

ABSTRAK

Burnout dapat mempengaruhi kesuksesan dalam akademik dan secara signifikan mempengaruhi mahasiswa dalam prestasi akademik. Penelitian ini bertujuan untuk mengetahui gambaran *burnout* pada mahasiswa tingkat akhir FIKes UBK Bandung. Penelitian ini menggunakan jenis penelitian deskriptif kuantitatif dengan pendekatan *cross sectional*. Sampel dalam penelitian ini adalah mahasiswa tingkat akhir FIKes UBK Bandung dengan jumlah sampel 82 responden. Penentuan sampel menggunakan teknik *total sampling*. Peneliti mengambil jenis instrumen berupa kuesioner. Hasil penelitian menunjukkan distribusi responden *burnout* FIKes UBK Bandung sebagian besar mengalami *burnout* sedang sejumlah 78 responden (95%), sebagian kecil mengalami *burnout* rendah sejumlah 4 responden (5%) dan tidak mahasiswa yang mengalami *burnout* tinggi. Distribusi responden berdasarkan dimensi *burnout* sebagian besar mengalami dimensi kelelahan (*exhaustion*) sejumlah 62 responden (76%). Penghargaan, *study tour* maupun diskusi bersama dapat menjadi ahan evaluasi dalam menurunkan persentase kejadian *burnout* dalam FIKes UBK Bandung.

Kata Kunci : *burnout*, mahasiswa tingkat akhir, FIKes.

Sumber Literatur : 20 Jurnal, 7 buku.

ABSTRACT

Burnout can affect academic success and significantly affect students' academic achievement. This research aims to determine the description of burnout in final year students at FIKes UBK Bandung. This research uses a quantitative descriptive research type with a cross sectional approach. The sample in this research was final year students at FIKes UBK Bandung with a sample size of 82 respondents. Determination of the sample using total sampling technique. Researchers took a type of instrument in the form of a questionnaire. The results of the research showed that the distribution of burnout respondents at FIKes UBK Bandung, most of whom experienced moderate burnout, 78 respondents (95%), a small portion experienced low burnout, 4 respondents (5%) and not students who experienced high burnout. The distribution of respondents based on the burnout dimension, most of them experienced the exhaustion dimension, amounting to 62 respondents (76%). Awards, study tours and joint discussions can be an evaluation tool in reducing the percentage of burnout incidents in FIKes UBK Bandung.

Keywords : burnout, final year students, FIKes.

Literary Sources : 20 journals, 7 books.

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