

Coping self-efficacy, perfectionism, and burnout among university students during covid-19 pandemic

ABSTRACT

The main purpose of this study was to examine the relationship between perfectionism and burnout among university students during the Covid-19 pandemic. This situation had an impact on students which they ought to undergo online distance learning (ODL) from home. Some students may find it difficult to obtain appropriate guidance outside of the normal academic setting. Besides, this study also determines whether coping self-efficacy mediates the relationship between perfectionism and burnout. A sample of 176 University students participated in this study. Survey methods with the use of Frost Multidimensional Perfectionism Scale (FMPS), Maslach Burnout Inventory-Student Survey (MBI-SS), and Coping Self-Efficacy Scale (CSE) were used in this study. The results were analyzed using SPSS version 27.0. Bivariate and multiple regression were used to test all hypotheses for this study. The findings of this study show that perfectionistic strivings have a positive relationship with burnout. Meanwhile, perfectionistic concerns have a negative relationship with burnout. The findings also showed that both perfectionistic strivings and concerns positively related to coping self-efficacy (mediator). Lastly, the results also showed that coping self-efficacy could partially mediate the relationship between perfectionism and burnout.