ABSTRAK

Ulfi Tiya Fauziyah. 2024. "Pengaruh *Self Regulated Learning* Dan *Self Efficacy* Terhadap *Academic Burnout* Mahasiswa Pendidikan Ekonomi Universitas Siliwangi (Survey Pada Mahasiswa Pendidikan Ekonomi Angkatan 2019, 2020 dan 2021)". Jurusan Pendidikan Ekonomi, Fakultas Keguruan dan Ilmu Pendidikan Universitas Siliwangi, Tasikmalaya. Dibawah bimbingan Ai Nur Solihat, S.Pd., M.Pd. dan Kurniawan, S.Pd., M.M.

Mahasiswa memiliki beban dan tuntutan akademik yang sama namun dengan tekanan dan harapan yang berbeda, terlebih ketika harus menghadapi situasi dan kondisi perpindahan mobilitas belajar mengajar yang menyebabkan mahasiswa mengalami kejenuhan belajar. Penelitian ini bertujuan untuk mengetahui tingkat academic burnout yang dialami mahasiswa dan sejauh mana self regulated learning dan self efficacy mempengaruhi hal tersebut. Penelitian ini dilakukan pada mahasiswa pendidikan ekonomi universitas siliwangi melalui studi survey pada mahasiswa angkatan 2019, 2020 dan 2021 baik secara parsial maupun simultan. Penelitian ini menggunakan metode penelitian kuantitatif survey dengan desain penelitian survey eksplanatori. Populasi dalam penelitian ini yaitu mahasiswa pendidikan ekonomi universitas siliwangi angkatan 2019, 2020 dan 2021. Adapun teknik pengambilan sampel yang digunakan adalah nonprobability sampling yaitu sampling jenuh dengan jumlah responden sebanyak 282 orang. Teknik pengumpulan data menggunakan kuisioner dan teknik analysis data yang digunakan yaitu analisis regresi linear berganda. Adapun hasil penelitian menunjukan bahwa: 1) self regulated learning berpengaruh secara signifikan terhadap academic burnout dengan nilai signifikansi sebesar 0,003 2) self efficacy berpengaruh secara signifikan terhadap academic burnout dengan nilai signifikansi sebesar 0,015 3) self regulated learning dan self efficacy berpengaruh secara signifikan terhadap academic burnout dengan nilai signifikansi sebesar 0,001.

Kata Kunci: *academic burnout, self regulated learning, self efficacy*

ABSTRACT

Ulfi Tiya Fauziyah 2024. "The Influence of Self Regulated Learning and Self Efficacy on Academic Burnout of Economics Education Students at Siliwangi University (Survey of Economics Education Students Class of 2019, 2020 and 2021)". Department of Economic Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya Under the guidance of Dr. Ai Nur Solihat, S.Pd., M.Pd. and Kurniawan, S.Pd., M.M

Students have the same academic burden and demands but with different pressures and expectations, especially when they have to face the situation and conditions of the transfer of theaching and learning mobility that causes students to experience the learning saturation of the reaserch aims to find out the level of burnout academic experienced by students and the extent to which self regulated learning and self efficacy affects this. This research was conducted on Economic Education Students at Siliwangi University class of 2019, 2020 and 2021 both partially and simultaneously. This research uses a quantitative survey research method with an explanatory survey research design. The population in this research is economics education students at Siliwangi University class of 2019, 2020 and 2021. The sampling technique used is nonprobability sampling, namely saturated sampling with a total of 282 respondents. The data collection technique uses a questionnaire and the data analysis technique used is multiple limear regression analysis. The research results show that 1) self regulated learning has a significant effect on academic burnout with a significance value of 0.003 2) self efficacy has a significant effect on academic burnout with a significance value of 0.015 3) self regulated learning and self efficacy have a significant effect on academic burnout with a significance value of 0.001.

Keywords: academic burnout, self regulated learning, self efficacy