

ABSTRAK

HUBUNGAN ANTARA *BURNOUT* DENGAN *WORK-LIFE BALANCE* PADA PEGAWAI JABATAN PELAKSANA DINAS PERHUBUNGAN KOTA PADANG PADA MASA PANDEMI COVID-19

Penelitian ini bertujuan untuk mengetahui hubungan antara *burnout* dengan *work-life balance* pada pegawai jabatan pelaksana Dinas Perhubungan Kota Padang pada masa pandemi covid-19. Variabel bebas dalam penelitian ini adalah *burnout* dan variabel terikat adalah *work-life balance*. Alat ukur yang digunakan dalam penelitian ini adalah skala *burnout* dan skala *work-life balance*. Teknik pengambilan sampel dalam penelitian ini menggunakan teknik *purposive sampling*. Sampel dalam penelitian ini adalah 88 orang pegawai jabatan pelaksana Dinas Perhubungan Kota Padang. Uji validitas dan reliabilitas pada penelitian ini menggunakan teknik *Alpha Cronbach*. Hasil koefisien validitas pada skala *burnout* bergerak dari $r_{xy} = 0,306$ sampai dengan $r_{xy} = 0,783$ dengan koefisien reliabilitas sebesar $\alpha = 0,911$, sedangkan pada skala *work-life balance* bergerak dari $r_{xy} = 0,338$ sampai dengan $r_{xy} = 0,785$ dengan koefisien reliabilitas sebesar $\alpha = 0,920$. Berdasarkan analisis data, diperoleh nilai korelasi sebesar $-0,594$ dengan taraf signifikansi $p = 0,000$ yang berarti hipotesis diterima. Hal ini menunjukkan bahwa ada hubungan yang signifikan antara *burnout* dengan *work-life balance* pada pegawai jabatan pelaksana Dinas Perhubungan Kota Padang pada masa pandemi covid-19. Dengan besar sumbangan efektif dari variabel *burnout* dengan *work-life balance* pada pegawai jabatan pelaksana Dinas Perhubungan Kota Padang yaitu sebesar 35 %.

Kata Kunci : *Burnout, Work-Life Balance, Pegawai*

ABSTRACT

RELATIONSHIP BETWEEN BURNOUT AND WORK-LIFE BALANCE IN EMPLOYEES OF EXECUTIVE DEPARTMENT IN THE PADANG CITY TRANSPORTATION OFFICE DURING THE COVID-19 PANDEMIC

This study aims to find out the relationship between burnout and work-life balance in the employees of executive department in the padang city transportation office during the covid-19 pandemic. The independent variable in this study is burnout and the dependent variable is work-life balance. The measuring instruments used in this study were the burnout scale and the work-life balance scale. The sampling technique in this study use purposive sampling techniques. The sample in this study was 88 employees of executive department in the padang city transportation office. Test the validity and reliability of this study using Alpha Cronbach technique. The results of the validity coefficient on the burnout scale moved from $r_{xy} = 0.306$ to $r_{xy} = 0.783$ with a reliability coefficient of $\alpha = 0.911$, while on the work-life balance scale it moved from $r_{xy} = 0.338$ to $r_{xy} = 0.785$ with a reliability coefficient of $\alpha = 0.920$. Based on the data analysis, the correlation value is -0.594 with a significance level of 0.000 , which means that the hypothesis is accepted. This shows that there is a significant relationship between burnout and work-life balance in the employees of executive department in the padang city transportation office during the covid-19 pandemic. With the large effective contribution of burnout with work-life balance in the employees of executive department in the padang city transportation office during the covid-19 pandemic is 35 %.

Keywords : burnout, work-life balance, employees