

HUBUNGAN ANTARA *SELF-COMPASSION* DENGAN *ACADEMIC BURNOUT* PADA MAHASISWA SELAMA PEMBELAJARAN DARING

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ABSTRAK

Pandemi COVID-19 menyebabkan perubahan pada wajah pendidikan Indonesia, yaitu dengan penerapan pembelajaran daring. Metode pembelajaran daring dilaporkan telah menyebabkan kejenuhan akademik (*academic burnout*). Beberapa penelitian merekomendasikan *self-compassion* sebagai salah satu cara untuk mengatasi *academic burnout*. Tujuan dari penelitian ini untuk mengetahui hubungan antara *academic burnout* dengan *self-compassion* pada mahasiswa selama pembelajaran daring. Subjek penelitian ini berjumlah 280 secara a priori dengan mempertimbangkan taraf kepercayaan sebesar 5%, nilai kekuatan statistik sebesar 95% serta nilai korelasi H1 sebesar 0,3 dan diambil menggunakan teknik *purposive sampling* dengan ciri mahasiswa yang sedang berkuliah secara daring. Analisis data menggunakan analisis regresi sederhana menggunakan JASP untuk menguji hubungan X terhadap Y. Hasil penelitian menunjukkan ada hubungan negatif yang signifikan antara *self-compassion* terhadap *academic burnout* ($r = -0,522$, $p < ,001$, $95\%CI = -0,694-0,469$). *Self-compassion* pada mahasiswa selama pembelajaran daring memberikan pengaruh negatif pada *academic burnout* sebesar 27,3%. Dianalisis juga berdasarkan jenis kelamin dan jurusan yang menyatakan bahwa keduanya tidak mempengaruhi tingkatan *academic burnout* dan *self-compassion*, sedangkan usia mempengaruhi secara signifikan tingkatan *academic burnout* dan *self-compassion*.

Kata kunci: *academic burnout*, *self-compassion*, pembelajaran daring, mahasiswa

**THE RELATIONSHIP BETWEEN UNIVERSITY STUDENTS' SELF-
COMPASSION AND ACADEMIC BURNOUT DURING ONLINE
LEARNING**

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ABSTRACT

The COVID-19 pandemic caused a change in the face of Indonesian education, namely with the application of online learning. Online learning methods are reported to have led to academic burnout. Some studies recommend self-compassion as one way to overcome academic burnout. This study aimed to find out the relationship between academic burnout and self-compassion in students during online learning. The subjects of this study amounted to 280, obtained with a priori test with the level of trust by 5%, statistical strength value of 95%, and the H1 correlation value of 0.3 and taken using purposive sampling with the characteristics of students who are actively studying online. Data analysis uses simple regression analysis using JASP to test the relationship between X and Y. The results showed a significant negative relationship between self-compassion and academic burnout ($r = -0.522$, $p < .001$, $95\%CI = -0.694-0.469$). Self-compassion in students during online learning negatively influenced academic burnout by 27.3%. It was also analyzed based on gender and majors, stating that both did not affect the level of academic burnout and self-compassion. In contrast, age significantly affected the levels of academic burnout and self-compassion.

Keywords: academic burnout, self-compassion, online learning, university students