

**HUBUNGAN ANTARA *ACADEMIC SELF-EFFICACY*  
DENGAN *ACADEMIC BURNOUT*  
PADA MAHASISWA YANG SEDANG  
MENGERJAKAN SKRIPSI  
DI FAKULTAS PSIKOLOGI UNIVERSITAS DIPONEGORO**

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**Abstrak**

*Academic self-efficacy* merupakan keyakinan mahasiswa pada kemampuannya dalam keberhasilan menyelesaikan skripsi dan tanggung jawab akademiknya. *Academic burnout* adalah kelelahan secara emosional, mental, dan fisik pada mahasiswa dalam proses pengerjaan skripsi dan menyelesaikan studinya. Penelitian ini bertujuan untuk mengetahui hubungan antara *academic self-efficacy* dengan *academic burnout* pada mahasiswa yang sedang mengerjakan skripsi di Fakultas Psikologi Universitas Diponegoro. Populasi penelitian adalah mahasiswa yang sedang mengerjakan skripsi di Fakultas Psikologi Universitas Diponegoro yang berjumlah 280 mahasiswa. Sampel penelitian sebanyak 155 mahasiswa (21,29% laki-laki dan 78,9% perempuan; rata-rata usia = 21-23 tahun) diperoleh dengan menggunakan teknik *simple random sampling*. Alat ukur yang digunakan adalah Skala *Academic Self-Efficacy* (36 aitem valid,  $\alpha = 0,95$ ) dan Skala *Academic Burnout* (32 aitem valid,  $\alpha = 0,93$ ). Analisis data menggunakan uji *Spearman's Rho* menunjukkan bahwa terdapat hubungan negatif yang signifikan antara *academic self-efficacy* dengan *academic burnout* ( $\rho = -0,84, p < 0,00$ ). Artinya, semakin tinggi *academic self-efficacy* maka semakin rendah *academic burnout* mahasiswa yang sedang mengerjakan skripsi di Fakultas Psikologi Universitas Diponegoro, dan sebaliknya.

**Kata kunci:** *academic self-efficacy*; *academic burnout*; mahasiswa

**RELATIONSHIP BETWEEN ACADEMIC SELF-EFFICACY  
AND ACADEMIC BURNOUT  
IN STUDENTS WORKING ON THESIS  
AT FACULTY OF PSYCHOLOGY  
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**Abstract**

Academic self-efficacy is a student's belief in their ability to successfully complete their thesis and academic responsibilities. Academic burnout is emotional, mental, and physical fatigue in students in the process of working on their thesis and completing their studies. This study aims to determine the relationship between academic self-efficacy and academic burnout in students who are working on their thesis at Faculty of Psychology, Diponegoro University. The study population was students who were working on their thesis at Faculty of Psychology, Diponegoro University, totaling 280 students. The subject in this study consisted of 155 students (21.29% male and 78.9% female; average age = 21-23 years) were selected using simple random sampling. Data is collected by using two psychological scales, namely the Academic Self-Efficacy Scale (36 valid items,  $\alpha = 0.95$ ) and the Academic Burnout Scale (32 valid items,  $\alpha = 0.93$ ). Data analysis using the Spearman's Rho and resulted in a significant negative relationship between academic self-efficacy and academic burnout ( $\rho = -0.84$ ,  $p < 0.00$ ). The finding of the study explain that a higher academic self-efficacy can define lower academic burnout of students working on their thesis and a lower academic self-efficacy can define higher academic burnout of students working on their thesis.

**Keywords:** academic self-efficacy; academic burnout; students