

Peran Trait Emotional Intelligence terhadap Academic Burnout Mahasiswa Rumpun Ilmu Kesehatan Perguruan Tinggi Negeri Selama Pembelajaran Daring di Masa Pandemi COVID-19 = The Role of Trait Emotional Intelligence on Academic Burnout in Health Science Cluster Students at Public Universities During Online Learning in the COVID-19 Pandemic

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Abstrak

Perubahan metode pembelajaran saat pandemi COVID-19 memunculkan berbagai tantangan bagi mahasiswa, termasuk mahasiswa Rumpun Ilmu Kesehatan (RIK) yang tuntutan belajarnya berbeda dari mahasiswa pada umumnya. Hal ini dapat memicu terjadinya academic burnout, yaitu mahasiswa merasa kelelahan akibat tuntutan belajar, memiliki sikap sinis dan tidak peduli terhadap pembelajaran, serta merasa tidak kompeten sebagai mahasiswa (Schaufeli et al., 2002). Salah satu faktor yang dapat melindungi mahasiswa dari academic burnout adalah trait emotional intelligence (EI), atau sekumpulan kecenderungan perilaku dan persepsi individu terhadap kemampuannya dalam mengenali, memproses, dan memanfaatkan informasi terkait emosi (Petrides et al., 2004). Penelitian ini bertujuan untuk mengetahui peran trait EI terhadap academic burnout mahasiswa RIK perguruan tinggi negeri (PTN) di Indonesia selama pembelajaran daring di masa pandemi COVID-19. Dengan menggunakan alat ukur Maslach Burnout Inventory-Student Survey dan Trait Emotional Intelligence Questionnaire-Short Form, hasil penelitian menunjukkan bahwa trait EI berperan secara signifikan dalam memprediksi academic burnout, ($n=219$; $R^2=.22$, $p<.05$). Dengan kata lain, trait EI berkontribusi sebesar 22% terhadap academic burnout. Hasil ini mengindikasikan bahwa trait EI merupakan faktor penting dalam mencegah academic burnout sehingga trait EI dapat dipertimbangan dalam program prevensi dan intervensi academic burnout mahasiswa.

..... Changes in learning methods during the COVID-19 pandemic created various challenges for students, including Health Science Cluster (HSC) students whose academic demands are different from students in general. This could trigger academic burnout, which refers to feeling of exhaustion due to study demands, having a cynical and detached attitude toward one's study, and feeling incompetent as a student. One of the factors that could protect students from academic burnout is trait emotional intelligence (EI), which refers to a constellation of behavioral dispositions and self-perceived abilities to recognize, process, and utilize emotion-laden information (Petrides et al., 2004). Thus, this study aims to determine the role of trait EI on academic burnout in HSC students at public universities in Indonesia during online learning in the COVID-19 pandemic. Using the Maslach Burnout Inventory-Student Survey and Trait Emotional Intelligence Questionnaire-Short Form, the result showed that trait EI have a significant role in predicting academic burnout, ($n=219$; $R^2=.22$, $p<.05$). In other words, trait EI accounted for 22% of academic burnout. This indicates that trait EI is an important factor in preventing academic burnout, therefore trait EI can be considered in academic burnout's prevention and intervention program.