

# **HUBUNGAN ACADEMIC BURNOUT TERHADAP MOTIVASI MENYELESAIKAN TUGAS AKHIR PADA MAHASISWA DI DAERAH ISTIMEWA YOGYAKARTA**

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## **INTISARI**

**Latar Belakang:** Mahasiswa yang sedang menyelesaikan tugas akhir dihadapkan pada berbagai macam hambatan dan tuntutan. Salah satu tantangan yang sering dihadapi oleh mahasiswa yang sedang menyelesaikan tugas akhir adalah kelelahan akademik atau academic burnout. Seperti kelelahan, sinisme dan efikasi diri yang rendah. Academic burnout mempengaruhi motivasi mahasiswa dalam menyelesaikan tugas akhir. Motivasi mahasiswa yang dipengaruhi oleh academic burnout berakibat pada mahasiswa tidak bisa menyelesaikan tugas akhirnya secara maksimal.

**Tujuan Penelitian:** Mengetahui dan menguji secara empiris hubungan *academic burnout* terhadap motivasi menyelesaikan tugas akhir pada mahasiswa di Daerah Istimewa Yogyakarta.

**Metode Penelitian:** Penelitian ini menggunakan metode kuantitatif korelasional dengan menggunakan skala SBI (*School Burnout Inventory*) yang didaptasi ke dalam bahasa Indonesia oleh Rahman (2020) dan modifikasi skala motivasi berdasarkan skala yang dikembangkan oleh Prihandrijani (2016).

**Hasil Penelitian:** Berdasarkan hasil analisa data, diperoleh hasil uji normalitas sebesar 0,000 ( $p<0,05$ ) untuk variabel academic burnout dan 0,000 ( $p<0,05$ ) untuk variabel motivasi sehingga dapat dikatakan bahwa data tidak terdistribusi dengan normal. Selain itu, hasil uji linieritas memperoleh 0,000 ( $p<0,05$ ) sehingga dikatakan tidak terdapat hubungan yang linier antar kedua variabel. Dan hasil uji hipotesis diperoleh nilai  $r=-0,579$  dan  $p=0,000$  ( $p<0,03$ ).

**Kesimpulan:** Menunjukkan adanya hubungan negatif antara academic burnout dengan motivasi menyelesaikan tugas akhir pada mahasiswa di Daerah Istimewa Yogyakarta dengan  $r=-0,579$  dan  $p=0,000$  sehingga dapat dikatakan bahwa hipotesis dalam penelitian ini diterima.

*Kata Kunci: Academic burnout, motivasi menyelesaikan tugas akhir mahasiswa*

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# THE RELATIONSHIP OF ACADEMIC BURNOUT TO THE MOTIVATION OF COMPLETING THE FINAL PROJECT IN STUDENTS IN THE SPECIAL REGION OF YOGYAKARTA

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## ABSTRACT

**Background:** Students who are completing their final project are faced with various obstacles and demands. One of the challenges that are often faced by students who are completing their final project is academic burnout. Such as fatigue, cynicism and low self-efficacy. Academic burnout affects student motivation in completing the final project. Student motivation which is influenced by academic burnout results in students not being able to complete their final assignment optimally.

**Objective:** Dertermine the relationship between academic burnout and motivation to complete the final project for students in the Special Region of Yogyakarta.

**Methods:** This study uses a correlational quantitative method using the SBI (School Burnout Inventory) scale which was adapted into Indonesian by Rahman (2020) and a modification of the motivation scale based on the scale developed by Prihandrijani (2016).

**Results:** Based on the results of data analysis, the results of the normality test were 0.000 ( $p < 0.05$ ) for the academic burnout variable and 0.000 ( $p < 0.05$ ) for the motivation variable, so it can be said that the data were not normally distributed. In addition, the results of the linearity test obtained 0.000 ( $p < 0.05$ ) so that it is said that there is no linear relationship between the two variables. And the results of hypothesis testing obtained values of  $r = -0.579$  and  $p = 0.000$  ( $p < 0.03$ ).

**Conclusion:** It shows that there is a negative relationship between academic burnout and the motivation to complete the final project for students in the Special Region of Yogyakarta with  $r = -0.579$  and  $p = 0.000$  so it can be said that the hypothesis in this study is accepted.

*Keywords: Academic burnout, motivation to complete student's final project*

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