

**PENGARUH *PERFECTIONISM* DAN *SELF – EFFICACY* TERHADAP
ACADEMIC BURNOUT PADA MAHASISWA TINGKAT AKHIR DI UIN
SUNAN AMPEL SURABAYA**

SKRIPSI



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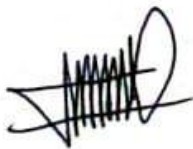
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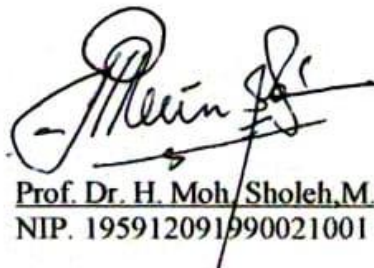
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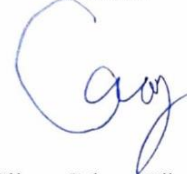
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ABSTRACT

This study aims to examine the influence of perfectionism and self-efficacy on academic burnout among final-year students at UIN Sunan Ampel Surabaya. Academic burnout refers to a condition of academic exhaustion characterized by emotional fatigue, cynical attitudes toward academic activities, and a decreased sense of personal accomplishment due to prolonged academic pressure. This study employed a quantitative approach using multiple linear regression analysis. The population of this study consisted of final-year students at UIN Sunan Ampel Surabaya in their ninth semester or above who were working on their thesis or final project. The instruments used in this study included the Academic Burnout Scale, the Self-efficacy Scale, and the Perfectionism Scale. The results showed that perfectionism had a positive influence on academic burnout, indicating that higher levels of perfectionism were associated with a higher tendency to experience academic burnout. In contrast, self-efficacy had a negative influence on academic burnout, indicating that higher levels of self-efficacy were associated with a lower tendency to experience academic burnout. Together, perfectionism and self-efficacy influenced academic burnout among final-year students. The implication of this study highlights the importance of preventing academic burnout by helping students develop more realistic personal standards, strengthen their confidence in their own abilities, and receive adequate academic support during the process of completing their thesis or final project.

Keywords: *perfectionism, self-efficacy, academic burnout, final-year students.*

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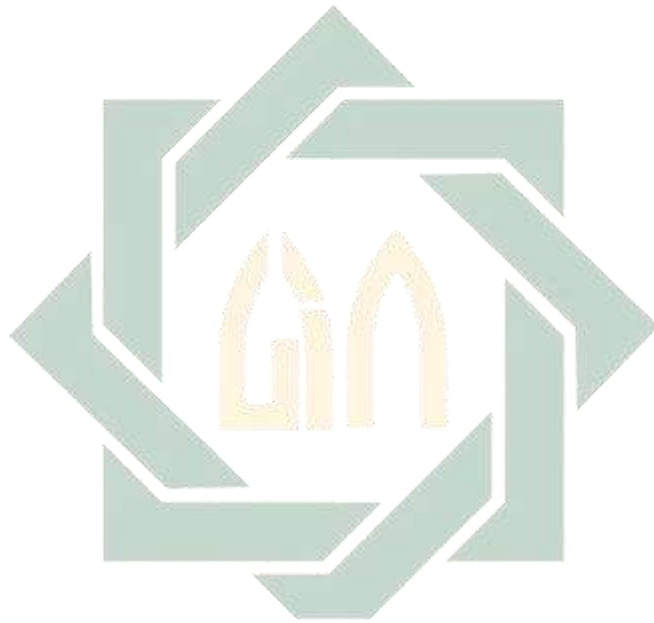
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