

College Students' Perception toward Stressors and Strategies Coping of Academic

Burnout

A Skripsi

Submitted to Language Education as a partial Fulfillment of the Requirement for

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Sarjana Pendidikan



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Statement of Authenticity

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Certify that the *skripsi* entitled “College Students Perceptions Toward Stressors and Strategies Coping of Academic Burnout” is definitely my own work. I am completely responsible for the content of this paper. Others’ opinions or findings included in this *skripsi* are quoted in accordance with ethical standards.

Yogyakarta, December 12, 2023



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Attachment

Interview Guideline

| Objectives of the study | Questions |
|---|--|
| Introductory questions | <ol style="list-style-type: none">1. Beritahu saya latar belakang pendidikan anda.2. Bagaimana kabar anda saat ini ?3. Bagaimana perasaan anda mengenai kehidupan yang anda jalani saat ini ?4. Bagaimana anda menyadari pernah mengalami kesehatan psikis? |
| 1. What are ELED students' perception of stressors toward academic burnout? | <ol style="list-style-type: none">1. Bagaimana anda menyadari pernah merasa letih, lelah, atau bosan ketika dalam proses pembelajaran berlangsung?2. Apa yang membuat anda lelah belajar dalam proses pembelajaran?3. Apa saja faktor atau hal yang membuat anda lelah belajar dalam pembelajaran?4. Seberapa jauh lelah belajar mempengaruhi anda pada perilaku, perasaan dan sikap?5. Bagaimana lelah belajar mempengaruhi proses pembelajaran anda? |
| 2. What are ELED students' | <ol style="list-style-type: none">1. Bagaimana anda mengatasi lelah belajar?2. Strategi dan proses apa yang membantu anda |

| | |
|---|---|
| perception towards coping strategies of academic burnout? | mengelola dan mencegah lelah belajar? 3. Hal apa yang paling efektif dan nyaman yang membantu dan mengurangi lelah belajar? |
|---|---|