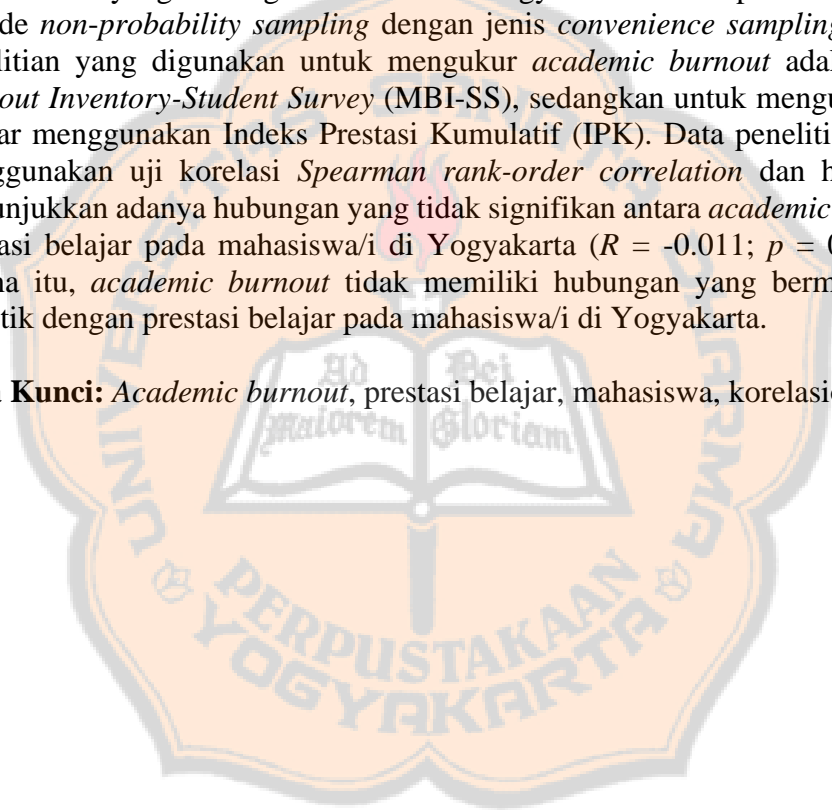


ABSTRAK

Ganggur, Katarina. P. W. A. 2026. *Hubungan antara academic burnout dan prestasi belajar pada mahasiswa/i di Yogyakarta. Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara *academic burnout* dan prestasi belajar pada mahasiswa/i di Yogyakarta. Latar belakang penelitian ini berasal dari pengalaman mahasiswa yang sering merasa lelah terhadap tuntutan akademik di dunia perkuliahan. Perasaan lelah yang dirasakan mampu mempengaruhi kinerja mahasiswa sehingga pada akhirnya dapat berdampak buruk bagi prestasi belajar. Penelitian ini menggunakan metode kuantitatif dengan desain korelasional. Partisipan penelitian terdiri dari 153 mahasiswa/i yang sedang berkuliah di Yogyakarta dan dipilih menggunakan metode *non-probability sampling* dengan jenis *convenience sampling*. Instrumen penelitian yang digunakan untuk mengukur *academic burnout* adalah *Maslach Burnout Inventory-Student Survey* (MBI-SS), sedangkan untuk mengukur prestasi belajar menggunakan Indeks Prestasi Kumulatif (IPK). Data penelitian dianalisis menggunakan uji korelasi *Spearman rank-order correlation* dan hasil analisis menunjukkan adanya hubungan yang tidak signifikan antara *academic burnout* dan prestasi belajar pada mahasiswa/i di Yogyakarta ($R = -0.011$; $p = 0.891$). Oleh karena itu, *academic burnout* tidak memiliki hubungan yang bermakna secara statistik dengan prestasi belajar pada mahasiswa/i di Yogyakarta.

Kata Kunci: *Academic burnout*, prestasi belajar, mahasiswa, korelasional



ABSTRACT

Ganggur, Katarina. P. W. A. 2026. *Relationship between academic burnout and academic achievement among college students in Yogyakarta*. Thesis. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

This study aims to find out the relationship between academic burnout and academic achievement among college students in Yogyakarta. The background of this study stems from the experience of college students who often feel exhausted by academic demands in college. This feeling of exhaustion can affect student performance, which can ultimately have a negative impact on academic achievement. This study uses a quantitative method with a correlational design. The research participants consisted of 153 college students who were studying in Yogyakarta and were selected using a non-probability sampling method with convenience sampling. The research instrument used to measure academic burnout was the Maslach Burnout Inventory-Student Survey (MBI-SS), while academic achievement was measured using the Grade Point Average (GPA). The research data was analyzed using Spearman's rank-order correlation test, and the results indicated an insignificant relationship between academic burnout and academic achievement among students in Yogyakarta ($R = -0.011$; $p = 0.891$). Therefore, academic burnout does not have a statistically significant relationship with academic achievement among students in Yogyakarta.

Keywords: *Academic burnout, academic achievement, college students, correlation*

