ABSTRACT

Kurniati, Faridah. (2012). The Relationship between Stress and Burnout in the Students of Faculty of Psychology. State Islamic University (UIN) Maulana Malik Ibrahim Malang. Thesis. Advisor: Dr. H. Ahmad Khudori Soleh, M.Ag

Keyword: stress, burnout

Stress is inherent in life which be experienced by anyone in any different levels. It happens in students as well. University students are usually quite identical with lectures and assignments and other which each level of difficulties can be a stressor. Moreover, stress can also exist due to the way of teaching, adaptation, or social, personal and economic relationships, that affect the results of study which is not maximum. Burnout is a feeling of hopelessness and helplessness caused by prolonged stress. Burnout makes the sufferers experience kinds of indication such as emotional tiredness, hopelessness, self isolation from social environment, and dissatisfactory on one’s work. This study answers the following research problems: how is the students level in Faculty of Psychology UIN Maulana Malik Ibrahim Malang, how is students burnout level in Faculty of Psychology UIN Maulana Malik Ibrahim Malang, and is there a relationship between stress and burnout is students of Faculty Psychology UIN Maulana Malik Ibrahim Malang.

This research is conducted with the aim of: (1) determine the students stress level in Faculty of Psychology UIN Maulana Malik Ibrahim Malang (2) determine the students level of burnout in Faculty of Psychology UIN Maulana Malik Ibrahim Malang (3) to determine the relationship between stress and burnout in Faculty of Psychology UIN Maulana Malik Ibrahim Malang.

The design of this study is quantitative correlation. The independent variable of this study is stress (X) and the dependent variable is burnout (Y). The population in this study were all students from Faculty of Psychology UIN Maulana Malik Ibrahim Malang who are still active in the academic year 2011-2012 (796 students) and 10% of the population are taken as the sample (80 students). Samples were taken using a random sampling technique. To test the reliability, validity and the data analysis, the researcher used Pearson Product Moment correlation which was supported by SPSS15.0 for Windows.

The results showed that the level students stress at the Faculty of Psychology UIN Maulana Malik Ibrahim Malang in the low category is 0% with 0 respondents. 3.8% of the respondents or 3 respondents are in medium category. The last which is call high category is around 96.2%, it includes 77 respondents. While, the students level of burnout with the same respondents results with one situation, all 80 respondents are categorized as in the high category, amounting to 100%. Low and medium categories het same percentage that is 0% with 0 respondents. The value of correlation coefficient (r) = 0.686, p = 0.000 with a sample consist of 80 respondents. By this the researcher means that the hypothesis is accepted. There is a significant positive relationship between stress and burnout. There higher students’ stress level, the higher students’ level of burnout in Faculty of Psychology UIN Malang Maulana Malik Ibrahim, and vice versa.