiswa PPLSP UPI dituntut untuk menguasai kemampuan akademik yang telah diperoleh selama perkuliahan dalam kegiatan PPLSP serta dituntut untuk membantu kegiatan-kegiatan pada sekolah mitra. Beban yang dirasakan mahasiswa PPLSP UPI dapat berpengaruh kepada kesehatan mental seperti meningkatnya tekanan emosional serta terjadinya kehilangan minat untuk melanjutkan pekerjaan sebagai guru di masa yang akan datang, penurunan motivasi, kinerja, dan kepuasan terhadap hasil kerja yang mengarah pada munculnya *burnout* pada mahasiswa PPLSP UPI. Penelitian ini bertujuan mendeskripsikan kecenderungan *burnout* mahasiswa PPLSP UPI Angkatan 2016 Tahun Ajaran 2019/2020 dan secara khusus membandingkan kecenderungan *burnout* berdasarkan jenis kelamin dan jenjang sekolah tempat mengajar. Pendekatan penelitian yang dilakukan adalah pendekatan kuantitatif dengan desain survei. Sampel penelitian terdiri dari 314 mahasiswa PPLSP UPI Angkatan 2016 Tahun Ajaran 2019/2020. Instrumen yang digunakan mengadaptasi dari aspek-aspek yang terdapat pada *Counselor Burnout Inventory* (CBI) oleh Lee, dkk. (2007). Teknik analisis data untuk mengetahui kecenderungan *burnout* berdasarkan jenis kelamin menggunakan uji *U Mann-Whitney*, dan uji *Kruskal-Wallis H* untuk mengetahui kecenderungan *burnout* berdasarkan jenjang sekolah tempat mengajar. Hasil penelitian menunjukkan (1) Mahasiswa PPLSP UPI berada pada kategori sedang; (2) terdapat perbedaan signifikan rata-rata *burnout* berdasarkan jenis kelamin dengan mahasiswa PPLSP UPI perempuan memiliki tingkat *burnout* yang lebih tinggi dibandingkan mahasiswa PPLSP UPI laki-laki; (3) terdapat perbedaan signifikan rata-rata *burnout* berdasarkan jenjang pendidikan tempat mengajar dengan mahasiswa PPLSP UPI yang mengajar di SMK memiliki rata *burnout* lebih tinggi dibandingkan dengan mahasiswa PPLSP UPI yang mengajar di SMA, MTs, dan SMP. Rekomendasi penelitian ditujukan kepada P2JK UPI, dosen pamong, guru pamong, dan peneliti selanjutnya.

Kata Kunci: *Burnout*, Mahasiswa PPLSP UPI, Jenis Kelamin, Jenjang Sekolah Tempat Mengajar

ABSTRACT

Vivi Sri Pertiwi (1603496). Burnout Phenomenon in PPLSP Students (Survey of Pre-Service Teachers of UPI of Academic Year of 2019/2020)

UPI students that participate in PPLSP is required to master the academic competence that have been obtained during lectures in PPLSP activities and are required to contribute in activities at school partners. The burden that was felt by PPLSP students can affect mental health such as increased emotional pressure and the loss of interest in continuing to work as a teacher in the future, decreased motivation, performance, and satisfaction with work results that lead to burnout in PPLSP students. This research aims to describe the burnout tendency of UPI PPLSP students in class of 2016 academic year of 2019/2020 and specifically to compare burnout tendency based on gender and the level of school where they teach. The research used quantitative approach with a survey design. The data analysis techniques used to determine the tendency of pregnancy loss based on gender are the Mann-Whitney U test, and the Kruskal-Wallis H test to determine the tendency of burnout based on the level of the school where they teach. The research results showed (1) UPI PPLSP students were in the medium category; (2) there is a significant difference in the average burnout by gender with female students having a higher burnout rate than male students; (3) there is a significant difference in the average burnout based on the level of education in the place where they teach with UPI PPLSP students who teach at Vocational High School having a higher average burnout than students who teach in Senior High School, Islamic Junior High School and Junior High School. Research recommendations are addressed to UPI P2JK, supervisor, guidance teachers, and further researchers.

Keywords: Burnout, Pre-service Teacher, Gender, Level of School Where They Teach

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