

Prodi DIII Keperawatan
Universitas Bhakti Kencana Bandung
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ABSTRAK

Latar belakang: Pertengahan Maret 2020, Indonesia menghadapi pandemi Covid-19 yang berdampak besar diberbagai bidang, salah satu bidang yang terdampak akibat Covid-19 di Indonesia adalah bidang pendidikan dimana proses belajar mengajar dilakukan dari jarak jauh/pembelajaran daring. Sistem pembelajaran tersebut menyebabkan kejenuhan dalam belajar. Aspek dari kejenuhan belajar yaitu kelelahan emosi, kelelahan fisik, kelelahan kognitif dan kehilangan motivasi. **Tujuan:** untuk mengetahui Gambaran Kejenuhan Belajar (Burnout) Mahasiswa Program Studi DIII Keperawatan Dalam Menghadapi Pembelajaran Daring Dimasa Pandemi. **Metode:** Peneliti menggunakan desain penelitian kuantitatif dengan metode pendekatan deskriptif. Jumlah populasi sebanyak 321 responden dengan menggunakan teknik *stratified random sampling* berjumlah 92 orang. Alat ukur yang digunakan untuk penelitian yaitu kuesioner yang berjumlah 30 pernyataan. Pengolahan data menggunakan interval untuk mengetahui nilai tinggi, sedang dan rendah. **Hasil:** penelitian ini didapatkan sebagian dari responden (41,3%) sebanyak 38 orang memiliki kejenuhan dengan kategori tinggi. Berdasarkan kelelahan emosi (46,7%) 43 orang memiliki kategori sedang, berdasarkan kelelahan fisik (59,8%) 55 orang memiliki kategori rendah, berdasarkan kelelahan kognitif (45,7%) 42 orang memiliki kategori rendah, berdasarkan kehilangan motivasi (83,7%) 77 orang memiliki kategori rendah. Simpulan kejenuhan belajar berdasarkan kelelahan emosi, kelelahan fisik, kelelahan kognitif, dan kehilangan motivasi memiliki kejenuhan dengan kategori tinggi. **Disarankan** bagi Universitas Bhakti Kencana bagaimana cara mahasiswa Program Studi DIII Keperawatan mengatasi kejenuhan belajar daring dimasa pandemi.

Kata Kunci : Kejenuhan belajar (burnout), Mahasiswa, Pandemi, Covid-19
Daftar Pustaka : 9 Jurnal (2013-2021)
1 Book (2015)

DIII Nursing Study Program

Bhakti Kencana University

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ABSTRACT

Mid-March 2020, Indonesia faced the Covid-19 pandemic which had a major impact in various fields, one of the areas affected by Covid-19 in Indonesia was the education sector where the teaching and learning process was carried out remotely/online learning. The learning system causes boredom in learning. Aspects of learning saturation are emotional exhaustion, physical fatigue, cognitive fatigue and loss of motivation. The purpose of this study was to determine the description of learning saturation (burnout) for students of the DIII Nursing Study Program in Facing Online Learning in the Pandemic Period. This type of research uses quantitative methods with a descriptive approach. Sampling using Stratified Random Sampling technique. In this study, there were 92 respondents who were taken. The independent variable is saturation. Collecting data by using a questionnaire. The results of this study obtained some of the respondents (41.3%) as many as 38 people have saturation in the high category. Based on emotional exhaustion (46.7%) 43 people have a moderate category, based on physical fatigue (59.8%) 55 people have a low category, based on cognitive fatigue (45.7%) 42 people have a low category, based on loss of motivation (83,7%) 77 people have low category. The conclusion of learning saturation based on emotional exhaustion, physical exhaustion, cognitive fatigue, and loss of motivation has a high category of saturation. The suggestion for Bhakti Kencana University is how students of the DIII Nursing Study Program overcome the boredom of online learning during the pandemic.

Keywords: Burnout, Students, Pandemic, Covid-19

Bibliography: 9 Journals (2013-2021)

1 Books (2015)