

## **PERAN *PROBLEM FOCUSED COPING* TERHADAP *ACADEMIC BURNOUT* MAHASISWA YANG BEKERJA**

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### **Abstrak**

Fenomena kuliah sambil bekerja menyebabkan mahasiswa memiliki dua peran sekaligus sehingga berpotensi terkena *burnout*. *Burnout* akibat tekanan akademik pada mahasiswa disebut dengan *academic burnout*. Penelitian ini melihat peran *problem focused coping* terhadap *academic burnout*. Partisipan dalam penelitian ini adalah mahasiswa aktif yang kuliah sambil bekerja dan berusia 18-25 tahun. Penelitian diukur menggunakan instrumen *Maslach Burnout Inventory-Student Survey* (MBS-SS) dan *COPE Inventory* yang telah diadaptasi ke dalam bahasa Indonesia oleh peneliti sebelumnya. Data dianalisis menggunakan metode analisis regresi linear sederhana. Hasil yang didapatkan dari penelitian ini adalah adanya peranan negatif dan signifikan antara *problem focused coping* dengan *academic burnout* ( $R^2=6.58\%$ ;  $p=0.008$ ) yang dialami oleh mahasiswa yang bekerja.

*Kata kunci: coping, academic burnout, mahasiswa bekerja*

### **Abstract**

*A student who works while studying has two roles at once, which increases a risk of experiencing burnout. Burnout that arises specifically from academic demands is referred to as academic burnout. This study examines the role of problem focused coping in relation to academic burnout. The participants consisted of students aged 18-25 years who were engaged in both studying and working. The study was measured using the Maslach Burnout Inventory-Student Survey (MBS-SS) and COPE Inventory instruments that have been adapted into Indonesian by previous researchers. Data were analyzed using a simple linear regression analysis method. The findings revealed a significant negative role of problem focused coping on academic burnout ( $R^2= 6.58\%$ ;  $p = 0.006$ ) among working students.*

*Keywords: coping, academic burnout, working student*