



TABLE OF CONTENTS

TABLE OF CONTENTS	1
LIST OF TABLES	2
Abstract	3
Introduction.....	4
Method	6
Participants.....	6
Procedures.....	10
Instruments.....	10
Analysis.....	11
Results.....	12
Descriptive Statistics.....	12
Hypothesis testing.....	13
Discussion.....	15
Conclusion	17
References.....	18



LIST OF TABLES

Table 1. Sample Distribution Frequency	15
Table 2. Descriptive Statistics of burnout score before treatment	21
Table 3. Descriptive Statistics of burnout score before treatment	21
Table 4. Paired Samples Test (Personal burnout).....	22
Table 5. Paired Samples Test (Work-related burnout)	22
Table 6. Paired Samples Test (Client-related burnout)	22
Table 7. Paired Samples Test (Total burnout score).....	23



Effects Of Online Mindfulness Meditation On Burnout In Workers

Rayhan James Cellars, Galang Lufityanto, S.Psi., M.Psi., Ph.D.

Universitas Gadjah Mada, 2024 | Diunduh dari <http://etd.repository.ugm.ac.id/>

UNIVERSITAS
GADJAH MADA