

**HUBUNGAN ACADEMIC SELF-EFFICACY DENGAN BURNOUT
PADA MAHASISWA KEPERAWATAN TINGKAT 1
FAKULTAS KESEHATAN
UNIVERSITAS JENDERAL ACHMAD YANI YOGYAKARTA**

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INTISARI

Latar belakang: Padatnya proses pembelajaran dapat berdampak pada tingkat *burnout* mahasiswa. *Burnout* dapat disebabkan karena keterlibatan yang penuh dengan tuntutan emosional. Mahasiswa keperawatan dapat berisiko mengalami *burnout* akibat banyaknya tugas dan rutinitas kehidupan yang dilakukan saat menjalani perkuliahan. Keyakinan diri yang tercermin dalam *academic self-efficacy* menjadi salah satu faktor yang dapat mengurangi tingkat *burnout* pada mahasiswa.

Tujuan: Untuk mengetahui hubungan *academic self-efficacy* dengan *burnout* pada mahasiswa keperawatan tingkat 1 Fakultas Kesehatan Universitas Jenderal Achmad Yani Yogyakarta.

Metode: Penelitian ini menggunakan desain korelasi dengan pendekatan *cross sectional*. Teknik sampling menggunakan *total sampling* sebanyak 69 responden. Pengambilan data menggunakan kuesioner *self-efficacy* dan kuesioner *burnout*. Hasil penelitian dianalisis menggunakan uji *gamma*.

Hasil: Sebagian besar tingkat *academic self-efficacy* yang dimiliki mahasiswa keperawatan tingkat 1 dalam kategori sedang (72,5%) dengan 46,4 % mahasiswa memiliki tingkat *burnout* berat. Hasil bivariat diperoleh *p-value* = 0,00 dengan nilai $r = 0,884$.

Kesimpulan: Ada hubungan antara *academic self-efficacy* dengan *burnout* pada Mahasiswa Keperawatan Tingkat 1 Fakultas Kesehatan Universitas Jenderal Achmad Yani Yogyakarta.

Kata kunci: *academic self-efficacy*, *burnout*, mahasiswa keperawatan

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**THE RELATIONSHIP BETWEEN ACADEMIC SELF-EFFICACY WITH
BURNOUT ON FIRST YEAR NURSING STUDENT
FACULTY OF HEALTH
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ABSTRACT

Background: *An intensive learning process can have an impact on student burnout levels. Burnout can be caused by involvement that is filled with emotional demands. Nursing students can be at risk of burnout due to the many tasks and routines of life done during the lecture. Self-confidence reflected in the academic self-efficacy became one of the factors that could reduce the level of burnout in students.*

Purpose: *To determine the relationship between academic self-efficacy with burnout on first year nursing students, Faculty of Health, Jenderal Achmad Yani University of Yogyakarta.*

Methods: *Analiti correlation was used as research design with a cross sectional approach. Samples were taken by a total sampling of 69 respondents. Data were collected using self-efficacy questionnaires and burnout questionnaires. The research results were analyzed using gamma test.*

Results: *Most of first year nursing students had moderate level of academic self-efficacy levels (72.5%), with 46.4% students experiencing severe burnout. The bivariate results showed the result of P-value = 0.00 with a value of R = 0.884.*

Conclusion : *There is a relationship between academic self-efficacy and burnout on first year nursing student, Faculty of Health, Jenderal Achmad Yani University of Yogyakarta.*

Keywords: *academic self-efficacy, burnout, nursing student*

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