The Effect of Social Support on Academic Burnout of Final Year Students of the Undergraduate Nursing Study Program at Harapan Bangsa University

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ABSTRACT
Student burnout can lead to feelings of helplessness, loss of attention or avoidance of the learning environment, and dropping out of dreams. This condition can occur due to excessive workload or continuous academic demands. This creates stress and negatively impacts mental health. This study aims to determine how social support impacts the academic boredom of undergraduate nursing study program students at Harapan Bangsa University.

This study conducted correlation descriptive research using a cross-sectional approach. The total sampling involved 84 students. To measure social support, Interpersonal Support Evaluation List (ISEL) scale questionnaires and academic boredom were used, with the Maslach Burnout Inventory-Student Survey (MBI-SS) questionnaire. For analysis, the Spearman rank test is used. The results showed that students experienced academic burnout. The final level of the Nursing Study Program The Bachelor Program at Harapan Bangsa University is the most dominant with the medium category (67.9%). Social support for final-year students of the Undergraduate Nursing Study Program at Harapan Bangsa University is the most dominant in the medium category (65.5%). The conclusion is that there is a relationship with p value 0.009 (p < 0.05), the level of academic fatigue of Nursing students of the Undergraduate Program of Universitas Harapan Bangsa.

Keywords: Academic Burnout, Social Support, Student

INTRODUCTION
Students as one of the academic community at the university are obliged to complete according to the study load based on applicable academic regulations, such as attending lectures, and practicums, and completing academic tasks that are heavier than those carried out by students at school can cause stress, physical and emotional fatigue, and academic burnout. (Muflihah & Savira, 2021).

Lopez & Garcia, (2019) Final-year students in semester 8 may experience the feeling that college is just a waste of time; they may feel that they lack the ability to complete assignments, take exams or get busy after college; become less interested in their hobbies; and become less socializing with friends and family.

Academic fatigue leads to decreased academic performance, a negative view of the university, and a sense of inefficiency as a student. (Fun et al., 2021). Missing college, not doing well on assignments, getting unsatisfactory exam results, disharmony in the environment, and, at worst, dropping out of university without
social assistance. In addition to the effects of Burnout final year 8 students are prone to deviant behavior such as smoking and other negative behaviors Alinkasari (Orpina &; Prahara, 2019).

According to the results of the study Simbolon &; Simbolon, (2021) A 2020 study of 110 students of Stikes Santa Elisabeth Medan found that 57 of them (51.8%) experienced mild levels of academic burnout. The results showed that respondents believed they were still in the mild category about the level of academic burnout they experienced.

Based on the results of interviews with final-year students of the 8th-semester nursing study program at Harapan Bangsa University, students tend to experience academic burnout. Confession from the resource person said that nursing students tend to experience academic burnout caused by several factors including having a burden in working on dateline tasks, doing final projects in the form of thesis preparation, PI implementation, and social support factors which are in the form of lack of support from family, peers, and closest people. A person can receive feelings of self-control, a sense of security, and comfort when they realize the importance of social assistance. These feelings help them live a better life in the future. When final year students, social support is very important (Taylor, 2009).

The purpose of the study was to determine the effect of social support on academic burnout of final year students of the Undergraduate Nursing Study Program at Harapan Bangsa University.

METHOD

This study used descriptive correlation with a cross-sectional approach. This research was conducted at Harapan Bangsa University. In all, 84 students were sampled. For this study, students must be active nursing students at Universitas Harapan Bangsa class of 2019, willing to be respondents, and healthy. Class of 2019 Universitas Harapan Bangsa students who have not graduated, sick students, and students who are not willing to be respondents were selected to fill out questionnaires through Google Forms.

This study used two questionnaires, namely the Interpersonal Support Evaluation List (ISEL) consisting of 31 questions with indicators of Appraisal support, Belonging support, Tangible support, and Self-esteem. Then the Maslach Burnout Inventory-Student Survey (MBI-SS) questionnaire consisting of 14 questions with indicators of emotional exhaustion, depersonalization, low self-achievement, inefficacy/reduced personal accomplishment.

To conduct univariate and bivariate analysis, spearman rank tests were used, the Ethics Committee of Universitas Harapan Bangsa conducted an ethical test with letter number B.LPPM-UHB/2125/07/2023.

DISCUSSION

This research was conducted at Harapan Bangsa University in July 2023 and consisted of 84 students. The sampling technique uses total sampling, and the data analysis uses univariate and bivariate tests with Spearman rank tests. as follows:

<table>
<thead>
<tr>
<th>Social Support</th>
<th>f</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>10</td>
<td>11.9</td>
</tr>
<tr>
<td>Keep</td>
<td>55</td>
<td>65.5</td>
</tr>
<tr>
<td>Good</td>
<td>19</td>
<td>22.6</td>
</tr>
<tr>
<td>Total</td>
<td>84</td>
<td>100</td>
</tr>
</tbody>
</table>

Based on Table 1, it can be described that social support for final-year students of the Undergraduate Nursing Study Program at Harapan Bangsa University is the most dominant with a medium category of 55 respondents (65.5%).
Table 2. Academic burnout frequency distribution

<table>
<thead>
<tr>
<th>Academic Burnout</th>
<th>f</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>7</td>
<td>8.3</td>
</tr>
<tr>
<td>Keep</td>
<td>57</td>
<td>67.9</td>
</tr>
<tr>
<td>Good</td>
<td>20</td>
<td>23.8</td>
</tr>
<tr>
<td>Total</td>
<td>84</td>
<td>100</td>
</tr>
</tbody>
</table>

Table 3. Social support frequency distribution associated with academic burnout

<table>
<thead>
<tr>
<th>Social Support</th>
<th>Academic Burnout</th>
<th>p-value</th>
<th>CC</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Low</td>
<td>Keep</td>
<td>Tall</td>
</tr>
<tr>
<td>Low</td>
<td>3</td>
<td>3.6</td>
<td>6</td>
</tr>
<tr>
<td>Keep</td>
<td>3</td>
<td>3.6</td>
<td>41</td>
</tr>
<tr>
<td>Good</td>
<td>1</td>
<td>1.2</td>
<td>10</td>
</tr>
</tbody>
</table>

As many as 41 of the respondents in the moderate category (48.8%) said they experienced academic fatigue. The results of Spearman rank analysis show that there is a p-value of 0.009 (p < 0.05) with CC 0.283, which indicates that H0 is rejected and Ha is accepted. This shows that there is a supportive social relationship with academic closeness.

Based on Table 1 of the questionnaire analysis results, it was found that the item that received the highest score on statement item no. 7 was about only a few people I trusted to be able to solve the problem and was a positive question that explained the Appraisal aspect. While the statement on no. 24 also has the same score value, which is about me having someone proud of my achievements. This statement is a positive question that explains the aspect of self-esteem. Peers, who are an important social group for adolescents in addition to their parents, are the closest group that can provide social support to individuals. To make people happy and solve problems, social assistance is necessary.

Taylor in King (2006) also indicates three types of social assistance: first, emotional attention shown through gratitude, compassion, or empathy; second, providing instrumental assistance, such as providing goods and services; and third, providing information about stressful conditions. If relevant to his self-assessment, Based on Table 2 of the results of the questionnaire analysis, it was found that on academic burnout who got the highest score on question item no. 14 was about I feel confident I can complete my coursework in class. Items question It is included in the question unfavorable which is an indicator of Inefficacy/ Reduced personal accomplishment, which means students believe that they are not capable of completing coursework. Every student who was given a task felt that the task was very heavy, so they became insecure and felt unable to complete it. The statement item that got the lowest score was in statement item no. 10, which was about I was increasingly unsure that my lecture was worthwhile. The question is a question favorable and is an indicator of Inefficacy/ Reduced personal accomplishment, Which means students are convinced of the many benefits of the course being undertaken. Muflihah & Savira, (2021) Explain that such conditions may occur in students. This condition can be caused by excessive academic demands or a constant load. This condition causes stress, which impacts mental health and academic performance.

Based on Table 3, the results showed that the medium category of social support had a medium category of academic burnout in as many as 41 respondents (48.8%). Based on the results of Spearman rank analysis shows that p value 0.009 (p < 0.05), which means h0 rejected and Ha accepted, there is a relationship between social support and academic fatigue of Undergraduate Nursing Program students at Harapan Bangsa University.

Researchers assume that social support is one of the factors associated with academic burnout in students, especially semester VIII students. This is because social support is also very important when students in the final year such as these students need a place to talk about college life such as obstacles faced in completing college assignments and final projects which is one of the reasons why people feel tired.
CONCLUSION
Final-year students of the Bachelor of Nursing Program at Universitas Harapan Bangsa most often experience academic burnout, with the majority being in the moderate category (67.9%) and getting social support most often being in the medium category (65.5%). There is a link between academic burnout and social support.

REFERENCES