

THE IMPACT OF ACADEMIC PRESSURE ON STUDENTS BURNOUT IN “SKY CASTLE” SERIES MOVIE

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ABSTRACT

This study was conducted to examine the effect of academic pressure on student burnout as depicted in the Korean drama "Sky Castle." Academic pressure is a significant issue that influences children's psychology. High academic demands create stress and lead students to experience academic-related anxiety. The drama "Sky Castle" illustrates how a competitive education system can negatively impact students' mental health and contribute to student burnout. This study aims to provide insights into how the educational environment can be restructured and how sustainable academic practices can support students' mental health and academic success. The researcher employed a descriptive qualitative method and found that academic pressure causes stress in students, which manifests as pressure, conflict, frustration, change, and self-imposed challenges, leading to emotional and psychological issues and significantly contributing to student burnout. This burnout includes emotional exhaustion, cynicism, and academic inefficacy, all of which result from stress related to academic pressure. The findings of this study are intended to serve as a reference for teachers, schools, and other stakeholders in addressing students' mental health issues.

Key Words: Academic Pressure, Student Burnout, Sky Castle

ABSTRAK

Penelitian ini dilakukan untuk mengkaji pengaruh academic pressure terhadap burnout siswa yang digambarkan pada drama Korea “Sky Castle”. Academic pressure menjadi permasalahan penting dalam mempengaruhi psikologi anak. Tuntutan academic yang tinggi menjadi penyebab terjadinya academic pressure dan membuat siswa mengalami stress academic. Dalam drama "Sky Castle" menggambarkan bagaimana sistem pendidikan yang kompetitif dapat berdampak negatif pada kesehatan mental siswa dan menjadi faktor yang berkontribusi terhadap kelelahan siswa. Penelitian ini bertujuan memberikan wawasan tentang bagaimana lingkungan pendidikan dapat disusun ulang dan praktik akademik yang berkelanjutan untuk mendukung kesehatan mental dan kinerja akademik siswa. Peneliti menggunakan metode penelitian descriptive kualitative dan menemukan bahwa academic pressure yang terjadi akibat tekanan akademik membuat siswa mengalami academic stress seperti, pressure, konflik, frustasion, changes, and self-imposed yang mengarakannya pada kondisi emotional bahkan psikologi dan secara significant mempengaruhi burnout siswa. Hal tersebut dikenal dengan akademic burnout seperti, emotional exhaustion, cynicism, academic inefficacy yang terwujud akibat stress terhadap tekanan akademik. Hasil penelitian ini ditujukan untuk menjadi referensi bagi guru, sekolah, dan pihak terkait lainnya dalam menangani masalah kesehatan mental pada siswa.

Kata Kunci: Tekanan Akademis, Kelelahan Siswa, Sky Castle

INTRODUCTION

The current generation is known to be vulnerable to psychological issues, particularly burnout. Burnout is a widespread problem characterized by chronic stress leading to physical, mental, and emotional exhaustion. Maslach & Laiter (as cited in Christiana, 2020) describe burnout as emotional, physical, and mental fatigue resulting from a strict, demanding learning environment that is both economically and psychologically stressful. This issue has gained increasing attention in recent years, especially in highly competitive academic settings. The first reported case of burnout was in the United States (Yahya, Nirwana, Giyoto, & Raharjo, 2022). A study by Carod-Artal & Vázquez-Cabrera (2013) found that

burnout prevalence in society can reach 72%. Another study by Mantali (2019) revealed that approximately 82.9% of students in Gorontalo experience burnout, a rate higher than Javier's findings. This high pressure is especially prevalent in cultures where education is a primary measure of success, notably in Asian countries like Indonesia. Consequently, understanding the factors that contribute to student burnout is an essential area of investigation.

The factors that cause burnout in a person are definitely different; however, there are many similarities in the factors that lead to burnout in students. These factors are primarily influenced by the education system in place, such as the full-day school program common in Asian countries, especially Indonesia. According to Nafilasari & Darminto (2020), one aspect of the education system—the full-day school program—causes many students to experience burnout. Excessive academic pressure typically results from high academic demands or requirements that students must meet. These demands may include accumulating assignments, high grade targets, intense academic competition, busy study schedules, and high expectations from parents and teachers. When these demands surpass the individual's ability to handle them, a condition known as academic stress develops. Academic stress is a significant issue affecting students' psychological health and academic success. It stems from various internal and external factors, including parental expectations, peer pressure, and academic demands (Nepali, 2021; Mawakhira Yusuf & Ma'wa Yusuf., 2020). According to Nepali (2021), the effects of academic stress on students include reduced motivation, poor academic performance, and higher dropout rates. Consequently, academic pressure is a key factor that contributes to student burnout.

In recent years, academic stress caused by academic pressure has become a major issue for mental health, especially when students face intense competition, high expectations, and fear of failure. This issue has become a topic in several studies conducted in several countries. In a research journal conducted by Deb, Strodl, & Sun (2014) with the research title "Academic-related stress among private high school students in India, Asian Education and Development Study", a study of 400 male students in grades 10 and 12 from five private high schools in Kolkata, India. The results of the study found that students with better grades had lower levels of academic stress than students with marginal grades. Then, in a research journal conducted by Ardalan & majooni (2021) with the research title "The Role of Organizational Justice In Job Satisfaction By Mediating Organizational Citizenship Behavior And Psychological Empowerment", it was found that in the United States, stress (depression) in students is a common problem among students that affects the mental and physical health of students which ultimately hinders students in social relationships and future careers. Students, 20 percent of students in the United States experience stress disorders (depression) for a fairly long time, around one year or more. The research conducted by Supriyanto et al. (2022) with the research title "Academic Burnout Conditions in Indonesian Students: Physical, Mental, and Emotional", found that the reliability of the academic burnout scale was 0.914 (categorized as very high) with 36 statements that had been validated by measuring the academic burnout conditions of students from various regions in Indonesia. Among the three studies, the researcher found that there had been no more detailed discussion of academic stress, such as the impact of academic stress experienced by students. However, by using the theory proposed by Gadzella & Masten (2005), researchers can find out the basis for the division of academic stress experienced by students. Gadzella & Masten (2005) said that academic stress consists of two parts: academic stressors and reactions to academic stressors. Academic stressors are conditions that require students to adjust themselves to things outside of daily activities, while reactions

to academic stressors are a response to academic stressors. Academic stressors consist of five categories: frustration, conflict, change, and self-imposition. Reactions to academic stressors consist of physical actions, behavioral reactions, and emotions (Andiarna & Kusumawati, 2020).

The Korean drama series *Sky Castle* depicts this phenomenon realistically and profoundly. The drama highlights the lives of upper-class families who are heavily influenced by their children's academic success. The students in the story face tremendous pressure from parents, teachers, and a competitive education system. As a result, some of them experience severe stress, depression, and even lose their motivation to live. *Sky Castle* is an extreme reflection of how excessive academic pressure can lead to student burnout. This problem is the background of this study, to determine the effect of academic pressure on student burnout as explained in the Korean drama *Sky Castle*. By providing the experiences of the characters in the drama and drawing parallels with real-life situations, this study aims to provide insight into how educational environments can be restructured to support students' mental health and academic performance. Therefore, this study contributes to a broader discussion on the need for sustainable academic practices in reducing student burnout.

This study aims to address the following problem statements and objectives

(1) How does the academic pressure impact to the student burnout in *Sky Castle*?

(2) What kind of academic burnout found in *Sky Castle*?

RESEARCH METHOD

This study employs a descriptive case study design with a qualitative methodology. This approach was selected because it enables a thorough examination of a single case in depth, specifically illustrating student burnout caused by academic pressure in the Korean drama *Sky Castle*. Qualitative research emphasizes gathering descriptive data, which involves interpreting behaviors, psychological states, and social interactions within a specific context, rather than relying solely on numerical data. The data collection, processing, and analysis took place over two weeks. Primary data comprised scenes, character interactions, and dialogues from *Sky Castle* that illustrate the effects of parenting styles on student burnout. Additionally, secondary data were gathered from supporting literature, including scientific journals, books, and relevant articles on burnout and parenting patterns. The theoretical framework includes Maslach & Leiter (2016) theory of burnout and Gadzella & Masten (2005) academic stress theory related to academic pressure. Data collection involved in-depth observation of relevant scenes in the drama. The researcher watched and reviewed selected episodes to identify scenes featuring parenting styles and emotional responses indicative of burnout in students. Data analysis was performed using MILES & HUBERMAN (1984) interactive model, which consists of three key stages: data reduction, data presentation, and drawing and verifying conclusions.

RESULTS AND DISCUSSION

1. Academic Pressure Impact to the Student Burnout in *Sky Castle*

Academic pressure refers to the stress that exists within the school environment, such as a competitive educational setting. It is a significant factor contributing to burnout, commonly known as academic burnout. When students are unable to cope with academic pressure, it can lead to academic stress.

According to Kadapatti and Vijayalaxmi (2012), academic stress is the stress caused by academic demands that surpass an individual's abilities. Gadzella and Masten (2005) proposed a theory of academic stress, identifying two components: academic stressors (pressure, frustration, conflict, opportunity, and self-coercion) and reactions to these stressors (physiology, emotions, behavior, and cognitive assessment). Researchers will use this theory to analyze the academic stress experienced by students, which is driven by academic pressure and contributes to increased student burnout in Sky Castle series movie.

1) Academic Demand

In education, academic stress can arise due to various factors such as excessive workload, exam pressure, competition for grades, and expectations from parents and schools. The pressures in these competitive academic conditions make them feel burdened, which causes students to experience academic stress (Alvin, 2007). In the drama Sky Castle, several aspects of academic stress are seen in students in several episodes.



Figure 1. Episode 1, 5, and 7 Scenes

Han Seo Jin: "Young Jae passed the screening and got into Seoul University. How was the internal audition conducted? How was the thesis written? What about voluntary work? What about the clubs?" (E1, 06:18-06:23)

Park Young Jae: "Aunty, step aside. I'm here to kill her" (E5, 06:03-06:10)

Based on the data, Young Jae experienced academic stress that arose due to academic pressure, such as competition, demands, high academic standards, and excessive school activities. This made him frustrated and caused conflict with his family due to the existing academic pressure, and he was driven by demands from his parents. These emotional feelings turned Young Jae into a more aggressive and irritable person psychologically and behaviorally. Some aspects of these academic stressors are what made Young Jae decide not to re-enroll at Seoul Medical University as a form of revenge, which caused Young Jae to eventually experience burnout.

b) Cha Seo Joon and Cha Ki Joon (The Cha Twins)

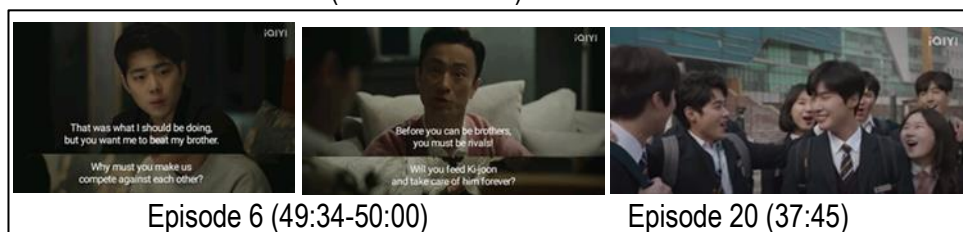


Figure 2. Episode 6 and 20 Scenes

Cha Ki Joon: “That was what I should be doing but you want me to beat my brother. Why must you make us compete against each other?”

Cha Min Hyuk: “Before you can be brothers, you must be rivals! Will you feed Ki Joon and take care of him forever? You need to survive in the world full of competitions! You bond as brothers will be secured naturally” (E6, 49:34-50:00)

The Cha twins are high school students from a school with high quality education, such as the high South Korean education system with excessive school activities. Both of them also face high academic pressure, such as demands from their parents and competition to be number one in their school. However, because of their mother's figure who always supports and protects them from their authoritarian father, both of them do not experience excessive boredom from the existing academic system, so they have good relationships with their friends around them.

c) Cha Se Ri

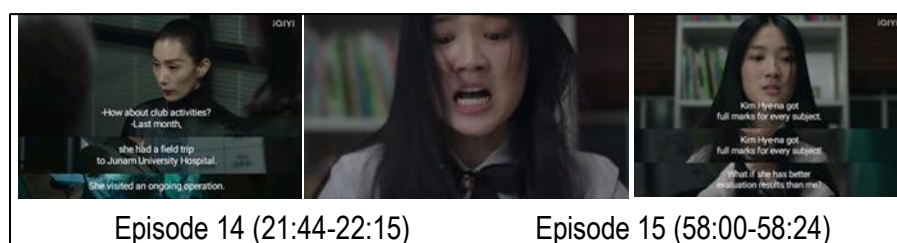


Figure 3. Episode 14 and 15 Scenes

Cha Se Ri: “I didn’t get into Harvard. I’ve been lying to you. Since I start high school, I couldn’t catch up to my peers in the United States. I couldn’t finish all the homework that were piling up. I once copied an essay and submitted it, but I got into trouble for that. With that on my record, there was no way for me to enter the Ivy League. I don’t want to disappoint you so I lied to you. Sorry.”

Cha Se Ri: “Yes, I committed crimes! To make your wish come true, to live a life what you wanted me to have. Do you know what I’ve been through? Do you know how I afraid I was knowing that I will get caught? But I endured all of it. Even if I must suffer just to make you happy.” (E14, 21:44-22:15)

Cha Se Ri: “Get the respect from people? Why does it matter at all? As long as I am happy with this life. I feel happy when people come to the nightclub to relief stress” (E15, 58:00-58:24)

Cha Se Ri is the older sister of Cha Seo Joon and Cha Ki Joon, who studies abroad with a high level of education. Se Ri, who experiences academic pressure, parental demands, and competition without support from her parents, makes her experiences academic stress. This makes her frustrated because of the pressure she experiences, and ends in a conflict that

makes her have to lie to her parents about being a Harvard University student, and changes Se Ri's personality. Se Ri, who is known for her confidence and courage. Several aspects of academic stressors will affect Se Ri's burnout. However, Se Ri has not experienced too much burnout because, like the twins, Se Ri's mother always supports her children and protects them from their father's anger. So, Se Ri has a cognitive appraisal to process the problems she experiences. Se Ri, who realized that higher education is not the only way to make someone successful, chose not to live according to her father's ambition and tried to choose the path she liked, which made her happy.

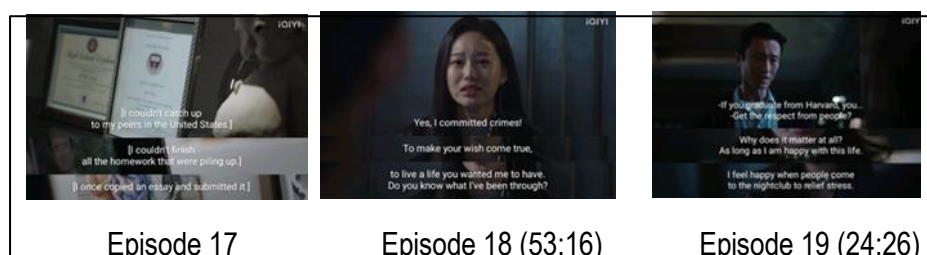
d) Kang Ye Seo



Teacher Jo: "Last month, she had a field trip to Junam University Hospital. She visited an ongoing operation. She also attended to a doctor's talk on how to write medical papers. They'll be visiting neurosurgery ward and computed tomography scan room this month. She also attend the voluntary work in nursing home every weekend. Of course, the reports well done" (E7, 21:16-21:54)

Kang Ye Seo: "Kim Hye Na got full marks for every subject. What if she has better evaluation result than me? What do I do now? What do I do now?" (E10, 51:22-51:50)

Based on the available data, Ye Seo experiences academic stress that arises due to academic pressure, such as competition, demands, high academic standards, and excessive academic schedules. This is not under her plans or desires, making her frustrated and causing self-imposed stress on herself due to excessive worry, which ultimately affects her emotionally.



Han Seo Jin: "It's all Tutor Kim's doing. Those questions were stolen from the school. If you decide to help Woo Joo, all of your marks will be canceled" (E17, 01:03:20-01:04:00)

Conflict is also found when Ye Seo has to choose whether her grades during school will be zero and she will be expelled from school by revealing the truth or not revealing the truth, and being haunted by her fear and guilt towards Woo Joo and Hye Na. This causes a change in Ye Seo which is seen when Ye Seo becomes quiet, her room becomes messy even though Ye

Seo is a person who likes cleanliness and always locks herself in her room which affects Ye Seo physiologically, emotionally, and behaviorally due to the academic stressors she experiences which leads to burnout.

e) Kang Ye Bin



Figure 6. Episode 3, 5, and 11 Scenes

Cha Min Hyuk: "It seems like you don't understand. This is part of this reading for junior high school students"

Lee Soo Im: "This is why our educational system is in a mess. Carl Gustav Jung who founded analytical psychology spent six years with his peers and found this book hard to comprehend" (E3, 49:50-50:17)

Han Seo Jin: "Starting tomorrow, scan your fingerprint when you go out for dinner" (E5, 15:54-16:00)

Han Seo Jin: "It'll be almost 10 p.m. after Ye Bin comes home from tuition class. You can give her a two-hour lesson then. The break is coming soon, you can then teach her according to her new schedule" (E11, 03:19-03:29)

Based on the data, Ye Bin is a junior high school student from a school with high quality education, such as the high South Korean education system with excessive school activities that also have aspects of pressure found due to the academic system in South Korea, which requires students to prepare early if they want to enter a good university. However, because Ye Bin is a relaxed person and is not as ambitious as her sister, she does not experience academic burnout, unlike her sister. Even though Ye Bin has a tutor like Ye Seo, Ye Bin does not feel pressured because the tutor who teaches her is a pleasant person for Ye Bin, so Ye Bin does not feel any pressure that she receives.

f) Woo Soo Han



Figure 7. Episode 3, 5, and 11 Scenes

Hwang Woo Joo: "They're doing this to get into university. So, they can have an impressive reading list for university" (E3, 26:19-26:47)

Jin Jin Hee: “Don’t you know you have 30 minutes for dinner? You’re ten minutes late. What were you doing? It’s fine when you’re ten minutes early to the class, but not the other way around. You could’ve answered so many questions with that time” (E5, 11:52-12:03)

Jin Jin Hee: “He thinks he would fail the level-up test so he is upset” (E11, 08:52)

Woo Soo Han, who is Ye Bin's classmate, also experiences academic stress due to academic pressure, such as parental demands, high academic system competition, and excessive school activities. The pressure experienced by Soo Han causes Soo Han to feel frustrated and makes him feel excessively worried and anxious about the upcoming exams, which is seen because he is afraid of failing and losing to Ye Bin, who is always compared by his mother (self-imposed). However, his parents know that a child's mental health is more important than anything, so Soo Han's parents finally give Soo Han the freedom to choose his life path with consideration and control from his parents. Therefore, Soo Han does not experience academic burnout because of the support from family.

g) Hwang Woo Joo



Figure 8. Episode 6 and 20 Scenes

Hwang Chi Young: “How is that your fault? He said can take care of himself. Don’t you see he is reflecting for being too confident” (E6, 40:11-40:22)

Hwang Woo Joo: “Dad, mom. Actually, I thought learning in front of a desk was all I had to do this life. I thought getting good grades was the most important thing. But after I was unreasonably locked up in jail and with Hye Na gone, good grades and university really don’t matter that much. While I was in jail, I realised how precious time can actually be. Every day I wake up to is a day Hye Na never got to see. I cannot spend such precious time to solve workbook problems, not knowing how to live my life. Dad, the power you mentioned, rather than asking me which university did I graduate from, the more important question should be what I am, who I am and how I should live my life from now on. When everything is clear, I will then gain that power, right?” (E20, 17:24-18:44)

Woo Joo does not experience academic burnout. Although the Korean education system is very strict, it does not bother Woo Joo, who is even one of the best students. This is because in Woo Joo's family, always support Woo Joo and also give him freedom. Woo Joo has a cognitive appraisal aspect, a reaction that refers to how individuals can deal with stress or problems they experience. Therefore, Woo Joo does not experience academic burnout.

Table 1. The Impact of Academic Pressure Analysis Result

Academic Pressure	Students Character	Academic Stress
	Park Young Jae	Stressor: Pressure (excessive academic system, parental expectation or parental demands, and

Academic Demands		over-scheduled school schedule), frustration, conflict, and chances. Reaction to stressor: physiological, emotional, and behavioral.
	Cha Seo Joon Cha Ki Joon	Stressor: pressure (excessive academic system and parental expectation/parental demands (demands competition)).
	Cha Se Ri	Stressor: pressure (excessive academic system (excessive task) parental expectation or parental demands, and peer pressure), frustration, conflict, and chances. Reaction to stressor: cognitive appraisal.
	Kang Ye Seo	Stressor: Pressure (excessive academic system, parental expectation or parental demands, over-scheduled school schedule, and peer pressure), frustration, conflict, chances, and self-imposed. Reaction to stressor: physiological, emotional, and behavioral.
	Kang Ye Bin	Stressor: pressure (excessive academic system and over-scheduled school schedule).
	Woo Soo Han	Stressor: pressure (excessive academic system, parental expectation, over-scheduled school schedule and peer competition), frustration, self-imposed.
	Hwang Woo Joo	Stressor: pressure (excessive academic system). Reaction to stressor: cognitive appraisal.

Based on the data, the academic pressure discussed relates to academic stress caused by demands experienced by students in the Sky Castle drama. This shows that different aspects of academic stress can influence student burnout. Additionally, pressure or ambition from parents also plays a role in determining student stress levels, which can worsen academic burnout. Therefore, the academic stress each student experiences varies, even though there are similarities in academic pressure due to the same school system portrayed in Sky Castle. In conclusion, academic pressure can lead to student burnout in those with high academic stress, but not all students facing pressure will necessarily experience stress that results in burnout.

2. Kind of Academic Burnout

Burnout caused by stress due to academic pressure is called academic burnout. Each student in the Sky Castle drama has different academic burnout. This burnout will have an impact on the personal and academic lives of students (Biremanoe, 2021). Researchers found that burnout was influenced by academic stress in students in the Sky Castle drama in several episodes. There are three types of academic burnout, such as exhaustion, cynicism, and academic inefficiency (Maslach & Leiter, 2016).

a) Exhaustion

Exhaustion, refers to feelings of tiredness that do not refer to people as a common source. Maslach (Khairani & Ildil, 2015) stated that this feeling leads to excessive emotional feelings with the depletion of emotional resources. In this case, the individual will feel tired to face the day or people. This burnout found in two students, Park Young Jae and Kang Ye Seo in episodes 2, 3, and 18.

1) Park Young Jae



Figure 9. Episode 2 and 3 Scenes

Park Young Jae: "I wish I could just get the knife and cut myself" (E2, 43:57)

Park Young Jae, who is under pressure from his parents and exacerbated by academic pressure, experiences emotional exhaustion due to the conflicts that arise, and the burnout makes him plan to harm himself and even consider suicide because he is unable to cope with the demands placed on him. These demands are typical of the current academic system to enter Seoul Medical University; not only are good grades needed, but also various qualifications to pass the college entrance exam. Eventually, these requirements push Young Jae into various excessive activities, which causes him to experience exhaustion.

2) Kang Ye Seo

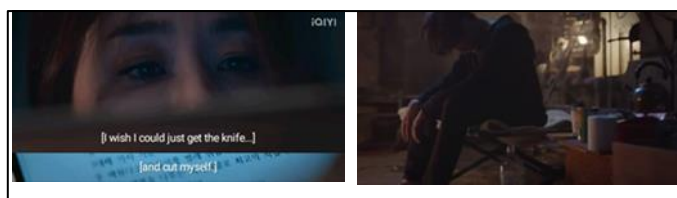


Figure 10. Episode 18 Scene (01:10:20)

Based on data, academic pressure on Ye Seo ultimately led to her burnout, which made her emotionally exhausted from the feelings she experienced during this pressure. Ye Seo, who remained silent with a blank stare, revealed that her emotions had been drained, resulting in her emotional exhaustion.

b) Cynicism

Cynicism, refers to the attitude of distancing oneself from the learning process, this is characterized by indifference or an attitude of distancing oneself from the academic matters being undertaken. This attitude is characterized by indifference, underestimating, truancy, being rude, indifferent, not doing assignments, and thinking negatively about educators (Biremanoe, 2021). This burnout found in three student which is Kang Ye Suh, Cha Seo Joon, and Cha Ki Joon in episodes 16 and 20.

1) Kang Ye Seo

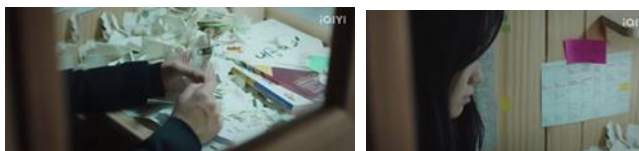


Figure 11. Episode 16 Scene (31:20-31:40)

Student 1: "What? Kang Ye Seo is skipping class?"

Student 2: "Really? I'm impressed" (E16, 31:20-31:40)

Ye Seo, who was emotionally exhausted, felt too tired to face the day, even people, including teachers. Because her teacher mentioned the conflict and give her pressure, she chose to leave class or skip class and ignore the teacher who was teaching in class. This is included in burnout in the aspect of cynicism.

2) Cha Seo Joon and Cha Ki Joon (The Cha Twins)



Figure 12. Episode 20 Scene (37:15-37:45)

Teacher: "If you can't get into universities, what are you?"

Students: "We won't be treated as humans"

Cha Ki Joon: "Is that what teacher should be saying? We can't be humans because we fail to enter the top three universities? (E20, 37:15-37:45)

In the drama Sky Castle, the Cha twins do not experience too much stress due to academic pressure because they get support from one of their parents, which is their mother. However, The Korean education system makes people, even teachers, think that people who don't do well in school and don't apply to the best universities are failures. This makes Ki Joon feel upset, and he fights the teacher, who is supported by his twin brother and followed by his friends, to leave the teacher's class. So, this is included in burnout in the aspect of cynicism.

c) Academic inefficacy

Academic inefficacy, refers to the social and non-social aspects of academic achievement. Maslach and Leiter (Christiana, 2020) stated that in this case the individual will feel helpless and feel that all the tasks given are difficult, and also tend to develop a sense of inadequacy. This burnout found in two

student which is Kang Ye Suh and Cha Se Ri in episodes 14 and 18.

1) Kang Ye Seo



Figure 13. Episode 18 Scene (01:10:17)

Based on data, the stress caused by the conflict and academic pressure made Ye Seo emotionally exhausted and ultimately affected her performance in taking the exam at school. This made Ye Seo experience a decrease in self-confidence and feel helpless, an aspect of burnout, namely academic inefficacy.

2) Cha Se Ri

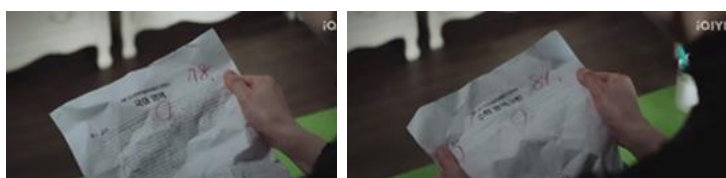


Figure 14. Episode 14 Scene (21:44-21:55)

Cha Se Ri: "I couldn't catch up to my peers in the United States. I couldn't finish all the homework that were piling up. I once copied an essay and submitted it, but i got into trouble for that. With that on my record, there was no way for me to enter the Ivy League. I Don't want to disappoint you so I lied to you, Sorry" (E14, 21:44-21:55)

Based on data, Se Ri, who is under pressure from her father to enter Harvard University, is also under pressure from the school system, which has a lot of assignments and different school environments because of the differences in countries, as well as demands for good grades. The pressure felt by Se Ri makes her frustrated, makes her feel burdened with many assignments, and feel alienated from students in America. Feelings of helplessness and feeling that the tasks given are heavy also create a sense of inadequacy in Se Ri so that she chooses to lie, this attitude is included in the aspect of student burnout, namely academic inefficiency.

Table 2. Kind of Academic Burnout Analysis Result

Kind of Academic Burnout	Academic Pressure				
	Pressure	Conflict	Frustration	Changes	Self-Imposed
Exhaustion	✓	✓	✓	✓	✓
Cynicism	✓	✓	X	✓	X
Academic Inefficacy	✓	✓	✓	X	✓

In the Sky Castle drama, based on the results of the researcher's analysis, Academic stress resulting from academic pressure greatly affects student burnout. These results can be summarized in a table to clarify the data analysis obtained by the researcher. In short, high levels of academic stress in students can affect burnout experienced by students or can trigger academic burnout. Therefore, the Sky Castle drama illustrates that academic pressure is a significant factor in causing burnout experienced by students. Excessive academic pressure, especially in a competitive social or academic environment, can harm students' mental health.

CONCLUSION

Based on the results of the analysis, it can be concluded that the Korean drama Sky Castle clearly describes the influence of academic pressure on student burnout. This study found that burnout experienced by students in the drama was caused by academic stress resulting from academic pressure. The results of the study indicate that academic stress caused by academic pressure is caused by academic demands found in the Sky Castle drama. The high Korean academic system is a factor that influences stress, which causes academic burnout in students. Academic demands such as excessive academic system, parental expectation or parental demands, over-scheduled school schedule, and peer pressure significantly cause academic stress experienced by students in the Sky Castle drama and aspects of stressors were found in academic stress such as pressure, frustration, conflict, chances, self-imposed with reactions to stressors, namely physiological, emotional, and behavioral. As a result of excessive stress experienced by students in the Sky Castle drama, it finally results in academic burnout, such as emotional exhaustion, cynicism, and academic inefficacy. Academic burnout experienced by students depends on the level of stress experienced by students from the influence of academic pressure, in the analysis conducted by researchers, four students experienced academic burnout, Park Young Jae, Kang Ye Seo, Cha Se Ri, Cha Seo Joon and Cha Ki Joon with different levels of academic stress. However, it can be concluded that students with high academic stress were found in students named Kang Ye Seo, Park Young Jae, and Cha Se Ri. So, through the drama Sky Castle, it is proven that academic pressure greatly influences the occurrence of burnout experienced by students. This study shows that Sky Castle is a critical reflection of social reality in a competitive educational culture, especially in Asian countries. Therefore, this study emphasizes the importance of providing insight into how the educational environment can be restructured to support students' mental health and academic performance. Thus, this study contributes to a broader discussion on the need for sustainable academic practices in reducing student burnout.

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