

## HUBUNGAN ANTARA TINGKAT *WORKAHOLISM* DAN TINGKAT *BURNOUT* PADA MAHASISWA DI INDONESIA

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### ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *workaholism* dan *burnout* pada mahasiswa di Indonesia. Hipotesis dalam penelitian ini adalah terdapat hubungan antara *workaholism* dan *burnout* pada mahasiswa. Partisipan dalam penelitian ini adalah mahasiswa dari berbagai perguruan tinggi di Indonesia yang berjumlah 220 partisipan. Alat ukur yang digunakan pada penelitian ini adalah *Workaholism Addiction Risk Test* (WART) dan *Maslach Burnout Inventory - Student Scale* (MBI-SS) yang telah diadaptasi. WART memiliki reliabilitas alpha cronbach 0,879 dan MBI-SS memiliki reliabilitas alpha cronbach 0,869. Analisis korelasi dilakukan dengan metode *Pearson* dengan hasil nilai  $r$  sebesar 0,109 dan nilai  $p$  sebesar 0,107. Berdasarkan hasil tersebut dapat disimpulkan bahwa tidak ada korelasi antara *workaholism* dan *burnout*. Hasil analisis tambahan juga menunjukkan bahwa tidak ada perbedaan *burnout* ditinjau dari sejarah merantau dan jumlah kegiatan non-akademik.

Kata kunci : *burnout*, mahasiswa, *workaholism*

***THE RELATIONSHIP BETWEEN WORKAHOLISM AND BURNOUT IN  
UNIVERSITY STUDENTS IN INDONESIA***

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**ABSTRACT**

*This research is conducted to determine the relationship between workaholism and burnout in university students in Indonesia. The hypothesis in this research is that there is a significant relationship between workaholism and burnout in university students. The participants in this research were students from various universities in Indonesia with 220 participants in total. The measuring instruments used in this study are the adapted version of Workaholism Addiction Risk Test (WART) and the adapted version of Maslach Burnout Inventory - Student Scale (MBI-SS). WART has a cronbach alpha reliability of 0.879 and MBI-SS has a cronbach alpha reliability of 0.869. Correlation analysis was conducted using the Pearson method with the r value of 0.109 and p value of 0,107 was obtained. Based on these results, it can be concluded that there is no correlation between workaholism and burnout. The results of additional analysis also showed that there were no differences in burnout in terms of the history of migrating and the number of non-academic activities.*

*Keywords : burnout, university students, workaholism*