

Abstrak

Penelitian ini bertujuan untuk mengetahui pengaruh *self-efficacy* dan prokrastinasi terhadap *digital burnout* pada 214 mahasiswa Teknik Informatika di UIN Sunan Gunung Djati Bandung. Penggunaan teknologi yang intensif di kalangan mahasiswa Teknik Informatika berpotensi menimbulkan *digital burnout*, yang diperparah oleh faktor internal seperti *self-efficacy* yang rendah dan perilaku prokrastinasi. Metode penelitian yang digunakan adalah kuantitatif dengan pendekatan kausalitas. Sampel penelitian dipilih menggunakan teknik *purposive sampling*. Data dikumpulkan melalui kuesioner daring menggunakan skala *General Self-Efficacy Scale* (GSES), *Tuckman Procrastination Scale* (TPS), dan *Digital Burnout Scale* (DBS). Analisis data menggunakan regresi linear berganda dengan metode *bootstrapping*. Hasil penelitian menunjukkan bahwa *self-efficacy* berpengaruh negatif signifikan terhadap *digital burnout*, sedangkan prokrastinasi berpengaruh positif signifikan terhadap *digital burnout*. Secara simultan, *self-efficacy* dan prokrastinasi berpengaruh signifikan terhadap *digital burnout* dengan kontribusi sebesar 60%. Kesimpulannya, semakin tinggi *self-efficacy* maka semakin rendah *digital burnout*, dan semakin tinggi prokrastinasi maka semakin tinggi pula *digital burnout* yang dialami mahasiswa.

Kata Kunci: *digital burnout*, *self-efficacy*, prokrastinasi, mahasiswa teknik informatika.



Abstrack

This study aimed to determine the effect of self-efficacy and procrastination on digital burnout in 214 Informatics Engineering students at UIN Sunan Gunung Djati Bandung. Intensive technology use among these students can lead to digital burnout, exacerbated by internal factors like low self-efficacy and procrastination. A quantitative method with a causal approach was employed, with the sample selected via purposive sampling. Data were collected through online questionnaires using the General Self-Efficacy Scale (GSES), Tuckman Procrastination Scale (TPS), and Digital Burnout Scale (DBS). Data analysis used multiple linear regression with bootstrapping. The results indicated that self-efficacy has a significant negative effect on digital burnout, whereas procrastination has a significant positive effect. Simultaneously, both variables significantly contributed to 60% of the variance in digital burnout. In conclusion, higher self-efficacy is associated with lower digital burnout, while higher procrastination leads to increased digital burnout among students.

Keywords: digital burnout, self-efficacy, procrastination, informatics engineering students

