

ABSTRACT

The Influence of Academic Burnout and Academic Engagement Towards School Well-Being in Boarding School Students

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Pesantren is a residence or a dormitory for the students in conducting religious education and other subjects. Evaluation about the school condition and the lives of students in his school environment can be called as school well-being. The various activities that undertaken by the students can cause the physical and psychological fatigue, known as the academic burnout. One way to improve the school well-being possessed by students, is to increase academic engagement or involvement of students in activities at the dormitory. The purpose of this study was to determine the influence of academic burnout and engagement towards school well-being in boarding school students. Participants of this study using purposive sampling method with a sample of 263 boarding school students. The hypothesis was tested by using multiple linear regression model. Based on the results of the regression test showed that there is significant influence of academic burnout and academic engagement towards school well-being of boarding school students ($R^2 = 0.239$) indicates that the contribution of academic burnout and engagement towards school well-being in boarding school students was 23.9%, while the remaining 76.1% is influenced by other factors. The results of the partial test (t test) explained that the academic burnout have a significant negative impact on the school well-being ($t = -4.151$ and $p = 0.000$), and academic engagement also has a significant positive impact on the school well-being ($t = 5.477$ and $p = 0.000$). From the research results also showed that academic engagement ($\beta = 0.328$) had a greater influence on the well being of students boarding school compared with academic burnout ($\beta = -0.249$).

Keywords: academic burnout, academic engagement, school well-being, boarding school students