

## ABSTRAK

### HUBUNGAN ANTARA *PROBLEM FOCUSED COPING* DENGAN *BURNOUT* PADA PEGAWAI BADAN KEUANGAN DAERAH KABUPATEN AGAM

Tujuan penelitian ini adalah untuk mengetahui apakah ada hubungan antara *problem focused coping* dengan *burnout* pada pegawai di Badan Keuangan Daerah Kabupaten Agam. Variabel dependen dalam penelitian ini adalah *burnout* dan variabel independen adalah *problem focused coping*. Alat ukur yang digunakan dalam penelitian ini yaitu skala *problem focused coping* dan skala *burnout*. Teknik pengambilan sampel yaitu sampel jenuh yaitu teknik penentuan sampel dimana semua anggota populasi dijadikan sampel. Sampel dalam penelitian ini adalah pegawai Badan Keuangan Daerah Kabupaten Agam yang berjumlah 76 orang. Hasil uji coba menunjukkan koefisien validitas pada *problem focused coping* bergerak dari  $r_{xy} = 0,318$  sampai dengan  $r_{xy} = 0,811$ , sedangkan koefisien reabilitasnya sebesar 0,926, dan untuk koefisien validitas pada *burnout* bergerak dari  $r_{xy} = 0,301$  sampai dengan  $r_{xy} = 0,718$ , sedangkan koefisien reabilitasnya sebesar 0,890. Berdasarkan analisis data, diperoleh nilai korelasi sebesar  $r = -0,604$  dengan taraf signifikansi  $p = 0,000$  yang berarti hipotesis diterima. Hal ini menunjukkan bahwa terdapat hubungan yang signifikan dengan arah negatif antara *problem focused coping* dengan *burnout* pada pegawai di Badan Keuangan Daerah Kabupaten Agam. Dengan besar sumbangan efektif *problem focused coping* dengan *burnout* pada pegawai di Badan Keuangan Daerah Kabupaten Agam sebesar 36,5%.

**Kata Kunci :** *Problem Focused Coping, Burnout, Pegawai*

## **ABSTRACT**

### **THE RELATIONSHIP BETWEEN PROBLEMS FOCUSED COPING AND BURNOUT IN EMPLOYEES IN THE REGIONAL FINANCE AGENCY OF AGAM REGENCY**

The purpose of this study was to determine whether there is a relationship between problem focused coping and burnout in employees in the Regional Finance Agency of Agam Regency. The dependent variable in this study is burnout and the independent variable is problem focused coping. The measuring instrument used in this research is the problem focused coping scale and the burnout scale. The sampling technique is saturated sample, which is a sampling technique where all members of the population are sampled. The sample in this study were employees of the Regional Finance Agency of Agam Regency, amounting to 76 people. The test results show that the validity coefficient on problem focused coping moves from  $r_{xy} = 0.318$  to  $r_{xy} = 0.811$ , while the reliability coefficient is 0.926, and the validity coefficient on burnout moves from  $r_{xy} = 0.301$  to  $r_{xy} = 0.718$ , while the reliability coefficient is 0.890. data analysis, obtained a correlation value of  $r = -0.604$  with a significance level of  $p = 0.000$  which means the hypothesis is accepted. This shows that there is a significant relationship with the negative direction between problem focused coping and burnout in employees in the Regional Finance Agency of Agam Regency. With a large effective contribution to problem focused coping burnout on employees at the Regional Finance Agency of Agam Regency by 36.5%.

**Keywords: Problem Focused Coping, Burnout, Employees**