

ABSTRAK

Fenomena mahasiswa yang juga berstatus sebagai karyawan semakin umum terjadi, terutama di Jawa Barat, provinsi dengan tingkat industrialisasi tertinggi di Indonesia. Kondisi peran ganda ini sering kali memicu *work-study conflict*, sebuah kondisi di mana tuntutan pekerjaan dan akademik saling bertentangan. Konflik ini berpotensi menyebabkan kelelahan, stres, dan bahkan *academic burnout*. Penelitian ini bertujuan untuk menguji pengaruh *work-study conflict* terhadap *academic burnout* pada mahasiswa kelas karyawan di Jawa Barat. Penelitian kuantitatif ini melibatkan 142 responden mahasiswa kelas karyawan di Jawa Barat. Pengambilan sampel dilakukan dengan metode non-probability sampling jenis purposive sampling. Alat ukur yang digunakan adalah skala Work Study Conflict dari Markel & Frone (1998) dan *Maslach Burnout Inventory-Student Survey* dari Maslach & Jackson (1981). Analisis data menggunakan regresi linear sederhana dengan bantuan IBM SPSS 25 for Windows. Hasil penelitian menunjukkan bahwa *work-study conflict* memiliki pengaruh positif dan signifikan terhadap *academic burnout*. Nilai *R-Square* sebesar 0,134 menunjukkan bahwa 13,4% variasi *academic burnout* dapat dijelaskan oleh *work-study conflict*. Pengaruh ini ditemukan sedikit lebih besar pada mahasiswa perempuan ($R^2=0,140$) dibandingkan mahasiswa laki-laki ($R^2=0,124$). Penelitian ini membuktikan bahwa *work-study conflict* adalah prediktor yang valid untuk *academic burnout* pada mahasiswa kelas karyawan di Jawa Barat. Temuan ini menegaskan pentingnya mengelola konflik antara pekerjaan dan studi sebagai faktor risiko utama kelelahan akademik, terutama bagi perempuan yang lebih rentan terhadap konflik peran ganda.

Kata Kunci: *Work Study Conflict*, *Academic Burnout*, Mahasiswa Kelas Karyawan, Jawa Barat.

ABSTRACT

The phenomenon of students who are also employees is becoming increasingly common, especially in West Java, the province with the highest industrialization rate in Indonesia. This dual-role condition often triggers work-study conflict, a state where work and academic demands conflict with each other. This conflict has the potential to cause fatigue, stress, and even academic burnout. This study aims to examine the effect of work-study conflict on academic burnout in working students in West Java. This quantitative research involved 142 working student respondents in West Java. The sampling was carried out using a non-probability sampling method with a purposive sampling technique. The measurement tools used were the Work Study Conflict scale from Markel & Frone (1998) and the Maslach Burnout Inventory-Student Survey from Maslach & Jackson (1981). Data analysis was performed using simple linear regression with the help of IBM SPSS 25 for Windows. The results show that work-study conflict has a positive and significant effect on academic burnout. The R-Square value of 0.134 indicates that 13.4% of the variation in academic burnout can be explained by work-study conflict. This effect was found to be slightly larger in female students ($R^2=0.140$) compared to male students ($R^2=0.124$). This research proves that work-study conflict is a valid predictor for academic burnout in working students in West Java. These findings underscore the importance of managing the conflict between work and study as a primary risk factor for academic fatigue, especially for women who are more susceptible to dual-role conflict.

Keywords: *Work Study Conflict, Academic Burnout, Working Students, West Java.*