

ABSTRAK

PENGARUH DUKUNGAN SOSIAL, RESILIENSI, DAN EFIKASI DIRI AKADEMIK TERHADAP KELELAHAN AKADEMIK (Studi Empiris Mahasiswa Program Studi Akuntansi Universitas Sanata Dharma Angkatan 2022-2024)

Jois Indriani Adan
NIM: 222114102
Universitas Sanata Dharma
2026

Kelelahan akademik ditandai dengan kelelahan emosional, sikap sinis terhadap kegiatan akademik, serta penurunan pencapaian akademik yang dapat muncul akibat tuntutan perkuliahan. Kondisi tersebut berpotensi menurunkan motivasi belajar, kesejahteraan psikologis, dan kinerja akademik mahasiswa. Penelitian ini bertujuan untuk mengetahui pengaruh dukungan sosial, resiliensi, dan efikasi diri akademik terhadap kelelahan akademik.

Penelitian ini menggunakan metode kuantitatif dengan kriteria responden yaitu mahasiswa aktif Program Studi Akuntansi Universitas Sanata Dharma angkatan 2022, 2023, dan 2024. Teknik pengumpulan data menggunakan kuesioner dalam bentuk *link Google Form* yang disebarakan melalui *WhatsApp*. Teknik pengambilan sampel dalam penelitian ini menggunakan teknik sampling jenuh. Teknik analisis data yang digunakan adalah teknik analisis regresi linier berganda.

Hasil penelitian ini menunjukkan resiliensi berpengaruh terhadap kelelahan akademik mahasiswa akuntansi Universitas Sanata Dharma. Dukungan sosial dan efikasi diri akademik tidak berpengaruh terhadap kelelahan akademik mahasiswa akuntansi Universitas Sanata Dharma.

Kata Kunci: dukungan sosial, resiliensi, efikasi diri akademik, kelelahan akademik.

ABSTRACT

***THE INFLUENCE OF SOCIAL SUPPORT, RESILIENCE, AND ACADEMIC
SELF-EFFICACY ON ACADEMIC BURNOUT***

*(Empirical Study of Accounting Study Program Students at Sanata Dharma
University Class of 2022-2024)*

Jois Indriani Adan

NIM: 222114102

Sanata Dharma University

2026

Academic burnout is characterized by emotional exhaustion, cynicism toward academic activities, and decreased academic achievement that may arise as a result of academic demands. These conditions have the potential to reduce students learning motivation, psychological well-being, and academic performance. This research aims to determine the effect of social support, resilience, and academic self-efficacy on academic.

This research was conducted using a quantitative research method with respondents were active students of the Accounting Study Program at Sanata Dharma University from the classes of 2022, 2023, and 2024. Data were collected using a questionnaire in the form of a Google Form link distributed via WhatsApp. The sampling technique used in this research was saturated sampling. The data analysis technique used was multiple linear regression analysis.

The results of this research showed that resilience influence academic burnout among accounting students at Sanata Dharma University. Social support and academic self-efficacy did not influence academic burnout among Accounting students of Sanata Dharma University.

Keywords: *social support, resilience, academic self-efficacy, academic burnout.*