

ABSTRACT

The study aimed to determine the level of burnout among college students in relation to their academic performance. A validated and reliability tested questionnaire, was used and statistical analyses, including frequency count and percentage, and mean used 3rd person to analyze the data. The findings reveal that almost all of the college students are 20 years old and above, majority of them are female, and most of them are BSHM students. The data collected indicates that college students had moderate level of burnout. Results show that the college students have a good ($M=1.77$, $SD=0.33$) academic performance. There is no significant difference on the level of burnout and academic performance of college students. There is no significant difference in the level of burnout and academic performance of college students when grouped according to their profile. Various applications can be planned and implemental, protective, and preventive function of psychological counseling and guidance. Accordingly, psycho-education, peer counseling, individual guidance, and group guidance activities can be utilized. Social skills and/or assertiveness training programs can be used to improve the positive quality of students peer interactions.

Keywords: burnout, academic performance, college students, descriptive- correlational.