# ABSTRAK

Ai Erika. NIM: 2061201233 “Pengaruh *Work Life Balance, Self-*Efficacy, dan *Job Insecurity* Terhadap *Burnout* Pada Mahasiswa ITB Ahmad Dahlan Jakarta yang Sedang Bekerja”. Dibawah bimbingan Adi Musharianto

Tujuan penelitian ini adalah untuk menganalisis Pengaruh *Work Life Balance, Self-*Efficacy, dan *Job Insecurity* Terhadap *Burnout* Pada Mahasiswa ITB Ahmad Dahlan Jakarta yang Sedang Bekerja Berdasarkan desain penelitian asosiatif kuantitatif peneliti ingin menghitung seberapa tinggi pengaruh *Work Life Balance, Self-*Efficacy, dan *Job Insecurity* Terhadap *Burnout* Pada Mahasiswa yang Sedang Bekerja. Hasil dari penelitian ini adalah bahwa variabel *Work Life Balance* terhadap *Burnout* berpengaruh negatif dan signifikan dengan nilai *path coefficient* (-0.156), nilai T-Statistic lebih besar dari 1.96 (2,567) dan nilai P-Value lebih kecil dari 0.05 (0.005) (Ha1 diterima). *Self-Efficacy* terhadap Burnout berpengaruh negatif dan signifikan dengan nilai *path coefficient* (-0,087) dan nilai T-Statistic lebih besar dari 1.96 (2,221) dan nilai P-Value lebih kecil dari 0.05 (0.013) (Ha2 diterima). *Job Insecurity* terhadap Burnout berpengaruh positif dan signifikan dengan nilai *path coefficient* (0.775) dan nilai T-Statistic lebih besar dari 1.96 (14,738) dan nilai P-Value lebih kecil dari 0.05 (0.000) (Ha3 diterima). Dan pengaruh secara simultan antara variabel *Work Life Balance, Self-Efficacy*, dan *Job Insecurity* sebesar 0,777 (kuat), Simpulannya adalah *Work Life Balance, Self-Efficacy*, dan *Job Insecurity* berpengaruh kuat secara simultan terhadap kinerja karyawan (Ha4 diterima).

Kata kunci : *work life balance, self-efficacy, job insecurity,* dan *burnout*

**ABSTRACT**

Ai Erika. NIM: 2061201233 "*The Effect of Work Life Balance, Self-Efficacy, and Job Insecurity on Burnout in Working ITB Ahmad Dahlan Jakarta Students". Under the guidance of Adi Musharianto*

*The purpose of this study is to analyze the Influence of Work Life Balance, Self-Efficacy, and Job Insecurity on Burnout in Working ITB Ahmad Dahlan Jakarta Students Based on the design of a quantitative associative research, the researcher wants to calculate how high the influence of Work Life Balance, Self-Efficacy, and Job Insecurity on Burnout in Working Students. The results of this study were that the Work Life Balance variable on Burnout had a negative and significant effect with a path coefficient value (-0.156), a T-Statistic value greater than 1.96 (2.567) and a P-Value value smaller than 0.05 (0.005) (Ha1 was accepted). Self-Efficacy against Burnout had a negative and significant effect with a path coefficient value (-0.087) and a T-Statistic value greater than 1.96 (2.221) and a P-Value value less than 0.05 (0.013) (Ha2 accepted). Job Insecurity on Burnout had a positive and significant effect with a path coefficient value (0.775) and a T-Statistic value greater than 1.96 ((14.738) and a P-Value value smaller than 0.05 (0.000) (Ha3 accepted). And the simultaneous effect between the variables of Work Life Balance, Self-Efficacy, and Job Insecurity was 0.777 (strong), The conclusion was that Work Life Balance, Self-Efficacy, and Job Insecurity had a strong effect simultaneously on employee performance (Ha4 was accepted).*

*Keywords: work life balance, self-efficacy, job insecurity, and burnout*