

Hubungan academic buoyancy dan academic burnout mahasiswa dalam pembelajaran jarak jauh pada masa pandemi COVID-19 = The relationship between academic buoyancy and academic burnout of college students during online learning in COVID-19 situation

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Abstrak

Mahasiswa memiliki banyak tuntutan dan tekanan dalam menghadapi tugas-tugas pembelajaran di kampus. Salah satu tekanan yang dihadapi mahasiswa sekarang ini adalah pemberlakuan Pembelajaran Jarak Jauh (PJJ) oleh Kemendikbud karena pandemi Covid-19. PJJ dapat mengakibatkan masalah bagi mahasiswa pada saat melakukan pembelajaran, salah satunya adalah academic burnout. Salah satu faktor yang dapat mencegah mahasiswa mengalami academic burnout adalah academic buoyancy. Penelitian ini bertujuan untuk mengetahui hubungan academic buoyancy dan academic burnout mahasiswa dalam pembelajaran jarak jauh pada masa pandemi Covid-19. Pengukuran academic burnout menggunakan Maslach Burnout Inventory-Student Survey (MBI-SS) sedangkan, pengukuran academic buoyancy menggunakan Academic Buoyancy Scale (ABS). Partisipan untuk penelitian ini adalah 201 mahasiswa Fakultas Psikologi Universitas Indonesia. Pengolahan data statistik menggunakan teknik korelasi Pearson untuk mengetahui hubungan academic buoyancy dan academic burnout. Hasil penelitian menemukan bahwa academic buoyancy memiliki hubungan negatif yang signifikan dan academic burnout pada mahasiswa yang melaksanakan PJJ pada masa pandemi Covid-19.

.....College students faces a lot of demands and challenges from their studies to preparing themselves for their future especially in workplaces. One of the challenges that the students facing nowadays is online learning during the Covid-19 pandemic. Online learning can cause problems for students during their studies, one of them are academic burnout. One of the factors that can prevent academic burnout is academic buoyancy. The aim of this study was to know the relationship between academic buoyancy and academic burnout in college students during online learning in the Covid-19 pandemic situation. The measurement of this study is using Maslach Burnout Inventory-Student Survey (MBI-SS) for academic burnout and Academic Buoyancy Scale (ABS) for academic buoyancy. Data of 201 psychology students of Universitas Indonesia was collected and Pearson Correlation technique was used to identify the relationship between academic buoyancy and academic burnout. The results showed that academic buoyancy has a significant and negative association to academic burnout in college students during online learning in Covid-19 pandemic.