

**Peranan Penerimaan Dukungan Sosial Terhadap Tingkat *Academic Burnout*
Mahasiswa Aktif yang Mengikuti Magang**

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Abstrak

Fenomena magang membuka kesempatan bagi mahasiswa untuk menjalankan dua peran, sebagai mahasiswa dan juga karyawan magang sehingga berpotensi menyebabkan *burnout*. Penelitian ini membahas fenomena hubungan penerimaan dukungan sosial yang dirasakan mahasiswa dengan tingkat *academic burnout* yang dialami. Partisipan dalam penelitian ini adalah mahasiswa aktif semester 1-10 yang sedang menjalankan program magang dan kegiatan akademik secara bersamaan. Instrumen yang digunakan adalah *Multidimensional Perceived Social Support* dan *School Burnout Inventory* versi Bahasa Indonesia. Partisipan yang mengikuti penelitian ini berjumlah 168 partisipan. Data dianalisis menggunakan metode analisis regresi sederhana. Hasil penelitian yang didapatkan adalah adanya peranan negatif antara penerimaan dukungan sosial dengan *burnout* yang dialami oleh mahasiswa magang.

Kata kunci : magang, *academic burnout*, dukungan sosial, mahasiswa

The Role of Perceived Social Support and Burnout on Active College Student

Who Enrolled an Internship Program

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Abstract

The internship program opens opportunities for students to carry out two roles, as students and also interns, so it has the potential to cause burnout. This study discusses the phenomenon of the relationship between perceived social support felt by students and the level of academic burnout experienced. Participants in this study were active students in semesters 1-10 who were carrying out internship programs and academic activities simultaneously. The instruments used were the Multidimensional Perceived Social Support and the Indonesian version of the School Burnout Inventory. The participants who took part in this study were 168 participants. The data will be analyzed using a simple regression analysis method. The research results showed a negative relationship between receiving social support and physical and mental fatigue experienced by intern students.

Keyword: internship, academic burnout, social support, college student