

HUBUNGAN KECERDASAN SPIRITUAL DAN *SEDENTARY LIFESTYLE* TERHADAP *ACADEMIC BURNOUT* PADA MAHASISWA KEPERAWATAN DI UNIVERSITAS JENDERAL ACHMAD YANI YOGYAKARTA

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INTISARI

Latar Belakang: Mahasiswa keperawatan sering menghadapi tekanan akademik berat yang dapat menyebabkan *academic burnout* yang berdampak negatif pada efektivitas perkuliahan dan kualitas pendidikan. *Academic burnout* ditandai kelelahan ekstrem, perasaan sinis, dan penurunan pencapaian akademik. Penelitian sebelumnya menunjukkan lebih dari 70% generasi muda di kalangan mahasiswa mengalami kelelahan akademik. Kecerdasan spiritual dan *sedentary lifestyle* diidentifikasi sebagai faktor yang mungkin mempengaruhi terjadinya *academic burnout*.

Tujuan: Mengetahui hubungan antara kecerdasan spiritual dan *sedentary lifestyle* dengan *academic burnout* pada mahasiswa keperawatan di Universitas Jenderal Achmad Yani Yogyakarta.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan desain korelasional, melibatkan 210 mahasiswa keperawatan yang dipilih menggunakan *Proportionate Stratified Random Sampling* dari populasi 443 mahasiswa. Data dikumpulkan menggunakan kuesioner untuk mengukur *academic burnout*, kecerdasan spiritual, dan *sedentary lifestyle*.

Hasil: Sebagian besar mahasiswa keperawatan memiliki kecerdasan spiritual tinggi (63,8%), dengan 91,0% mahasiswa memiliki *sedentary lifestyle* sedang, dan 62,9% mengalami *academic burnout* rendah. Uji Kendall Tau_b menunjukkan hubungan signifikan antara kecerdasan spiritual dengan *academic burnout* dengan hasil *p-value* 0,000 dan *r* -0,346 dan antara *sedentary lifestyle* dengan *academic burnout* dengan hasil *p-value* 0,005 dan *r* 0,191.

Kesimpulan: Terdapat hubungan signifikan antara kecerdasan spiritual dan *sedentary lifestyle* dengan *academic burnout* pada mahasiswa keperawatan. Semakin tinggi kecerdasan spiritual, semakin rendah tingkat *academic burnout*. Sebaliknya, semakin tinggi tingkat *sedentary lifestyle*, semakin tinggi pula tingkat *academic burnout*, meskipun hubungan ini lemah.

Kata Kunci: *Academic burnout*, kecerdasan spiritual, mahasiswa keperawatan, *sedentary lifestyle*

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**THE CORRELATION BETWEEN SPIRITUAL INTELLIGENCE AND
SEDENTARY LIFESTYLE TO ACADEMIC BURNOUT IN NURSING
STUDENTS AT UNIVERSITAS JENDERAL ACHMAD YANI
YOGYAKARTA**

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ABSTRACT

Background: Nursing students often face severe academic pressure which can lead to academic burnout negatively impacting the effectiveness of lectures and the quality of education. Academic burnout is characterized by extreme fatigue, feelings of cynicism, and decreased academic achievement. Previous studies have shown that more than 70% of young people among college students experience academic burnout. Spiritual intelligence and a sedentary lifestyle have been identified as factors influencing the occurrence of academic burnout.

Objective: This research investigates the correlation between spiritual intelligence and a sedentary lifestyle with academic burnout in nursing students at Universitas Jenderal Achmad Yani Yogyakarta.

Methodology: This quantitative research was carried out using a correlational design, involving 210 nursing students selected using Proportionate Stratified Random Sampling from a population of 443 students. The data were collected from a questionnaire to measure academic burnout, spiritual intelligence, and sedentary lifestyle.

Research Results: Most nursing students have high spiritual intelligence (63.8%), with 91.0% having a moderate sedentary lifestyle, and 62.9% experiencing low academic burnout. Kendall Tau_b test shows a significant correlation between spiritual intelligence and academic burnout with a p-value of 0.000 and $r = -0.346$ and between sedentary lifestyle and academic burnout with a p-value of 0.005 and $r = 0.191$.

Conclusion: There is a significant correlation between spiritual intelligence and sedentary lifestyle with academic burnout in nursing students. The higher the spiritual intelligence, the lower the level of academic burnout. Conversely, the higher the level of sedentary lifestyle, the higher the level of academic burnout. However, this relationship is weak.

Keywords: Academic burnout, spiritual intelligence, nursing students, sedentary lifestyle

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