

Hubungan antara Self-Compassion dan Academic Burnout selama Pembelajaran Daring pada Mahasiswa Program Sarjana = The Relationship between Self-Compassion and Academic Burnout during Online Learning among Undergraduate Students

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Abstrak

Tuntutan perkuliahan yang tinggi terutama dalam konteks pembelajaran daring dapat menyebabkan academic burnout pada mahasiswa. Academic burnout dapat berdampak pada kesejahteraan psikologis dan kelancaran perkuliahan mahasiswa, sehingga selfcompassion diprediksi dapat menjadi strategi coping yang efektif. Penelitian ini menguji hubungan antara self-compassion dan academic burnout pada mahasiswa program sarjana, dengan menggunakan Self-Compassion Scale versi adaptasi bahasa Indonesia (Sugianto dkk., 2020) dan Oldenburg Burnout Inventory Student Version (Reis dkk., 2015). Partisipan berasal dari Universitas Indonesia, Institut Teknologi Bandung, dan Universitas Gadjah Mada (N=291). Hasil penelitian mendukung hipotesis penelitian ini. Ditemukan bahwa self-compassion memiliki hubungan negatif yang signifikan dengan academic burnout ($r = -0,43$, $p < 0,01$). Artinya, mahasiswa yang memiliki selfcompassion yang tinggi, akan memiliki kecenderungan yang rendah untuk mengalami academic burnout. Mahasiswa pada penelitian ini termasuk pada kategori kelompok yang burnout ($M=2,79$, $SD=0,45$), dimana metode pembelajaran daring berperan pada hal tersebut.

.....High study demands at college especially in online learning can make an impact on academic burnout for the students. Academic burnout can affect the psychological wellbeing and the smoothness journey of student's college life, thus self-compassion is predicted to be the effective coping strategies for them. This study examines the relationship between self-compassion and academic burnout in undergraduate students, using Self-Compassion Scale Indonesian adaptation version (Sugianto et al., 2020) and Oldenburg Burnout Inventory Student Version (Reis et al., 2015). The participants were from Universitas Indonesia, Institut Teknologi Bandung, and Universitas Gadjah Mada (N=291). The result of this study supports the hypothesis of this study. Namely, selfcompassion has the negatively significant relationship with academic burnout ($r = -0,43$, $p < 0,01$). That means, student who have high self-compassion, would likely have a low tendency of academic burnout. The students in this study is categorized in burnout group ($M=2,79$, $SD=0,45$), whereas online learning method could take a role in this.