

**GAMBARAN *BURNOUT* IBU DALAM PENDAMPINGAN BELAJAR  
SISWA SEKOLAH DASAR DENGAN METODE *BLENDED LEARNING*  
SELAMA PANDEMI COVID-19 DI DESA PONOWAREN**

Juwita Novie Andriana<sup>1</sup>, Rizqi Wahyu Hidayati<sup>2</sup>

Email : [juwitaandreana@gmail.com](mailto:juwitaandreana@gmail.com)

**INTISARI**

**Latar Belakang :** *Blended learning* diterapkan untuk mendukung percepatan PTM terbatas, secara tidak langsung menimbulkan permasalahan yang dirasakan orang tua ketika mendampingi anak belajar, seperti perasaan lelah, rendahnya pencapaian diri sendiri dan naiknya perasaan emosional yang dapat memicu adanya *burnout*.

**Tujuan Penelitian :** Dalam penelitian ini bertujuan untuk melihat gambaran *burnout* ibu dalam pendampingan belajar siswa sekolah dasar dengan metode *blended learning* selama pandemi COVID-19 di Desa Ponowaren.

**Metode Penelitian :** Penelitian ini menggunakan metode kuantitatif dengan rancangan deskriptif. Sampel penelitian ini sebanyak 106 ibu, menggunakan teknik *simple random sampling*, kriteria inklusi antara lain ibu yang mempunyai anak SD, ibu pendamping utama. Alat pengambilan data berupa kuesioner *Parental Burnout Assessment* (PBA). Analisa data yang digunakan yaitu analisis univariat.

**Hasil Penelitian :** Hasil penelitian menunjukkan bahwa gambaran *burnout* ibu mayoritas dalam kategori rendah sebanyak 100 responden (94.3%).

**Kesimpulan :** Ibu yang mendampingi belajar anak sekolah dasar di Desa Ponowaren dalam kategori *burnout* rendah.

**Kata Kunci :** ibu, *parental burnout*, pendampingan belajar

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<sup>1</sup> Mahasiswa Program Studi Ilmu Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup> Dosen Program Studi Ilmu Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

**DESCRIPTION OF MOTHER'S BURNOUT IN PRIMARY SCHOOL  
STUDENTS' LEARNING ASSISTANCE EMPLOYING BLENDED  
LEARNING METHOD DURING THE COVID-19 PANDEMIC IN  
PONOWAREN VILLAGE**

Juwita Novie Andriana<sup>1</sup>, Rizqi Wahyu Hidayati<sup>2</sup>

Email : [juwitaandrea@gmail.com](mailto:juwitaandrea@gmail.com)

**ABSTRACT**

**Background:** Blended learning is applied to support the acceleration of limited face-to-face learning (PTM), indirectly causing issues parents to feel when accompanying children to learn, such as exhaustion, low self-accomplishment and elevated emotional feelings that can lead to burnout.

**Research Objectives:** This study intended to overview mother burnout in learning assistance for primary school students utilising the blended learning method during the COVID-19 pandemic in Ponowaren Village.

**Research Method:** This examine employed a quantitative method with a descriptive design. This research sample comprises 106 mothers, utilising a simple random sampling technique, and the inclusion criteria were mothers with primary school children and mothers as the primary companion. The data collection instrument applied a Parental Burnout Assessment (PBA) questionnaire and analysed utilised the univariate analysis.

**Research Results:** The findings indicated that most mothers' burnout descriptions were in the mild category, totalling 100 respondents (94.3%).

**Conclusion:** Mothers accompanying their primary school children to learn in Ponowaren Village fall under the light burnout category.

**Keywords:** mother, parental burnout, learning assistance

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<sup>1</sup>Student of the Nursing Study Program Jenderal Achmad Yani University, Yogyakarta

<sup>2</sup>Lecturers of the Nursing Study Program Jenderal Achmad Yani University, Yogyakarta