

ABSTRAK

ELIS ROSMAWATI (2249440022): Implementasi Konseling Islam Melalui ACT Dalam Menangani *Academic Burnout* Pada Mahasantri di Pondok Pesantren Cipasung Tasikmalaya

Penelitian ini dilatarbelakangi oleh fenomena *academic burnout* yang dialami oleh mahasantri di Pondok Pesantren Cipasung Tasikmalaya, yang ditandai dengan kelelahan emosional, sinisme terhadap studi, serta turunnya efikasi diri akibat tekanan kurikulum ganda yang telah berlangsung secara intensif. Kondisi ini menunjukkan perlunya pengembangan model intervensi konseling yang tidak hanya bersandar pada pendekatan psikologi modern, tetapi juga mengintegrasikan dimensi spiritualitas Islam sebagai kekuatan penyembuhan yang melekat dalam tradisi pesantren. Penelitian ini bertujuan mendeskripsikan gambaran *academic burnout* pada mahasantri, menganalisis proses konseling islami melalui *Acceptance and Commitment Therapy* (ACT), mengkaji integrasi nilai-nilai spiritual Islam dalam kerangka ACT, serta menggambarkan perubahan psikologis mahasantri setelah mengikuti proses intervensi.

Penelitian ini didasarkan pada tiga teori yaitu Hayes tentang ACT, teori Al-Ghazali tentang nilai-nilai Islam, teori adz-dzaky tentang bimbingan konseling islam dan teori Maslach tentang *academic burnout*. Pendekatan yang digunakan yaitu pendekatan kualitatif dengan metode studi kasus (*case study*) yang mengacu pada kerangka kerja Robert K. Yin. Subjek penelitian ini adalah mahasantri Pondok Pesantren Cipasung Tasikmalaya yang teridentifikasi mengalami *academic burnout* yang kronis. Pengumpulan data dilakukan melalui wawancara mendalam, observasi partisipatif, dan studi dokumentasi, sedangkan analisis data menggunakan teknik reduksi data, penyajian data, dan penarikan kesimpulan secara interpretatif dalam kerangka kualitatif deskriptif.

Hasil penelitian menunjukkan bahwa *academic burnout* pada mahasantri bermanifestasi dalam tiga dimensi, yakni kelelahan emosional, sinisme terhadap pembelajaran, dan penurunan efikasi diri secara akademik. Intervensi yang diterapkan mengintegrasikan nilai-nilai islam perspektif Imam Al-Ghazali meliputi sabar, ridha, tawakal, istiqamah, muroqobah, Niat dan fitrah ke dalam mekanisme inti ACT berupa *psychological flexibility*, *acceptance*, dan *committed action*. Praktik dzikir diposisikan sebagai instrumen regulasi emosi sekaligus fondasi spiritual.

Penelitian ini menyimpulkan bahwa Konseling Islam berbasis ACT terbukti dapat mengatasi *academic burnout* yang dialami mahasantri serta dapat meningkatkan fleksibilitas psikologis dan kesadaran spiritual pada mahasantri. Kebaruan penelitian ini terletak pada pengembangan protokol intervensi yang secara eksplisit memadukan nilai-nilai islam dengan prinsip psikoteapi kontemporer

Kata Kunci: *Konseling islami, Academic Burnout Acceptance and Commitment Therapy (ACT), Mahasantri*

ABSTRACT

ELIS ROSMAWATI (2249440022): *Implementation of ACT-Based Islamic Counseling in Addressing Academic Burnout Among Student Residents at the Cipasung Islamic Boarding School in Tasikmalaya*

This study was motivated by the phenomenon of academic burnout experienced by students at the Cipasung Islamic Boarding School in Tasikmalaya, characterized by emotional exhaustion, cynicism toward studies, and a decline in self-efficacy due to the intense pressure of a dual curriculum. This situation highlights the need to develop a counseling intervention model that not only relies on modern psychological approaches but also integrates the dimension of Islamic spirituality as a healing force inherent in the pesantren tradition. This study aims to describe the characteristics of academic burnout among boarding school students, analyze the Islamic counseling process based on Acceptance and Commitment Therapy (ACT), examine the integration of Islamic spiritual values within the ACT framework, and describe the psychological changes in boarding school students after participating in the intervention process.

This study is based on three theories: Hayes's theory of ACT, Al-Ghazali's theory of Islamic counseling, and Maslach's theory of academic burnout. The approach used is a qualitative approach employing the case study method, which follows Robert K. Yin's framework. The subjects of this study were students at the Cipasung Islamic Boarding School in Tasikmalaya who were identified as experiencing chronic academic burnout. Data collection was conducted through in-depth interviews, participatory observation, and document analysis, while data analysis utilized data reduction, data presentation, and the drawing of interpretive conclusions within a descriptive qualitative framework.

The results of the study indicate that academic burnout among mahasantri manifests in three dimensions: emotional exhaustion, cynicism toward learning, and a decline in academic self-efficacy. The intervention model applied integrates the values of tazkiyatun nafs from the perspective of Imam Al-Ghazali including patience, contentment, trust in God, steadfastness, self-reflection, intention, and innate nature into the core mechanisms of ACT psychological flexibility, acceptance, and committed action. The practice of dhikr is positioned as both an instrument for emotional regulation and a spiritual foundation that strengthens the students' capacity to accept significant academic pressures.

This study concludes that ACT-based Islamic counseling has been shown to alleviate academic burnout experienced by university students and to enhance their psychological flexibility and spiritual awareness. The novelty of this study lies in the development of an intervention protocol that explicitly integrates Islamic values with the principles of contemporary psychotherapy.

Keywords: Academic Burnout, Islamic Counseling, ACT, Mahasantri