

Hubungan Mekanisme Koping Dengan Burnout Akademik Pada Mahasiswa Pasca pandemi COVID-19 = The Relationship Between Coping Mechanisms and Academic Burnout in College Student Post COVID-19 Pandemic

Amirul Anwar, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920522260&lokasi=lokal>

Abstrak

Pasca pandemi COVID-19 membawa perubahan bagi mahasiswa dalam proses pendidikannya. Kondisi tersebut berpotensi menimbulkan burnout akademik. Penerapan mekanisme koping positif dapat menghindari terjadinya burnout akademik. Penelitian ini bertujuan untuk mengetahui hubungan mekanisme koping dengan burnout akademik pada mahasiswa pasca pandemi COVID-19. Metode Penelitian dilakukan dengan pendekatan Cross Sectional dengan teknik proportionate stratified random sampling Instrumen yang digunakan adalah kuesioner Demografi, Coping Strategies Inventory Short Form (CSI-SF), dan Maslach Burnout Inventory Student Survey (MBI-SS). Responden penelitian 241 mahasiswa, 89,2% perempuan dan 10,2% laki-laki, rata-rata usia responden 20 tahun. Hasil penelitian menunjukkan mekanisme koping paling banyak digunakan adalah Problem-focused engagement (PFE). Hasil MBI-SS menunjukkan bahwa mayoritas mahasiswa mengalami burnout akademik tingkat sedang 68,9%. Analisis uji statistik menggunakan uji Spearman's Rho didapati hasil hubungan yang bermakna antara mekanisme koping (PFE, EFE, PFD, EFD) dengan burnout akademik ($p=0,001$, $p=0,042$, $p=0,019$, $p=0,001$). Hasil ini menunjukkan bahwa koping yang digunakan oleh mahasiswa berpengaruh terhadap burnout akademik. Sehingga diharapkan pada kondisi pasca pandemi COVID-19 ini mahasiswa menerapkan mekanisme koping efektif untuk mengelola stres dan tekanan akademik sehingga tidak menimbulkan burnout akademik.

.....Post-COVID-19 pandemic brought changes to college student in their education process. This condition has the potential to cause academic burnout. Applying positive coping mechanisms can prevent academic burnout. This study aims to determine the relationship between coping mechanisms and academic burnout in college students post-COVID-19 pandemic. The research method was carried out using a cross-sectional approach with a proportionate stratified random sampling technique. The instruments used were Demographic questionnaires, Coping Strategies Inventory Short Form (CSI-SF), and the Maslach Burnout Inventory Student Survey (MBI-SS). The research respondents were 241 college students, 89.2% female and 10.2% male, the average age of the respondents is 20 years. The results showed that the most widely used coping mechanism was problem-focused engagement (PFE). The MBI-SS results show that most college students experience moderate academic burnout of 68.9%. Statistical test analysis using the Spearman's Rho test showed a significant relationship between coping mechanisms (PFE, EFE, PFD, EFD) and academic burnout ($p=0.001$, $p=0.042$, $p=0.019$, $p=0.001$). These results indicate that the coping used by college students influences academic burnout. So, it is hoped that in post-COVID-19 pandemic conditions, students will apply effective coping mechanisms to manage academic stress and pressure so that they do not cause academic burnout.