

INTISARI

FAKTOR RISIKO *BURNOUT SYNDROME* PADA MAHASISWA FK-KMK UGM SELAMA PEMBELAJARAN DARING DI MASA PANDEMI COVID-19

Nikita Widya Permata Sari¹, Mutiara T P L Kusuma², Digna Niken Purwaningrum³

Latar belakang: Pandemi COVID-19 menimbulkan perubahan terhadap sistem pembelajaran jarak jauh (PJJ) yang berkaitan dengan *burnout syndrome*. *Burnout syndrome* dalam sistem PJJ saat pandemi diketahui memiliki dampak yang serius terhadap psikologis, kesehatan, dan produktivitas mahasiswa. Namun, hal ini belum banyak diteliti di Indonesia. **Tujuan:** Mengetahui faktor yang mempengaruhi *burnout syndrome* pada mahasiswa selama pandemi. **Metode:** Penelitian ini menggunakan metode analitik kasus kontrol dengan subjek mahasiswa Program Studi S1 Kedokteran, Gizi Kesehatan, dan Ilmu Keperawatan FK-KMK UGM angkatan 2021 hingga 2018. Kuesioner *Maslach Burnout Inventory* (MBI) digunakan untuk menetapkan diagnosis *burnout syndrome* mahasiswa. Variabel bebas adalah faktor internal (resiliensi), interpersonal (dukungan dosen dan dukungan teman sekelas), dan akademik (persepsi beban belajar). Data dianalisis dengan uji *Chi-Square* dan uji regresi logistik. **Hasil:** Kecenderungan tipe *burnout syndrome* kelompok kasus disebabkan oleh dimensi kelelahan emosional (92,9%) dan depersonalisasi (100%). Terdapat pengaruh signifikan antara resiliensi dan *burnout syndrome* ($p < 0,05$). Dukungan teman sekelas, dukungan dosen, dan persepsi beban belajar tidak memiliki pengaruh signifikan dengan *burnout syndrome* ($p > 0,05$). Analisis regresi menunjukkan korelasi negatif resiliensi dan *burnout syndrome*. Kemampuan variabel bebas menjelaskan variabel terikat adalah 14,3%. Terdapat 85,7% faktor lain yang berpotensi mempengaruhi variabel terikat. **Kesimpulan:** Resiliensi merupakan faktor yang berpengaruh signifikan secara statistik terhadap *burnout syndrome*. Probabilitas kejadian *burnout syndrome* mahasiswa meningkat jika resiliensi rendah.

Kata Kunci: *burnout syndrome*, COVID-19, pandemi, pembelajaran jarak jauh

1. Mahasiswa Program Studi Gizi Kesehatan Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan, Universitas Gadjah Mada
2. Staf Pengajar Program Studi Gizi Kesehatan Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan, Universitas Gadjah Mada
3. Staf Pengajar Program Studi Magister Ilmu Kesehatan Masyarakat Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan, Universitas Gadjah Mada

ABSTRACT

RISK FACTORS OF BURNOUT SYNDROME AMONG UNDERGRADUATE STUDENT IN FACULTY OF MEDICINE, PUBLIC HEALTH, AND NURSING UNIVERSITAS GADJAH MADA DURING DISTANCE LEARNING IN COVID-19 PANDEMIC

Nikita Widya Permata Sari¹, Mutiara T P L Kusuma², Digna Niken Purwaningrum³

Background: The COVID-19 pandemic caused changes towards the distance learning system associated with burnout syndrome. Burnout syndrome in the distance learning system during a pandemic is known to have a severe impact on students psychological, health, and productivity. However, it has not been researched widely in Indonesia. **Objective:** To determine the factors that affect student burnout syndrome during the pandemic. **Methods:** This study uses case-control analytic method with the subject undergraduate students who take classes from 2018 to 2021 at the Faculty of Medicine, Health Nutrition, and Nursing Sciences Universitas Gadjah Mada. Maslach Burnout Inventory (MBI) questionnaire was used to diagnose student burnout syndrome. Independent variables are internal factors (resilience), interpersonal (lecturer and classmate support), and academic (perceived learning workload). The data were analyzed by Chi-Square test and logistic regression test. **Results:** The tendency of burnout syndrome in the case group caused by the dimensions of emotional exhaustion (92.9%) and depersonalization (100%). There was a significant relationship between resilience and burnout syndrome ($p < 0.05$). Classmate support, lecturer support, and perceived learning workload were not significantly affecting burnout syndrome ($p > 0.05$). Regression analysis showed a negative correlation between resilience and burnout syndrome. The independent variable ability to explain the dependent variable is 14.3%. There are 85.7% of other factors that potentially affect the dependent variable. **Conclusion:** Resilience is the statistically significant factor affecting burnout syndrome. Burnout syndrome probability in students increases if resilience is low.

Keywords: burnout syndrome, COVID-19, pandemic, distance learning system

1. Undergraduate Student in Health and Nutrition Departement, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada
2. Lecturer in Health and Nutrition Departement, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada
3. Lecturer in Master of Public Health Program, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada