

## ABSTRAK

Puspaningtyas, R. M. (2024). Hubungan *Self-Efficacy* dan *Academic Burnout* pada Mahasiswa dengan Kegiatan Ekstrakurikuler di Daerah Istimewa Yogyakarta. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui tingkat *self-efficacy* dan *academic burnout*, serta melihat hubungan kedua variabel pada mahasiswa dengan kegiatan ekstrakurikuler di Daerah Istimewa Yogyakarta. Hipotesis penelitian ini menyebutkan bahwa terdapat hubungan negatif antara *self-efficacy* dan *academic burnout* pada mahasiswa dengan kegiatan ekstrakurikuler di Daerah Istimewa Yogyakarta. Jenis penelitian ini adalah penelitian kuantitatif dengan metode korelasional. Diperoleh 263 partisipan yang merupakan mahasiswa di Daerah Istimewa Yogyakarta. Alat pengumpulan data yang digunakan adalah *Sherer General Self-Efficacy Scale* atau *SGSES* milik Sherer et al. (1982) yang diadaptasi ke dalam Bahasa Indonesia dan skala *academic burnout* yang disusun sendiri oleh peneliti. Reliabilitas adaptasi skala *self-efficacy* adalah 0,855, sedangkan skala *academic burnout* memiliki reliabilitas sebesar 0,893. Analisis data dalam penelitian ini dilakukan menggunakan *Spearman Rho* sebab data terdistribusi secara tidak normal. Hasil analisis data ini menunjukkan bahwa terdapat hubungan negatif yang cukup kuat antara *self-efficacy* dan *academic burnout* pada mahasiswa dengan kegiatan ekstrakurikuler di Daerah Istimewa Yogyakarta ( $r = - 0,570, p > 0,000$ ).



## ABSTRACT

Puspaningtyas, R. M. (2024). The Relationship Between Self-Efficacy and Academic Burnout in Students with Extracurricular Activities in Yogyakarta Special Region. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

This research aimed to determine the level of self-efficacy and academic burnout, as well as to examine the relationship between those two variables in students with extracurricular activities in the Special Region of Yogyakarta. The research hypothesis stated that there was a negative relationship between self-efficacy and academic burnout in students engaged in extracurricular activities in the Special Region of Yogyakarta. This research used a quantitative approach with a correlational method. A total of 263 participants from universities in the Special Region of Yogyakarta were obtained. The data collection tools used was the General Self-Efficacy Scale or SGSES by Sherer et al. (1982), which was adapted into Indonesian, and the academic burnout scale designed by the researcher. The reliability of the adapted self-efficacy scale was 0.855, and the academic burnout scale had a reliability of 0.893. Data analysis in the research was conducted using Spearman's Rho because the data were not normally distributed. The results of the data analysis showed that there was a significant negative relationship between self-efficacy and academic burnout in students engaged in extracurricular activities in the Special Region of Yogyakarta ( $r = -0.570$ ,  $p < 0.000$ ).

