

ABSTRAK

Hubungan *Self-efficacy* Dengan *Burnout* Pada Anggota Polisi Direktorat Reserse Kriminal Umum Kepolisian Daerah Metro Jaya

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Polisi Reserse merupakan polisi yang bertugas untuk mencari informasi rahasia dan dilakukan secara rahasia. Dalam menjalankan tugasnya tersebut tak jarang petugas dihadapkan dengan situasi yang membahayakan dan sampai mempertaruhkan nyawanya serta keselamatan orang lain tak terkecuali keluarganya. Tuntutan bekerja cepat, cermat dan akurat juga membuat petugas harus rela meninggalkan kesenangan pribadinya dan selalu mendahulukan kepentingan korpsnya. Kondisi yang tak menentu tersebut dapat menimbulkan kelelahan secara fisik maupun emosional (*burnout*). Salah satu faktor yang dapat mempengaruhi *Burnout* yaitu *self-efficacy*. Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara *self-efficacy* dengan *burnout* pada anggota polisi Direktorat Reserse Kriminal Umum Polda Metro Jaya. Penelitian ini dilakukan menggunakan metode pendekatan kuantitatif korelasional dengan teknik pengambilan sampel menggunakan *purposive sampling* dengan mengambil sampel sebanyak 90 subjek. Alat ukur *self-efficacy* berjumlah 36 aitem valid dengan nilai reliabilitas (α)= 0,966, sedangkan alat ukur *burnout* berjumlah 33 aitem valid dengan nilai reliabilitas (α)= 0,954. Hasil uji korelasional menggunakan uji korelasi *Spearman Rank* menunjukkan ada hubungan negatif kuat dan signifikan antara *self-efficacy* dengan *burnout* (sig. p = 0,000 dan nilai rs = -0,761) pada anggota polisi Direktorat Reserse Kriminal Umum Polda Metro Jaya. Anggota polisi Direktorat Reserse Kriminal Umum Polda Metro Jaya lebih banyak memiliki *self-efficacy* yang tinggi (67%) dan *burnout* yang rendah (60%). Temuan lain dari penelitian ini yaitu status pernikahan mempengaruhi tinggi rendahnya *self-efficacy* dan *burnout* pada anggota polisi Direktorat Reserse Kriminal Umum Polda Metro Jaya.

Kata Kunci: *Self-efficacy*, *Burnout*, Anggota polisi Direktorat Reserse Kriminal Umum Polda Metro Jaya

ABSTRACT

*The Correlation Between Self-efficacy With Burnout on Members Directorate
General Criminal Investigation Police of Polda Metro Jaya*

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The Investigation Police is a police officer whose job is to find confidential information and is carried out in secret. In carrying out their duties, officers are often faced with dangerous situations and risk their lives and the safety of others, including their families. The demand to work quickly, carefully and accurately also makes officers have to be willing to leave their personal pleasures and always put the interests of their corps first. This erratic condition can cause physical and emotional exhaustion (burnout). One of the factors that can affect Burnout is self-efficacy. The purpose of this study was to determine the relationship between self-efficacy and burnout for members of the Police Directorate of General Criminal Investigation at Polda Metro Jaya. This research was conducted using a correlational quantitative approach with a sampling technique using purposive sampling by taking a sample of 90 subjects. The self-efficacy measuring instrument is 36 valid items with a reliability value (α) = 0.966, while the burnout measuring instrument is 33 valid items with a reliability value (α) = 0.954. The results of the correlation test using the Spearman Rank correlation test show that there is a strong and significant negative relationship between self-efficacy and burnout (sig. p = 0.000 and r_s value = -0.761) for members of the Police Directorate of General Criminal Investigation at Polda Metro Jaya. Police members of the General Criminal Investigation Directorate of Polda Metro Jaya are more likely to have high self-efficacy (67%) and low burnout (60%). Another finding from this study is that marital status affects the level of self-efficacy and burnout among members of the Police Directorate of General Criminal Investigation at Polda Metro Jaya.

Keywords: *Self-efficacy, Burnout, Members Directorate General Criminal Investigation Police of Polda Metro Jaya*