

GAMBARAN *BURNOUT* MAHASISWA KEPERAWATAN DALAM MENJALANI *BLENDED LEARNING* DI UNIVERSITAS JENDERAL ACHMAD YANI YOGYAKARTA

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INTISARI

Latar Belakang : Kasus Covid-19 di Daerah Istimewa Yogyakarta menyentuh angka 157,089 pada Januari tahun 2022, Oleh karena itu Pemerintah mengatur pembelajaran tatap muka terbatas dengan metode *blended learning* (pembelajaran tatap muka dan secara virtual). *Blended learning* mempunyai dampak terhadap mahasiswa, dampak tersebut dapat memicu terjadinya *burnout* dalam belajar bagi mahasiswa.

Tujuan Penelitian: Mengetahui gambaran *burnout* mahasiswa keperawatan yang menjalani perkuliahan secara *blended learning* di Universitas Jenderal Achmad Yani Yogyakarta.

Metode Penelitian: Jenis penelitian deskriptif kuantitatif. Sampel penelitian 86 mahasiswa. Teknik pengumpulan data menggunakan *random sampling* dengan kriteria inklusi mahasiswa dan mahasiswi yang berusia 19-24 tahun dan kriteria eksklusinya mahasiswa yang mengalami gangguan *burnout* penyebab lainnya. Instrumen pengumpulan data menggunakan *Maslach Burnout Inventory – Student Survey* dengan 23 item pernyataan. Analisa data dilakukan secara univariat.

Hasil Penelitian: Mayoritas responden berjenis kelamin perempuan (76,7%) dengan umur 20 tahun kategori sedang sebanyak (26,7%), tingkat angkatan menunjukkan semester II (27,9%) dan tinggal bersama keluarga sebanyak (55,8%), Hasil penelitian *burnout* sedang sebanyak (91,8%).

Kesimpulan: Mahasiswa keperawatan yang menjalani perkuliahan secara *blended learning* di Universitas Jenderal Achmad Yani Yogyakarta memiliki tingkat *burnout* sedang.

Kata Kunci: *Burnout, Blended Learning, Mahasiswa Keperawatan.*

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**A DESCRIPTION OF NURSING STUDENT BURNOUT IN BLENDED
LEARNING
IN UNIVERSITAS JENDERAL ACHMAD YANI YOGYAKARTA**

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ABSTRACT

Background: The case of Covid-19 in Special Region of Yogyakarta reached 157.089 cases in January 2022. Therefore, the government regulates limited face-to-face learning with *blended learning method* (face-to-face and virtual learning).

Research Objectives: It aims to find out the description of the burnout among nursing students who undergo *blended learning* in Universitas Jenderal Achmad Yani Yogyakarta.

Research Method: This research type was quantitative descriptive research. The research sample was 86 students. The data collection technique used random sampling with the inclusion criteria of students and female students aged 19-24 years and exclusion criteria which is for students who experience *burnout* disorders due to other causes. The data collection instrument used *Maslach Burnout Inventory – Student Survey* with 23 statement items. The data analysis was carried out using univariate analysis

Research Results: The majority of respondents are female (76.7%) with the age of 20 years in moderate category (26.7%), the batch indicates the second semester (27.9%), and lives with family as much as (55.8%). The results of the study were moderate *burnout* (91.8%).

Conclusion: The nursing students who undergo *blended learning* classes in Universitas Jenderal Achmad Yani Yogyakarta have moderate *burnout* category.

Keywords: *Burnout, Blended Learning, Nursing Students*

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