

ABSTRAK

Berdasarkan hasil wawancara terdapat beberapa siswa kelas 3 di Pondok Pesantren Al-Qur'an Al-Falah 2 Nagreg Bandung yang menunjukkan ciri-ciri pada fenomena *self control* dan *academic burnout*. Tujuan dari penelitian ini yaitu untuk mengetahui bagaimana hubungan *self control* dengan *academic burnout* pada siswa kelas 3 di Pondok Pesantren Al-Qur'an Al-Falah 2 Nagreg Bandung. Responden dalam penelitian ini berjumlah 136 siswa (72 siswa laki-laki dan 64 siswa perempuan). Seluruh responden merupakan siswa kelas 3 di Pondok Pesantren Al-Qur'an Al-Falah 2 Nagreg Bandung. Teknik pengambilan sample yang digunakan dalam penelitian ini yaitu dengan menggunakan *convenience sampling*. Metode pengumpulan data menggunakan kuesioner yang disajikan dalam bentuk *paper and pencil* dengan menggunakan dua alat ukur, yaitu alat ukur *self control* dan alat ukur *academic burnout*. Teknik analisis data dalam penelitian ini menggunakan analisis korelasi *product momen* dengan bantuan SPSS (*Statistical Program for Social Science*) version 25 for Windows. Berdasarkan hasil analisis data, terdapat hubungan negatif antara *self control* dengan *academic burnout* pada siswa kelas 3 di Pondok Pesantren Al-Qur'an Al-Falah 2 Nagreg Bandung. Dengan artian apabila tingkat *self control* pada siswa tinggi, maka *academic burnout* pada siswa akan rendah. Begitu juga sebaliknya, apabila tingkat *self control* pada siswa rendah, maka *academic burnout* pada siswa tinggi.

Kata Kunci: *Self Control, Academic Burnout, Pondok Pesantren*

ABSTRACT

Based on the results of interviews, there were several grade 3 students at Al-Qur'an Islamic Boarding School Al-Falah 2 Nagreg Bandung who showed characteristics of the phenomena of self-control and academic burnout. The aim of this research is to find out the relationship between self-control and academic burnout in grade 3 students at Al-Qur'an Islamic Boarding School Al-Falah 2 Nagreg Bandung. The respondents in this study were 136 students (72 male students and 64 female students). All respondents were grade 3 students at Al-Qur'an Islamic Boarding School Al-Falah 2 Nagreg Bandung. The sampling technique used in this research was convenience sampling. The data collection method uses a questionnaire presented in paper and pencil form using two measuring instruments, namely a self-control measuring instrument and an academic burnout measuring instrument. The data analysis technique in this research uses product moment correlation analysis with the help of SPSS (Statistical Program for Social Science) version 25 for Windows. Based on the results of data analysis, there is a negative relationship between self-control and academic burnout in grade 3 students at Al-Qur'an Islamic Boarding School Al-Falah 2 Nagreg Bandung. This means that if the level of self-control in students is high, then academic burnout in students will be low. Vice versa, if the level of self-control in students is low, then academic burnout in students is high.

Keywords: *Self control, Academic burnout, Islamic boarding school*