

The Impact of Academic Burnout on the Establishment of Academic Resilience in a Prospective Counselor.

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ABSTRACT

Academic resilience is needed by students to deal with increasing academic demands. The aim of this research is to determine the relationship between academic burnout and student academic resilience. The research method used is a correlation to determine the relationship between academic burnout and student academic resilience. The research sample was 100-200 students and data were collected using the academic burnout and academic resilience scales. The sample selection technique uses convenience sampling. The data analysis used is product moment. The research results show that the higher an individual's academic burnout, the lower their academic resilience. On the Contrary, the higher the academic resilience an individual has, the lower the academic burnout they experience.

Kata Kunci: Academic Burnout, Academic Resilience, Correlation, Yogyakarta