

**THE IMPACT OF OPTIMISM TOWARDS JOB BURNOUT
(A CASE OF MILLENNIAL GENERATION EMPLOYEES
IN BANK INDONESIA YOGYAKARTA)**

THESIS

**As partial fulfilment of the requirements for the Degree of Sarjana
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AUTHENTICITY ACKNOWLEDGEMENT

I, Claudia, hereby declare that I compiled my undergraduate thesis with the following title:

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is actually my own thinking and writing, I fully know and understand that my writings do not contain other's part(s) of other's writing, except those that have been cited and mentioned in the references.

Yogyakarta, April 20, 2020

Writer,

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Praise to the almighty God for the abundant blessings so author can finish the thesis entitled “**THE IMPACT OF OPTIMISM TOWARDS JOB BURNOUT (A CASE OF MILLENNIAL GENERATION EMPLOYEES IN BANK INDONESIA YOGYAKARTA)**” In the process of completing this thesis, author received many advices, motivations, supports, and loves from family, supervisor, friends, and the others. Therefore, the author would like to express a gratitude for the presence of:

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The author also realized the fact that this thesis is not perfect because there is a limitation of author's knowledge and ability. Therefore, any recommendation and suggestion are welcomed in order to improve this thesis. I also hope that this thesis can provide benefits for the reader and the parties concerned in the study.

Yogyakarta, March 16, 2020

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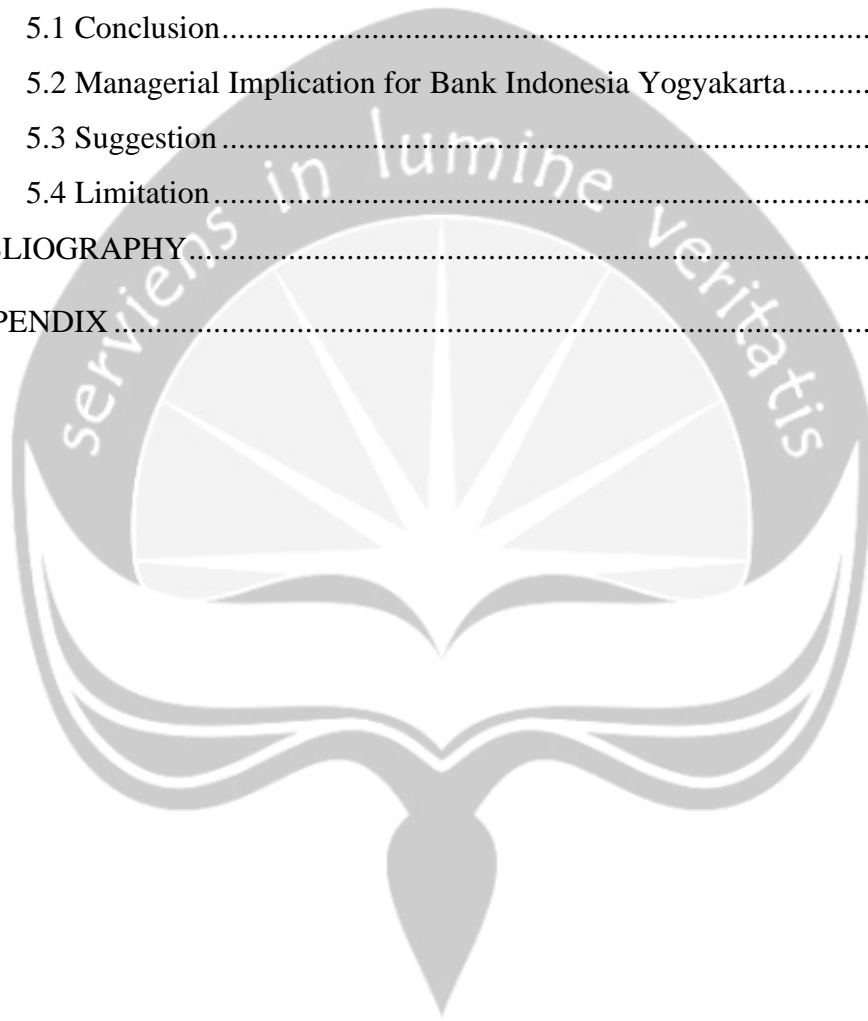
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**THE IMPACT OF OPTIMISM TOWARDS JOB BURNOUT
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ABSTRACT

This research analyzed the effects of optimism towards job burnout among the millennial generation. This research focused on a company that more likely to faced job burnout. Bank industry is suitable for this research and Bank Indonesia Yogyakarta is chosen in this research. To examine the total of 31 samples, this study used multiple regression analysis.

The result shows that state optimism has negative effect toward job burnout. When trait optimism does not have a negative effect toward job burnout. Trait optimism does not have a negative impact on emotional exhaustion. Trait optimism has a negative impact on depersonalization. Ttrait optimism does not have a negative impact on diminished personal accomplishment. State optimism has a negative impact on emotional exhaustion. State optimism does not have a negative impact on depersonalization. State optimism has a negative impact on diminished personal accomplishment among the individuals of the Millennial Generation employee in Bank Indonesia Yogyakarta.

Keywords: *Job Burnout, State Optimism, Trait Optimism, Emotional Exhaustion Depersonalization, Diminished Personal Accomplishment, Bank Indonesia, Millennial Generation.*