

Abstrak

Penelitian ini dilatarbelakangi oleh tingginya tuntutan akademik dan kehidupan kepesantrenan yang memicu *School Burnout* pada santri. Penelitian menggunakan pendekatan kuantitatif dengan rancangan survei kausal. Subjek penelitian dipilih menggunakan teknik purposive sampling. Data dianalisis menggunakan regresi linier berganda untuk mengetahui pengaruh *Academic Buoyancy* dan *Peer Support* terhadap *School Burnout*. Penelitian ini bertujuan menganalisis pengaruh *Academic Buoyancy* dan *Peer Support* terhadap *School Burnout* pada santri MA X. Hasil penelitian menunjukkan bahwa *Academic Buoyancy* dan *Peer Support* secara simultan berpengaruh signifikan terhadap *School Burnout*. Secara parsial, *Academic Buoyancy* maupun *Peer Support* sama-sama berpengaruh negatif dan signifikan terhadap *School Burnout*, dengan *Academic Buoyancy* memberikan kontribusi yang lebih besar dibandingkan *Peer Support*. Temuan ini menunjukkan bahwa kapasitas adaptif santri dalam menghadapi kesulitan akademik sehari-hari memiliki peran yang lebih dominan dalam menurunkan *School Burnout*, sementara dukungan teman sebaya berperan sebagai sumber daya sosial yang melengkapi kapasitas tersebut.

Kata Kunci: Buoyansi Akademik, Dukungan Teman Sebaya, *Burnout* Sekolah.

Abstract

This research was motivated by high academic demands and boarding school life that trigger School Burnout among students. This study used a quantitative approach with a causal survey design. Research subjects were selected using a purposive sampling technique. Data were analyzed using multiple linear regression to determine the effect of Academic Buoyancy and Peer Support on School Burnout. This study aims to analyze the effect of Academic Buoyancy and Peer Support on School Burnout among students at MA X. The results showed that Academic Buoyancy and Peer Support simultaneously have a significant effect on School Burnout. Partially, both Academic Buoyancy and Peer Support have a significant negative effect on School Burnout, with Academic Buoyancy contributing more strongly than Peer Support. These findings indicate that students' adaptive capacity in facing daily academic difficulties plays a more dominant role in reducing School Burnout, while Peer Support serves as a complementary social resource that supports this capacity.

Keywords: Academic Buoyancy, Peer Support, School Burnout