

Abstrak

Penelitian ini bertujuan untuk melihat apakah terdapat hubungan antara efikasi diri akademik dengan *burnout* akademik pada mahasiswa yang sedang mengerjakan skripsi serta mengetahui apakah dukungan sosial sebagai variabel moderator dapat memoderasi hubungan antara efikasi diri akademik dengan *burnout* akademik. Penelitian ini menggunakan rancangan kuantitatif korelasional dengan sampel penelitian sebanyak 195 responden mahasiswa Fakultas Psikologi UIN Bandung yang sedang mengerjakan skripsi. Pengambilan sampel menggunakan teknik *purposive sampling*. Pengumpulan data menggunakan kuesioner melalui *Google Form* dengan instrumen alat ukur *The Academic Self Efficacy Scale*, *Maslach Burnout Inventory- Student Survey*, dan *Multidimensional Scale of Perceived Social Support*. Hasil penelitian menunjukkan bahwa terdapat hubungan negatif antara efikasi diri akademik dengan *burnout* akademik artinya semakin tinggi efikasi diri akademik yang dimiliki mahasiswa maka semakin rendah *burnout* akademik yang diterimanya, serta dukungan sosial dalam hasil penelitian ini tidak dapat memoderasi hubungan antara efikasi diri akademik dengan *burnout* akademik

Kata Kunci : *Efikasi diri akademik, Burnout akademik, Dukungan Sosial*

Abstract

This study aims to see whether there is a relationship between academic self-efficacy and academic burnout in students who are working on their thesis and to find out whether social support as a moderator variable can moderate the relationship between academic self-efficacy and academic burnout. This study used a correlational quantitative design with a sample of 195 student respondents from the Faculty of Psychology, UIN Bandung who were working on their thesis using a purposive sampling technique. Data collection used a questionnaire via Google Form with measuring instruments The Academic Self-Efficacy Scale, Maslach Burnout Inventory-Student Survey, and Multidimensional Scale of Perceived Social Support. The results of the study show that there is a negative relationship between academic self-efficacy and academic burnout, meaning that the higher the academic self-efficacy students have, the lower the academic burnout they receive, and social support in the results of this study cannot moderate the relationship between academic self-efficacy and academic burnout.

Keywords: *Academic Self Efficacy, Academic Burnout, Social Support*