

ABSTRACT

THE RELATIONSHIP BETWEEN SOCIAL COMPARISON AND ACADEMIC BURNOUT AMONG STUDENTS CONDUCTING UNDERGRADUATE THESIS AT THE FACULTY OF HEALTH SCIENCES, UNIVERSITAS JENDERAL SOEDIRMAN

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Background: Students conducting their undergraduate thesis often face high academic demands, which may lead to academic burnout characterized by emotional exhaustion, cynicism, and reduced academic efficacy. Social comparison is one of the factors that may influence this condition, especially when students compare their thesis progress with others. This study purposes to determine the relationship between social comparison and academic burnout among students conducting undergraduate thesis at the Faculty of Health Sciences, Universitas Jenderal Soedirman.

Methodology: This study used a quantitative design with a correlational and cross-sectional approach involving 125 students selected through cluster sampling. The research instruments included Academic Social Comparison Scale (ASCS) to measure social comparison and Thesis Burnout Scale to measure academic burnout. The data were analyzed using Spearman Rank Correlation test

Results: The respondent's ages ranged from 20-23 years old, with a median age of 21 years old and female, coming from all department within the Faculty of Health Sciences, and coming from the 2022 cohort. Most students had a moderate level of social comparison (68%) and academic burnout (69,6%). The analysis showed a significant positive correlation between social comparison and academic burnout ($p < 0,001$; $r=0,327$).

Conclusions: There is a significant relationship between social comparison and academic burnout among students conducting their undergraduate thesis. The higher the tendency in social comparison, the higher the level of academic burnout experienced.

Keywords: academic burnout; social comparison; undergraduate thesis