The Relationship between Self-Esteem and Academic Burnout in Students of SMPN 5 Jambi City

Asih Sukasih[1] Yanto[2] Freddi Sarman[3]
Guidance and Counselling Study Program, Faculty of Teacher Training and Education,
Universitas Jambi, Jambi City, Jambi Province, Indonesia[1,2,3]
Email: asihsukasih12@gmail.com[1] freddisarman@unja.ac.id[3]

Abstract

Based on the background of the problem, the phenomenon of academic burnout among students is a serious concern in Indonesia. Academic burnout is a condition experienced by individuals due to high academic demands resulting in fatigue, apathy towards academics, and a decrease in academic achievement. One of the causes of academic burnout is the individual's lack of confidence in his abilities. This research aims to show that there is a relationship between self-esteem and academic burnout of students at SMPN 5 Jambi City. This research is limited to academic burnout which has aspects of Exhaustion, Cynicism, and Reduced academic efficacy. Self-esteem which consists of competence and worthiness. The sample in this research was 285 students. This research uses research instruments in the form of an academic burnout scale and a self-esteem scale with the selection of answer options using a Likert scale. This research applies a quantitative approach in this type of research, namely correlation using product moments with the aim of finding out the relationship between academic burnout and self-esteem. The research results show that there is a significant relationship between academic burnout and negative self-esteem. Negative in this case, if the level of self-esteem is high then the level of academic burnout is low, and vice versa. The correlation analysis obtained was 0.573 which was included in the moderate or adequate relationship category. Analysis of the percentage of academic burnout was found to be 58% which is included in the medium category. Meanwhile, the self-esteem analysis obtained was 66.75% which was included in the high category. Thus it gets higher *self-esteem*, the lower *the academic burnout* of SMPN 5 Kota students.

**Keywords:** *Academic Burnout, Self-Esteem*

INTRODUCTION

Education is an important factor in efforts to advance a nation, because through education, new things are obtained that will form quality human resources. The definition of education has been included in Law of the Republic of Indonesia Number 20 of 2003 concerning the National Education System that: Education is a conscious and planned effort to create a learning atmosphere and learning process so that students actively develop their potential to have religious spiritual strength, self-control, personality, intelligence, noble morals, and skills needed by himself, society, nation and state. Education can be defined as a process and system involving transferring knowledge, transferring skills, transforming values, and forming and developing students' personalities with all their aspects. The process of transferring knowledge in education is carried out through learning. Learning is a process or a form of effort by an individual to obtain a change in behavior, both in the form of knowledge, skills, attitudes and positive values as an experience of various things that have been learned during education. There are two factors that have an influence on learning success, namely factors from within the individual himself (internal) and factors from outside (external). Slameto, (2015:54) states that internal factors are the main factors that not only hinder learning but also motivate achievement. These factors include physical factors, psychological factors, and fatigue factors.

So internal factors are very important so that even though students are supported in their learning by the environment, if they are physically unwell, psychologically stressed, tired, the learning process will not be optimal. Learning certainly has demands from the academic assignments given by the school, which are often not balanced with students' abilities, which can cause psychological stress and fatigue, resulting in academic burnout. Burnout is one of the negative emotions that is likely to arise in learning activities which can have an impact on the results obtained (Pekrun et al., 2007:32) . Schaufeli et al., (2002: 465) describe Academic burnout as a feeling of tiredness caused by academic demands, resulting in cynicism, apathy towards academic tasks and feelings of incompetence as students. There are several studies that indicate that the problem of academic burnout among students is a serious concern in Indonesia because it can have an impact on students' future. Zuhra, (2021:71) found that the condition of students in classes VIII-I AND VIII-II of SMP Negeri 1 Lembah Seulawah was 53 students with the following level of academic burnout:

Figure 1. Results of Academic Burnout Research in the Seulawah Valley
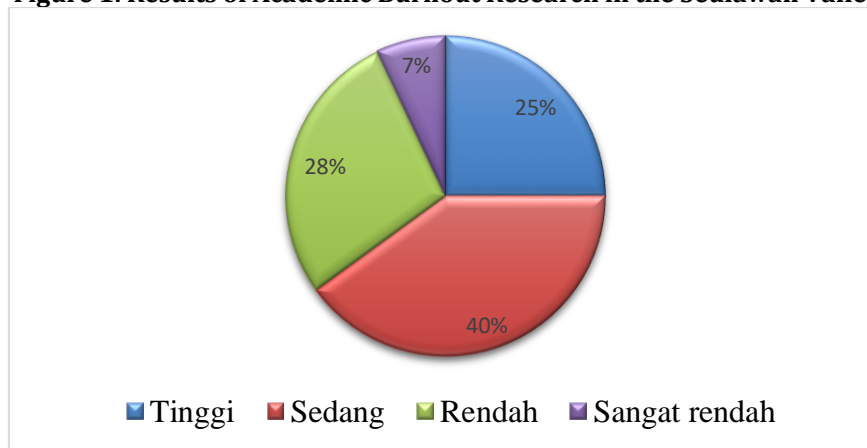
An interview with the Guidance and Counseling teacher at SMPN 5 Jambi City on July 13 2023 provided a statement that the symptoms of academic burnout in students at SMPN 5 Jambi City were found from the process of teaching and learning activities, such as reports from subject teachers regarding students who had difficulty concentrating, were reluctant doing assignments, lazy and apathetic towards lessons. Apart from that, symptoms of academic burnout at SMPN 5 Jambi City students can also be seen from the problems handled by Guidance and Counseling Teachers, namely absenteeism during learning hours, where when we investigated the reasons for skipping class, one of them was boredom and boredom. The Guidance and Counseling Teacher at SMPN 5 Jambi City stated that the academic burnout experienced by students really disrupts learning activities and affects their academic results, and stated that the academic burnout that occurs in students at SMPN 5 Jambi City is triggered by several factors, including environmental factors at home. , peer factors and factors from within the individual himself. The researcher has carried out observations twice, namely the first unstructured observation during the researcher's educational internship at SMPN 5 Jambi City, then the second structured observation on January 16 2024. The results of the observation stated that quite a lot of students experienced academic burnout such as difficulty concentrating during class hours, often yawning, lethargy and lack of enthusiasm during class hours which is indicated by propping the head on the table which is part of exhaustion (emotional fatigue). Students are also indicated to be passive in quizzes or question and answer activities by the teacher, which is an indication of cynicism.

Zhang, Gan & Cham (in Lian et al., 2014: 1) state that there are several factors that can influence academic burnout, namely external environmental factors that cause academic burnout itself and individual factors which are individual characteristics, namely self-efficacy, self-esteem, locus of control, and trait anxiety. According to Mruk, (2013:1–27) self-esteem is defined as a self-evaluation carried out by an individual and how the individual views himself, especially in terms of accepting, rejecting and how much the individual believes in his abilities, significance, success and worth (in facing life's challenges) in an appropriate and appropriate manner from time to time. Individuals who evaluate themselves positively will develop high self-esteem and vice versa. Individuals who have a high level of self-esteem will be adept at facing or carrying out academic tasks well compared to individuals with a low level of self-esteem, which is because individuals with a high level of self-esteem see and assess themselves as valuable individuals and thus believe themselves to be the embodiment of competence. which is useful in perfecting academic assignments and achieving academic achievements. Lawrence stated that individuals with a high level of self-esteem are classified as confident in social situations and also confident in dealing with academic tasks, and maintain their natural curiosity in learning and have enthusiasm and enthusiasm for facing new challenges (Happy & Bondan Widjajanti, 2014 :49–50) . Lawrence also stated that individuals with low levels of self-esteem actually avoid situations that have the potential to make them feel embarrassed in front of other people (Happy & Bondan Widjajanti, 2014: 49–50) . So it can be understood that if the level of self-esteem in an individual is low then there tends to be high academic burnout.

Based on the background explanation above, the research aims to prove the relationship between self-esteem and academic burnout in students. This research is interesting to carry out because academic burnout is one of the problems that needs to be overcome by Guidance and Counseling Teachers. In order for this research to be more focused, the researcher provides limitations to the research, namely Academic burnout in this research for all students who have experienced academic burnout, viewed in terms of exhaustion, Cynicism, and reduced academic efficacy. Self-esteem in this research is competence and worthiness , the students in this research were all students of SMPN 5 Jambi City without any research sample criteria, the research location was carried out at SMPN 5 Jambi City. The problem formulation for this research is what is the level of academic burnout among students at SMPN 5 Jambi City? What is the level of self-esteem among students at SMPN 5 Jambi City? Is there a significant relationship between self-esteem and academic burnout in students at SMPN 5 Jambi City? This research aims to determine the level of academic burnout in students of SMPN 5 Jambi City, to determine the level of self-esteem in students of SMPN 5 Jambi City, to determine the significant relationship between self-esteem and academic burnout in students of SMPN 5 Jambi City. .

RESEARCH METHODS

The approach in this research uses a quantitative approach because this research carries out theory tests and uses instruments in collecting research data. Sutja et al., (2017) revealed that quantitative research is research that usually tests theories using instruments, processing data based on numbers or additions in order to draw conclusions deductively, namely from general to specific. Meanwhile, this type of research is correlational research which looks for the relationship between two variables. It is stated in Sutja et al., (2017) that correlational research is research which aims to find conclusions which are carried out by processing data from the existence of close relationships or mutual attachments. exists between two or more variables. According to Sutja et al., (2017) data type is a representation of the form of data that will be collected. Sutja et al., (2017) also revealed that there are 2 types of data, namely primary and secondary, where primary data is data that is taken directly from the source or respondent by the researcher, while secondary data is data that is collected indirectly. from the data source,

but instead uses other people as data sources. In this research, primary data is used, namely from students as respondents or direct data sources. Sutja et al., (2017) stated that data collection tools refer to the instruments used. Data collection tools are divided into 2 types, namely tests such as psychological tests, learning tool tests, and non-tests such as questionnaires, questionnaires, observation sheets and interview guides. Sutja et al., (2017) .

Data collection tools in this research used the academic burnout scale and self-esteem scale. The instrument in this research was first tested on 60 respondents and then tested for validity and reliability to produce a good instrument with the help of SPSS Statistics v23. The validity results of the academic burnout instrument provide 31 valid items out of 32 items, then the self-esteem instrument produces 27 valid items out of 37 items. The reliability test produces Cronbach's Alpha $0.901 \geq 0.70$ for the academic burnout instrument, and $0.792 \geq 0.70$ for the self-esteem instrument so it can be said to be reliable. Then, this research uses data analysis techniques in the form of normality tests, linearity tests and correlation tests.

RESEARCH RESULTS AND DISCUSSION
Research Results
Descriptive Analysis of Academic Burnout Levels

Based on the tabulation results that have been carried out from the results of research on respondents of 285 students taken by random sampling, the following data were obtained:

Table 1. Categories of Academic Burnout Level

No	Percentage	Tiers	Frequency	%
1	89-100	Very high	3	1%
2	88-60	Tall	126	44%
3	41-59	Currently	138	48%
4	12-40	Low	18	6%
5	<12	Very low	0	0%
Total			285	100%

The table above shows that the academic burnout level of students at SMPN 5 Jambi City is in the very high category with a total frequency of 3 respondents which is a percentage of 1%, the high category is 126 respondents, namely 44%, the medium category is 138 respondents, namely 48%, the low category is 18 respondents or 6% and the very low category was 0 respondents or 0%.

Table 2. Descriptions of Academic Burnout Levels

No	Indicator	Ideal	Min	Max	Mean	∑	%	Note
1	Fatigue (Exhaustion) (11)	55	12	55	33.3	9459	60.34	Tall
3	Cynicism (13)	65	15	61	35.6	10138	54.73	Currently
3	Decrease in academic confidence (reduced academic efficacy) (7)	35	7	35	20.9	5964	59.8	Currently
	Overall (31)	155	34	151	80.7	79238	58	Currently

Based on the table above, it can be stated that the academic burnout level of students at SMPN 5 Jambi City based on the exhaustion indicator obtained a percentage of 60.34% which is categorized as high. In the indicator of cynicism, the percentage obtained was 54.73%, which was in the medium category, and the indicator of reduced academic confidence (reduced academic efficacy) was obtained at 59.8%, which was included in the medium category. Overall, the percentage obtained was 58% which was included in the medium category. It can be concluded that the academic burnout level of students at SMPN 5 Jambi City is in the medium category.

Descriptive Analysis of Self-Esteem Levels

In general, the research results illustrate that the level of *self-esteem* of students at SMPN 5 Jambi City is in the high category. The following is an interpretation of *self-esteem levels* based on frequency:

Table 3. Categories of Self-Esteem Level

No	Percentage	Tiers	Frequency	%
1	89-100	Very high	2	0.7%
2	88-60	Tall	246	86.3%
3	41-59	Currently	36	12.6%
4	12-40	Low	1	0.4%
5	<12	Very low	0	0%
Total			285	100%

The table above states that *the self-esteem* of students at SMPN 5 Jambi City is in the very high category with a frequency of 2 respondents or 0.7%, as many as 246 respondents are in the high category which is a percentage of 86.3%, in the medium category there are 36 respondents or 12 .6%, and the low category had 1 respondent or 0.4% and the very low category had 0 respondents or 0%.

Table 4. Descriptions of Academic Burnout Levels

No	Indicator	Ideal	Min	Max	Mean	$\sum$	%	Note
1	*Competence* (Competence)	100	33	95	65.2	18788	65.92	Tall
2	*Worthiness* (Feasibility)	35	10	34	24.19	6894	60.11	Tall
	Whole	135	43	129	90.11	25682	66.75	Tall

Based on the table above, it can be seen that the level of *self-esteem* of students at SMPN 5 Jambi City based on the *competency indicator* is 65.92% which is categorized as high, and then on the *worthiness indicator* the result is 60.11% which is in the high category. So overall the results obtained were 66.75% which was categorized as high. It can be concluded that the level of *self-esteem* of students at SMPN 5 Jambi City is in the high category.

Table 5. Normality Test
One-Sample Kolmogorov-Smirnov Test

		Unstandardized Residuals
N		285
Normal Parameters, b	Mean	,0000000
	Std. Deviation	14.66005358
Most Extreme Differences	Absolute	,038
	Positive	,038
	Negative	-,037
Statistical Tests		,038
Asymp. Sig. (2-tailed)		,200c,d

Based on the information contained in the table above, it can be understood that the asymptotically significant value (asymp.Sig) is 0.200, so based on the criteria for interpreting normal data, it can be stated that the residual data has a normal distribution because 0.200 ≥ 0.05.

Table 6. Linearity Tests

ANOVA Table							
				Sum of Squares	df	Mean Square	F	Sig.
			(Combined)	42236,887	53	796,922	3,783	,000

Academic Burnout * Self-Esteem	Between Groups	Linearity	29858,730	1	29858,730	141,751	,000
		Deviation from Linearity	12378,156	52	238,041	1,130	,269
		Within Groups	48658,321	231	210,642		
		Total	90895,207	284			

The linearity test is carried out to determine whether the variables are related in the same direction or not or whether there is a linear relationship, provided that the asymptotic significance result is <0.05, then the relationship between the variables is linear. It is known from the table above that the sig.Linearity value is 0.000 ≤ 0.05, so it can be stated that the data distribution is linear between the variables academic burnout and self-esteem.

Table 7. Correlation Test

Correlations			Self-Esteem	Academic Burnout
Self-Esteem		Pearson Correlation	1	-.573**
		Sig. (2-tailed)		,000
		N	285	285
Academic Burnout		Pearson Correlation	-.573**	1
		Sig. (2-tailed)	,000	
		N	285	285
**. Correlation is significant at the 0.01 level (2-tailed).				

Based on the table above, it can be understood that the Sig. namely 0.000 ≤ 0.05 so that the academic burnout variable and self-esteem have a correlation. Then at a significance level of 5% with N 285, r_{tabel} 0.138 is obtained. The above states that the calculated r value is 573 so it is declared $r_{hitung} \geq r_{tabel}$, namely 573 ≥ 0.138. If this value is interpreted using interpretation guidelines, it is in the criteria of moderate correlation or adequate relationship because the r value is in the range of 0.41 – 0.70.

Discussion

In this section, the answer to the problem formulation described in chapter I is explained. The results of research on 285 students of SMPN 5 Jambi City obtained the following results: The first problem formulation is "What is the level of academic burnout among students at SMPN 5 Jambi City?". It can be answered after research and data analysis results that the academic burnout level of students at SMPN 5 Jambi City is in the medium category, namely 58%. The academic burnout level of students at SMPN 5 Jambi City based on the exhaustion indicator obtained the highest percentage compared to other indicators, namely 60.34% which was categorized as high. In the indicator of cynicism, the percentage obtained was 54.73%, which was in the medium category, and the indicator of reduced academic confidence (reduced academic efficacy) was obtained at 59.8%, which was included in the medium category. Currently, students have many demands for academic and non-academic studies, where the learning process requires physical, psychological and intellectual readiness. Academic demands are getting higher and higher due to the development of educational science, and outside of academics, students face demands from their families and the social environment.

May stated that burnout ultimately causes reduced concentration, success in solving problems, changes in contribution to academics, and academic burnout has a negative impact on school performance, health and personal well-being (Serafica & Muria, 2023:669) . Maslach et al., (2001:403) stated that one of the dimensions of academic burnout, namely exhaustion or fatigue, is the first response to stress caused by work. In this study, the indicator of exhaustion had the highest percentage. Hu & Schaufeli, (2009:394) stated that exhaustion is a feeling of

severe fatigue due to running out of emotional resources caused by learning demands, which was stated by Schaufeli et al. ., (2009:213) Exhaustion has symptoms of fatigue including difficulty concentrating, difficulty dealing with stress, irritability, unstable emotions, sleep disturbances, muscle aches, dizziness and heart palpitations. Some of the symptoms of fatigue can be seen directly, such as the results of interviews with Guidance and Counseling teachers in the initial research study that Guidance and Counseling teachers received complaints from subject teachers that students had difficulty concentrating during class time. This is in line with research by Ilhanda, (2021) that fatigue has an influence on students' learning concentration.

The second problem formulation is "What is the level of self-esteem among students at SMPN 5 Jambi City?". It can be answered after conducting research and the results of data analysis that the level of self-esteem of students at SMPN 5 Jambi City is in the high category with an overall achievement of 66.85%, where based on the competence indicator the result is 65.92% which is categorized as high, and then On the worthiness indicator, a result of 60.11% was obtained, which was in the high category. The research results show that the competency indicator obtained a result of 65.92% which is in the high category, this means that students can face challenges and tasks. According to Coopersmith in Suhron, (2016:27–28) individuals who have high self-esteem are individuals who are active and can express themselves well, are successful in academics and are successful in life and social relationships, can accommodate suggestions well, individuals those with high self-esteem also have confidence in their own perceptions and reactions, do not focus on themselves or only think about themselves, have self-confidence, do not base them on fantasy, have abilities and skills with high self-quality, ignore other people's judgments related to his personality, he can adapt easily to a pleasant atmosphere, therefore his anxiety level is low and he is balanced in his self-resilience. It is important for students to have a high level of self-esteem because high self-esteem can reduce students from doing negative things in order to achieve achievement (Refnadi, 2018: 17) . Owens, Stryker & Goodman stated that low self-esteem can cause an individual to have various social or psychological problems because individuals with low self-esteem will be susceptible to negative influences from the environment, individuals with low self-esteem need recognition and status in deviant activities. (Refnadi, 2018:17) . Self-esteem is important for students because it is one of the factors that determine success in life, because through self-evaluation or self-assessment, individuals change and develop the skills and abilities they have. The importance of self-esteem was also expressed by Maslow, namely that self-esteem is a human need that must be fulfilled (Refnadi, 2018: 18).

The third problem formulation is: Is there a significant relationship between self-esteem and academic burnout in students at SMPN 5 Jambi City? The research results stated that there was a significant negative relationship between self-esteem and academic burnout in students at SMPN 5 Jambi City. Being negative means that the direction that occurs in the relationship is not in the same direction, if students have high self-esteem then their level of academic burnout will tend to be low, and if students have a low level of self-esteem then their level of academic burnout will tend to be high . According to Wang, teenagers with high self-esteem will not be susceptible to negative things because they tend to consider themselves competent (Jiang et al., 2021:385) . Endez stated that a high level of self-esteem can act as a buffer for depressive reactions by breaking the bond with burnout, and conversely that individuals with low self-esteem cannot reduce the bad effects of burnout (Jiang et al., 2021:385). The existence of high self-esteem illustrates that individuals like, respect and accept themselves as individuals who have meaning and are valuable so that this is realized in the form of academic success, in line with Colquhoun & Bourne's statement that there is a correlation between self-esteem and academic achievement, and vice versa. (Hidayat & Perdana, 2019:2) . So individuals who have

high self-esteem tend to be able to face obstacles in their academic fields because they are not susceptible to negative things and are competent as individuals. Individuals with high self-esteem can ward off burnout because they have the motivation to achieve, as stated by Li, self-esteem. -esteem increases motivation to achieve academic achievement (Gallardo et al., 2022:2) .

CONCLUSION

Based on the results of research that has been carried out on students at SMPN 5 Jambi City and the discussion above, it can be concluded that the academic burnout level of students at SMPN 5 Jambi City is in the medium category, namely 58%. The level of self-esteem of students at SMPN 5 Jambi City is in the high category, namely 66.85%. Self-esteem and academic burnout of students at SMPN 5 Jambi City were concluded to have a relationship or correlation because the Sig. namely $0.000 \leq 0.05$. Then we obtained a calculated r of 0.573 which was interpreted as being in the criteria of moderate correlation or adequate relationship because the r value was in the range 0.41 – 0.70. There is a negative sign (-), which means that there is a significant negative or unidirectional relationship, which means that if self-esteem is high, academic burnout tends to be low, and conversely, if self-esteem is low, academic burnout tends to be high.

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