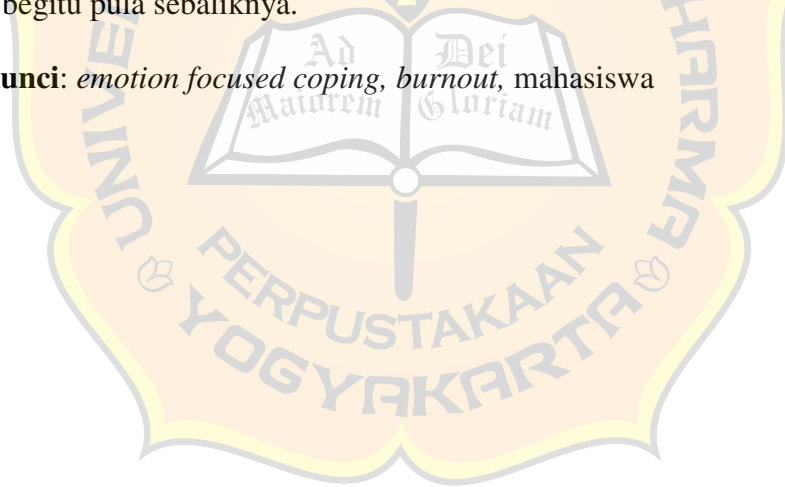


ABSTRAK

Satria, Mersik Arif. 2024. Hubungan Antara *Emotion Focused Coping* Dan *Burnout* Akademik Pada Mahasiswa Skripsi. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk melihat apakah ada hubungan antara *emotion focused coping* dan *burnout* pada mahasiswa skripsi. Hipotesis yang diajukan adalah terdapat hubungan negatif antara penggunaan *emotion focused coping* dengan *burnout* pada mahasiswa. Subjek dalam penelitian ini sebanyak 140 mahasiswa yang sedang mengerjakan skripsi dan memiliki rentang usia 18 hingga 25 tahun. Pengambilan sampel dilakukan dengan menggunakan metode *purposive sampling*. Sedangkan pengambilan data dilakukan dengan menggunakan kuesioner yang terdiri dari identitas diri, skala *emotion focused coping* dan skala *burnout*. Reliabilitas dalam penelitian ini menggunakan Alpha Cronbach. Nilai koefisien reliabilitas skala EFC sebesar 0,813 dan skala *Burnout* sebesar 0,857. Metode analisis yang digunakan adalah uji korelasi *pearson product*. Hasil koefisien korelasi antara *emotion focused coping* dengan *burnout* sebesar -0,429 dengan signifikansi sebesar 0,000. Hal ini menunjukkan bahwa terdapat hubungan negatif dan signifikan antara *emotion focused coping* dan *burnout*. Artinya bahwa semakin tinggi *emotion focused coping* yang dimiliki maka *burnout* yang dialami semakin rendah begitu pula sebaliknya.

Kata kunci: *emotion focused coping*, *burnout*, mahasiswa



ABSTRACT

Satria, Mersik Arif. 2024. The Relation Between Emotion Focused Coping And Academic Burnout In Thesis Students. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

The purpose of this study is to investigate the potential correlation between emotion-focused coping and burnout in thesis students. The hypothesis posits that there is a negative relationship between the use of emotion-focused coping and burnout in students. The study sample consisted of 140 students between the ages of 18 and 25 who were working on their thesis. The sampling method employed was purposive sampling. Data was collected through a questionnaire that included self-identity, an emotion-focused coping scale, and a burnout scale. The reliability of the EFC scale was 0.813 and the Burnout scale was 0.857, both measured using Alpha Cronbach. The analysis method employed was the Pearson product correlation test, which revealed a significant negative correlation coefficient of -0.429 between emotion-focused coping and burnout. The results indicate a negative and significant correlation between emotion-focused coping and burnout among university students. This suggests that higher levels of emotion-focused coping are associated with lower levels of burnout, and vice versa. The keywords for this study are emotion-focused coping, burnout, and university students.

Keywords: emotion-focused coping, burnout, and university students.

