

# The Relationship Between Perfectionism and Burnout Among Journalist Profession in Makassar City

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## ABSTRACT

Journalist profession with irregular working time can cause burnout or fatigue. This condition can cause individuals to feel dissatisfied and doubt their abilities. Therefore, this article describes the relationship between perfectionists with burnouts in journalists in the city of Makassar. The research subjects in this study were 74 journalists working for the newspaper. The research data were obtained using a scale, namely a perfectionist scale and a burnout scale. The data were analyzed using Spearman's Rho correlation technique. The results showed that there was a positive relationship between perfectionism and burnout in journalists in Makassar. The implication of this research is to provide an overview of perfectionism and burnout and can be a self-evaluation for journalists.

**Keywords:** *Dissatisfied, burnout, journalist*

## 1. INTRODUCTION

The journalist's profession requires great personality qualities to support her work. These personality characteristics include hardworking, unyielding, diligent, thorough, disciplined, and responsible. Mental stresses such as changing newsgathering times and very tight news publishing deadlines cause journalists to feel often burnout [1], [2]. Also, excellent and varied sources of information cause mental stress for journalists.

On the other hand, journalists also demand real and accurate news that triggers journalists to produce maximum performance. The characteristics of hard-working and effort to produce the best performance are indicators of perfectionism [3]. The condition can cause someone to faces emotional exhaustion or burnout.

Some recent studies describe that there is a relationship between perfectionists and mental fatigue. The tendency to produce the best performance predisposes to fatigue. Perfectionist individuals are more prone to experience various kinds of stress or high mental stress and have an impact on burnout. A perfectionist often evaluates individual behavior critically [4], [5].

Hill and Curran [6] explain the two dimensions of perfectionism. Firstly, perfectionistic strivings related to the personal passion that drives the effort to achieve perfection. Secondly, perfectionistic concerns are the emergence of fears of mistakes in the work. Fear of

negative social evaluations or adverse reactions to imperfections of work. Self-oriented perfectionism regarding the belief that being perfect is essential and setting very high standards for the journalist. Conversely, socially prescribed perfectionism involves an individual's belief that others have high standards for themselves and will only be accepted by others if the standards are met. The reasons above give the impression that perfectionists are associated with a high risk of burnout because perfectionist behavior patterns deplete the individual's mentality.

Self-oriented perfectionism occurs if someone has a belief that perfection is essential. As a result, the person sets very high standards for himself. Instead, socially prescribed perfectionism views that other people have high standards so that the person tends to achieve the best results. The description reinforces the hypothesis that perfectionists are associated with a high risk of burnout because perfectionist behavior patterns drain the mental individual journalist.

Based on earlier stage of data collection conducted on 35 journalists in Makassar *Tribun Timur*, showed that of the 35 individuals who were given a questionnaire regarding burnout, there were 23 individuals showing signs of experiencing burnout. Reinardy suggests that out of 770 journalist subjects, 173 individuals experience cynicism that makes them vulnerable to burnout, and 74.5% of journalists have the desire to stop or answer "do

not know" Journalists who work as young copy editors or page designers who work in small newspapers have a higher risk of burnout. Several studies have examined self-oriented and socially prescribed perfectionism related to burnout in students and athletes, but only one study has examined how self-oriented perfectionism and socially prescribed perfectionism relate to burnout in an adult work environment. Based on this, the writer is interested in examining the relationship of perfectionists and burnouts to journalists.[6]

Based on the background above, the formulation of the problem of this research is how the relationship between perfectionists with burnout towards journalists with age differences in Makassar City?

**2. METHOD**

The research is the quantitative study by using the correlational approach. The independent variable is perfectionism and burnout is an dependent variable. The newspaper journalists in Makassar City is the population, and there are 74 journalists selected using a purposive sampling technique. The sample criteria are working time of sample more than eight hours a day, and they have positions as reporters, editors, and photographers. The instrument of collecting data scale technique that has validated the content and reliability test. The data obtained were processed using the SPSS program version 22.0 for Windows.

**3. RESULT AND DISCUSSION**

The subjects in this study were 74 journalists in the city of Makassar. As for the Description of research data can be described in the form of categorization of research variables, namely categorization, based on the

**Table 2.** Burnout Category

<b>Categorization</b>	<b>Interval</b>	<b>F</b>	<b>%</b>	<b>Exp</b>
$X < (\mu - 1.0 \sigma)$	$X < 60.67$	34	45.94	Low
$(\mu - 1.0 \sigma) \leq X < (\mu + 1.0 \sigma)$	$60.67 \leq X < 95.33$	38	51.38	Medium
$(\mu + 1.0 \sigma) \leq X$	$95.33 \leq X$	2	2.70	High
Total		74	100	

Note:

X : Score

$\mu$  : Mean hypothetic

$\sigma$  : Standard Deviasi Hipotetik

**3.2. Perfectionism (X)**

The highest answer response on a perfection scale is five, and the lowest is one, with a total of 28 items. On the perfectionist scale, a hypothetical minimum score of

comparison of hypothetical mean and empirical mean. Empirical data is data obtained from the response of each subject's response to a given scale, while hypothetical data is allowed on each scale filled by the subject. The results of the descriptive analysis in this study are as follows in Table 1.

**Table 1.** Hypothetical Description Data

<b>Variable</b>	<b>Hypothetic</b>			
	<b>Max</b>	<b>Min</b>	<b>Mean</b>	<b>DS</b>
Perfectionism	140	28	84	18.66
Burnout	130	26	78	17.33

The description of the data shows almost the same standard deviation between the two variables. This indicates that the diversity of data is relatively the same. Furthermore, the middle value on perfectionism is 84, and the burnout value of 78 indicates that the data is spread evenly.

**3.1. Burnout (Y)**

Burnout scale totaling 26 items with a range of scores from 1 to 5. Data from the hypothetical results of the study showed that the minimum value was 26, and the maximum was 130. The lowest score obtained was 36, and the highest score was 100. Obtaining a standard deviation was 17.33, while the mean hypothetical of 78. The results of the descriptive empirical analysis obtained the results of the maximum value and a minimum value of 100 and 36, while the empirical mean score was 61.51, and the standard deviation score was 13.660. The following is a burnout categorization in Table 2.

28, a maximum hypothetical score of 140, a mean of 84, and a standard deviation of 18.66. The empirical data obtained a maximum score of 126 and a minimum score of 57, with an empirical mean number of 86.80 and several standard deviations of 13.205. Next is the presentation of a description table of research data.

**Table 3.** Perfectionism Categorization

Categorization	Interval	F	%	Exp
$X < (\mu - 1.0 \sigma)$	$X < 65.34$	4	5.40	Low
$(\mu - 1.0 \sigma) \leq X < (\mu + 1.0 \sigma)$	$65.34 \leq X < 102.66$	63	85.13	Medium
$(\mu + 1.0 \sigma) \leq X$	$102.66 \leq X$	7	9.45	High
Total		74	100	

The percentage results show that journalists in Makassar city who were the sample of the study had a perfectionism level, which was in the medium category. The two variables are then tested for the coefficient of choreography to determine the relationship between perfectionists and burnouts experienced by journalists. The correlation results are shown in Table 4.

**Table 4.** Hypothesis Test Result (Perfectionism and Burnout Correlation)

Variable	Coefficient of correlation	Significance	Exp
Perfectionist & Burnout	0.614	$0.000 < 0.05$	Significance

The results of the correlation test analysis showed that the magnitude of the correlation value between the perfectionist variables with burnout was 0.614, with a significant value of  $0.000 < 0.05$ . These results prove that perfectionists have a positive relationship with a burnout in journalists. It means that the higher the journalist's perfectionist, the higher the burnout in the journalist. A positive value on the correlation coefficient (0.614) means that there is a positive relationship. A positive correlation means an increase will follow an increase in perfectionist value in the value of burnout.

Result of the study relevant with Taris, Beek, and Schaufeli, who explain that perfectionists have a relationship with a high risk of burnout because perfectionist behavior has a pattern that drains mental strength [7]. Furthermore, Chang explains among the personalities in the Big Five Personality, and perfectionism is one of the personalities that influences burnout. Among various personality traits, the perfectionist is one of the dispositional tendencies that is strongly associated with fatigue. Perfectionist individuals usually experience high pressure in daily life, so they are susceptible to stress, which can lead to burnout. Beck states that individual personalities affect the way they interpret information from the environment and can cause completely different responses to stress [8]. The following shows the results of the burnout category by age.

**Table 5.** Burnout Score Categorization of Journalists in The Age Range of 11-20 Years

Interval	F	%	Exp
$X < 60.67$	3	30	Low
$60.67 \leq X < 95.33$	6	60	Medium
$95.33 \leq X$	1	10	High

Based on the explanation in table 5, it can be concluded that journalists with an age range of 11 to 20 years experienced moderate burnout. Lundberg explains that newcomers give their best work to find their role in the organization [9].

**Table 6.** Burnout Score Categorization of Journalists in The Age Range 21-30 Years

Interval	F	%	Exp
$X < 60.67$	17	39.53	Low
$60.67 \leq X < 95.33$	25	58.13	Medium
$95.33 \leq X$	1	2.32	High

Based on the exposure in Table 6, it can be concluded that journalists with an age range of 21 to 30 years experience moderate burnout. Reinardy explains that journalists aged 25 to 29 years show signs of wanting to leave the journalism profession or have not yet decided [10].

**Table 7.** Burnout Score Categorization of Journalists in The Age Range 31-40 Years

Interval	F	%	Exp
$X < 60.67$	10	66.66	Low
$60.67 \leq X < 95.33$	5	33.33	Medium
$95.33 \leq X$	-	-	High

Based on the explanation in table 7, it can be concluded that journalists with an age range of 31 to 40 years are in the low burnout category. Reinardy explains that journalists aged 30 to 34 years show lower levels of fatigue than those aged 49 years and over [10].

**Table 8.** Burnout Score Categorization of Journalists in The Age Range 41 and over Years

Interval	F	%	Exp
$X < 60.67$	5	83.33	Low
$60.67 \leq X < 95.33$	1	16.66	Medium
$95.33 \leq X$	-	-	High

Based on the explanation in Table 8, it can be concluded that journalists aged 41 years and over are in a low category. Cook and Banks explain that older journalists are better able to develop coping skills to better deal with stress [11].

#### 4. CONCLUSION

Based on the results of the analysis of research data and the discussion that has been presented previously, then the conclusion that can be drawn from this study is based on the correlation test in this study there is a positive relationship between perfectionists and burnout in the journalist profession in Makassar. It means that the higher the perfectionist, the burnout experienced by the journalist will also be higher, or vice versa, the lower the perfectionist, the burnout experienced by the journalist will also below. The results of this study also found that in addition to perfectionism, there were other factors affecting burnout, namely age, namely older journalists were able to develop better-coping skills to deal with stress so that the stress level was in a low category.

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