

ABSTRACT

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The Role of Job Stressors on Burnout (Study of Graphic Design); Dr. P. Tommy. Y.S. Suyasa, M.Si., P.Si. Undergraduate Program in Psychology, Tarumanagara University, (i-xiii; 60 page, P1-P3, L1-L30)

The aim of this study was to find out whether the role of job stressors on burnout in graphic designers. Job stressors as independent variables has five dimensions, namely training/skill unavailability, job uncontrol, job demand, daily exposure, and job uncertainty. Burnout as dependent variable has three dimensions, namely exhaustion, cynicism, and ineffectiveness. Participants of this research were graphic designers (n= 215), which is drawn through non- probability sampling techniques with the purposive sampling method. The results of this research showed that there was a significant role of job stressors as a whole towards burnout in graphic designers ($r=0.732$, $p = 0.000 <0.05$). There is a significant role between the dimensions of job stressors on the dimensions of burnout. Training / unavailability skills dimension ($r = 0.175$, $p = 0.001 <0.05$). Job demand dimension ($r = 0.203$, $p = 0.001 <0.05$). Daily exposure dimension ($r = 0.297$, $p = 0.000 <0.05$). Job uncertainty dimension ($r = 0.272$, $p = 0,000 <0.05$). However, not a significant role of job uncontrol on burnout. The findings of additional analysis, there significant differences in burnout based on the education level and length of service.

Keywords : *Burnout, Job Stressors, Graphic Design*