

INTISARI

HUBUNGAN *BURNOUT* AKADEMIK DENGAN KETIDAKJUJURAN AKADEMIK MAHASISWA

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Latar belakang: Banyak penelitian mencatat tingginya kasus *burnout* akademik pada mahasiswa. Salah satu akibat dari *burnout* adalah penurunan moral sebagai bentuk adaptasi yang salah. Hal ini akan mendorong mahasiswa untuk memilih cara yang cepat dan mudah untuk mempertahankan hasil akademiknya sehingga mahasiswa memiliki kecenderungan untuk melakukan ketidakjujuran akademik. **Tujuan:** Mengetahui hubungan *burnout* akademik dengan ketidakjujuran akademik mahasiswa Program Studi S1 Gizi Kesehatan FK-KMK UGM. **Metode:** Penelitian ini merupakan studi *cross-sectional*. Pengambilan data dilakukan pada mahasiswa Program Studi S1 Gizi Kesehatan FK-KMK UGM dengan teknik *consecutive sampling*. Instrumen yang digunakan adalah *Academic Dishonesty Scale*, *Maslach Burnout Inventory-Student Survey* (MBI-SS), Kuesioner Sikap dan Pengetahuan terhadap Prinsip Integritas Akademik, dan *General Self-Efficacy Survey* (GSES). Data dianalisis menggunakan uji korelasi *spearman* dan regresi logistik. **Hasil:** Sebanyak 80 mahasiswa berpartisipasi dalam penelitian. Hasil analisis menunjukkan bahwa *burnout* akademik berpengaruh signifikan terhadap ketidakjujuran akademik mahasiswa ($p\text{-value}<0,05$, $r=0,44$). Variabel perancu secara bersama-sama berkontribusi sebesar 39,8% terhadap perilaku ketidakjujuran akademik mahasiswa ($p\text{-value}<0,05$). Variabel lama studi dan sikap terhadap prinsip integritas akademik secara parsial berpengaruh signifikan terhadap ketidakjujuran akademik mahasiswa ($p\text{-value}<0,05$). **Kesimpulan:** Terdapat hubungan antara *burnout* akademik dan ketidakjujuran akademik pada mahasiswa Program Studi S1 Gizi Kesehatan FK-KMK UGM.

Kata Kunci: *burnout*; ketidakjujuran akademik; kesehatan mental; integritas akademik; mahasiswa gizi kesehatan,

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ABSTRACT

THE RELATIONSHIP BETWEEN ACADEMIC BURNOUT AND ACADEMIC DISHONESTY AMONG UNDERGRADUATE STUDENTS

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Background: Studies have recorded high prevalence of burnout academic among students. Burnout has negatively affect in a way to lower students' moral as a maladaptive coping strategy. This would encourage students to choose easiest and fastest way to maintain their academic result so that students would tend to do academic dishonesty. **Objective:** To determine the relationship between academic burnout and academic dishonesty among Nutrition and Health undergraduate students of FK-KMK UGM. **Method:** A cross-sectional study was conducted to Nutrition and Health undergraduate students of FK-KMK UGM selected by consecutive sampling. Academic Dishonesty Scale, Maslach Burnout Inventory-Student Survey (MBI-SS), Attitude and Knowledge toward Academic Integrity Questionnaire, and General Self-Efficacy Survey (GSES) were used to collect the primary data. Spearman rho and logistic regression analysis were performed. **Result:** A total of 80 students were enrolled in the study. The analysis showed that academic burnout significantly influence students' academic dishonesty (p-value<0,05). The confounding variables simultaneously contributed 39,8% of the factors in academic dishonesty behavior (p-value<0,05). Year of studi and attitude toward academic integrity partially influence academic dishonesty (p-value<0,05). **Conclusion:** There is a relationship between academic burnout and students' academic dishonesty of FK-KMK UGM.

Keywords: burnout; academic dishonesty; mental health; academic integrity; nutrition and health students

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