

## ABSTRAK

Penelitian ini berdasarkan fenomena *academic burnout* yang banyak dialami oleh individu dalam lingkungan akademik. *Academic burnout* adalah peristiwa psikologis yang dialami oleh individu di lingkungan akademis, dimana individu merasa lelah, apatis dan sinis terhadap kegiatan akademiknya sehingga menyebabkan pencapaian pribadi menurun. Salah satu penyebab *academic burnout* adalah individu merasa dirinya tidak berharga sehingga tidak percaya diri terhadap kemampuan yang dimiliki. Penelitian ini bertujuan untuk mengetahui hubungan antara *self-esteem* dengan *academic burnout* pada siswa SMK kesehatan Bhakti Kencana Jatiwangi.

Jenis penelitian ini adalah kuantitatif dengan metode korelasional dan *design cross sectional*. Populasi dalam penelitian ini adalah siswa SMK Kesehatan Bhakti Kencana Jatiwangi sebanyak 177, dan sampel yang diambil sebanyak 122 siswa dengan cara pengambilan sampel *Proporsional Random Sampling*. Alat ukur yang digunakan untuk mengukur tingkat *self-esteem* adalah *Rosenberg Self-esteem Scale* (RSES) dan untuk *academic burnout* menggunakan *Maslach Burnout Inventory-Student Survey* (MBI-SS). Analisa data menggunakan univariat dan bivariat dengan uji *Chi Square*.

Hasil penelitian menunjukkan sebagian besar siswa (53,3%) berada pada tingkat *self-esteem* rendah, hampir seluruh siswa (82%) berada pada tingkat *academic burnout* sedang, hasil uji statistik didapatkan nilai *chi-square* dengan nilai *p-value*  $0,000 < 0.005$  maka hipotesa pada penelitian ini adalah terdapat hubungan antara *self-esteem* dengan *academic burnout* pada siswa SMK Kesehatan Bhakti Kencana Jatiwangi. Berdasarkan hasil penelitian, diharapkan guru BK dapat mengadakan konseling teman sebaya (*peer counseling*) untuk meningkatkan *self-esteem*.

|                |                                                                    |
|----------------|--------------------------------------------------------------------|
| Kata Kunci     | : <i>academic burnout</i> , <i>self-esteem</i> , siswa             |
| Daftar Pustaka | : 10 Buku (2012-2018)<br>3 Website (2021)<br>25 Jurnal (2012-2021) |

## **ABSTRACT**

*This research is based on the phenomenon of academic burnout which is experienced by many individuals in an academic environment. Academic burnout is a psychological event experienced by individuals in an academic environment, where individuals feel tired, apathetic and cynical about their academic activities, causing personal achievement to decline. One of the causes of academic burnout is that individuals feel they are not valuable so they are not confident in their abilities. This study aims to determine the relationship between self-esteem and academic burnout in Bhakti Kencana Health Vocational School students in Jatiwangi.*

*The type of research used is quantitative with correlational methods and cross sectional design. The population in this study were 177 students of Bhakti Kencana Health Vocational School in Jatiwangi, and the sample taken was 122 students by means of Proportional Random Sampling. The measuring instrument used to measure the level of self-esteem is the Rosenberg Self-esteem Scale (RSES) and for academic burnout using the Maslach Burnout Inventory-Student Survey (MBI-SS). Data analysis used univariate and bivariate with Chi Square test.*

*.The results showed that most of the students (53.3%) were at a low level of self-esteem, almost all students (82%) were at a moderate academic burnout level, the statistical test results obtained a chi-square value with a p-value of  $0.000 < 0.005$  so the hypothesis in this study is that there is a relationship between self-esteem and academic burnout in Bhakti Kencana Jatiwang Health Vocational School students. Based on the results of the study, it is hoped that the guidance and counseling teacher can provide peer counseling to improve self-esteem.*

*Keywords : academic burnout, self-esteem, students*

*Bibliography : 10 Books (2012-2018)*

*3 Website (2021)*

*25 Journals (2012-2021)*