

Abstrak

HUBUNGAN INTERAKSI SOSIAL DAN KEJADIAN *BURNOUT* PADA MAHASISWA JURUSAN KEPERAWATAN UNIVERSITAS JENDERAL SOEDIRMAN

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Latar Belakang: Mahasiswa keperawatan rentan mengalami *burnout*. Salah satu faktor yang berpengaruh terhadap kejadian *burnout* yaitu, interaksi sosial. Penelitian ini bertujuan untuk mengetahui hubungan interaksi sosial dan kejadian *burnout* pada mahasiswa Jurusan Keperawatan Universitas Jenderal Soedirman.

Metodologi: Desain penelitian ini adalah penelitian korelasional dengan pendekatan *cross-sectional*. Besar sampel, yaitu 151 responden dengan teknik *total sampling*. Instrumen dalam penelitian ini, yaitu kuesioner interaksi sosial dan *Maslach Burnout Inventory-Student Survey* (MBI-SS). Analisis data menggunakan distribusi frekuensi dan persentase, serta uji Somers'D.

Hasil Penelitian: Mayoritas responden berjenis kelamin perempuan (92,1%), memilih jurusan sesuai minat (84,1%), dan aktif dalam organisasi/Unit Kegiatan Mahasiswa (UKM) (86,1%). Uji Somers' D menghasilkan nilai $r = -0,366$ dengan nilai signifikansi $p\text{ value} < 0,001$, artinya H_a diterima dan H_0 ditolak. Terdapat hubungan negatif yang signifikan antara interaksi sosial dan kejadian *burnout* pada mahasiswa keperawatan. Semakin baik interaksi sosial maka semakin ringan kejadian *burnout* yang dialami mahasiswa keperawatan.

Kesimpulan: Terdapat hubungan bermakna antara interaksi sosial dan kejadian *burnout* pada mahasiswa Jurusan Keperawatan Universitas Jenderal Soedirman.

Kata Kunci: Interaksi sosial, Kejadian *burnout*, Mahasiswa Keperawatan

Abstract

THE RELATIONSHIP BETWEEN SOCIAL INTERACTION AND BURNOUT INCIDENTS AMONG NURSING STUDENTS AT JENDERAL SOEDIRMAN UNIVERSITY

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Background: Nursing students are susceptible to burnout, and one factor influencing its occurrence of burnout is social interaction. This study aims to determine the relationship between social interaction and burnout incidents among nursing students at Jenderal Soedirman University.

Methodology: This study employed a correlational design with a cross-sectional approach. The sample consisted of 151 respondents selected using a total sampling technique. The instruments used were the Social Interaction Questionnaire and the Maslach Burnout Inventory-Student Survey (MBI-SS). Data were analysis using frequency distributions, percentages, and the Somers'D test.

Results: The majority of respondents were female (92.1%), chose their major based on interests (84.1%), and were active in organizations or Students Activity Units (86.1%). The Somers' D test yielded an r value of -0,366 with a p value < 0.001 , indicating that H_a was accepted and H_0 was rejected. This shows a significant negative relationship between social interaction and burnout among nursing students. The better social interaction can reduce burnout in nursing students.

Conclusion: There is a significant relationship between social interaction and burnout among nursing students at Jenderal Soedirman University.

Keywords: Burnout, Nursing students, Social Interaction