

ABSTRAK

Firliana Dewi Savitri. 210541100001. Pengaruh Regulasi Emosi dan Lingkungan Sosial Terhadap *Academic Burnout* Pada Santriwati Penghafal Qur'an Pondok Pesantren Roudlotul Mardliyah Gresik. Program Studi Psikologi, Fakultas Ilmu Sosial dan Budaya, Universitas Trunodjoyo Madura, 2025.

Santriwati penghafal Al-Qur'an di pondok pesantren menghadapi berbagai tuntutan, seperti target hafalan, kewajiban pendidikan formal, serta aturan pesantren yang ketat, yang menuntut kemampuan regulasi emosi dan dukungan lingkungan sosial yang baik. Kondisi tersebut berpotensi menimbulkan tekanan psikologis yang dapat berkembang menjadi *academic burnout*. Penelitian ini bertujuan untuk menguji pengaruh regulasi emosi dan lingkungan sosial terhadap *academic burnout* pada santriwati penghafal Al-Qur'an di Pondok Pesantren Roudlotul Mardliyah Gresik. Penelitian ini menggunakan pendekatan kuantitatif. Subjek dalam penelitian ini adalah 161 santriwati penghafal Al-Qur'an dengan pengambilan sampel menggunakan teknik *purposive sampling*. Pengumpulan data dilakukan menggunakan kuesioner yang disebarakan secara *offline*. Instrumen penelitian menggunakan skala regulasi emosi, skala lingkungan sosial, dan skala *academic burnout*. Analisis data menggunakan analisis regresi berganda. Hasil penelitian menunjukkan bahwa regulasi emosi dan lingkungan sosial berpengaruh signifikan terhadap *academic burnout*, baik secara parsial maupun simultan. Berdasarkan nilai koefisien determinasi, regulasi emosi dan lingkungan sosial secara simultan memberikan kontribusi sebesar 16,8% terhadap *academic burnout*, sedangkan 83,2% dipengaruhi oleh faktor lain di luar variabel penelitian. Dapat disimpulkan bahwa regulasi emosi dan lingkungan sosial memiliki peran dalam memengaruhi tingkat *academic burnout* pada santriwati penghafal Al-Qur'an.

Kata Kunci: *Academic Burnout*, Regulasi Emosi, Lingkungan Sosial, Santriwati Penghafal Al-Qur'an.

ABSTRACT

Firliana Dewi Savitri. 210541100001. The Influence of Emotional Regulation and Social Environment on Academic Burnout in Female Quran Memorizers at Roudlotul Mardliyah Islamic Boarding School, Gresik. Psychology Study Program, Faculty of Social and Cultural Sciences, Trunodjoyo University, Madura, 2025.

Female students memorizing the Quran at Islamic boarding schools face various demands, such as memorization targets, formal educational obligations, and strict Islamic boarding school rules, which require emotional regulation skills and good social support. These conditions have the potential to cause psychological stress that can develop into academic burnout. This study aims to examine the influence of emotional regulation and the social environment on academic burnout in female students memorizing the Quran at the Roudlotul Mardliyah Islamic Boarding School in Gresik. This study used a quantitative approach. The subjects in this study were 161 female students memorizing the Quran, with sampling using a purposive sampling technique. Data collection was carried out using a questionnaire distributed offline. The research instruments used an emotional regulation scale, a social environment scale, and an academic burnout scale. Data analysis used multiple regression analysis. The results showed that emotional regulation and the social environment had a significant effect on academic burnout, both partially and simultaneously. Based on the coefficient of determination, emotional regulation and the social environment simultaneously contributed 16.8% to academic burnout, while 83.2% was influenced by factors outside the research variables. It can be concluded that emotional regulation and the social environment play a role in influencing academic burnout levels among female students memorizing the Quran.

Keywords: Academic Burnout, Emotional Regulation, Social Environment, Female Students Memorizing the Quran.