

STRES KERJA DITINJAU DARI SELF EFFICACY DIRI PADA GURU-GURU YANG MENGAJAR KURIKULUM MERDEKA DI SEKOLAH SWASTA GLOBAL PRIMA MEDAN

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INTISARI

Penelitian ini dilaksanakan guna menguji hubungan antara *self efficacy* dengan stres kerja. Penelitian kali ini memakai teknik *non probability sampling* yang di mana tidak semua populasi dapat dijadikan sebagai sampel di penelitian ini dan jumlah sampel penelitian sebanyak 78 tenaga pendidik, di mana pengambilan sampel menggunakan tabel penentuan sampel penelitian oleh Isaac dan Michael dan taraf kesalahan sebesar 5%. Data penelitian berupa 21 item skala *self efficacy* serta 21 item skala stres kerja. Uji korelasi memakai *Pearson Product Moment* dan diperoleh hubungan positif *self efficacy* dengan stres kerja. Dengan nilai *Pearson Correlation* $r = 0.431$ dan signifikansi $p < 0.001$ di mana nilai signifikansi < 0.05 . Hasil penelitian menunjukkan terdapat korelasi positif dan signifikan antara variabel *self efficacy* dan stres kerja, sehingga hipotesa dalam penelitian ini yang menyatakan ada hubungan negatif antara variabel *self efficacy* dan stres kerja ditolak.

Kata kunci: stres kerja, *self efficacy*, kurikulum merdeka, tenaga pendidik

**JOB STRESS REVIEWED FROM THE PERSPECTIVE OF SELF-EFFICACY IN
TEACHERS WHO TEACH 'KURIKULUM MERDEKA' AT GLOBAL PRIMA
PRIVATE SCHOOL MEDAN**

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ABSTRACT

This research was conducted to examine the relationship between self-efficacy and work stress. This research uses a non-probability sampling technique where not all of the population can be used as samples in this research and the total research sample is 78 teaching staff, where sampling uses the research sample determination table by Isaac and Michael and the error rate is 5%. The research data consists of 21 self-efficacy scale items and 21 work stress scale items. Correlation test using Pearson Product Moment and obtained a positive relationship between self-efficacy and work stress. With a Pearson Correlation value of $r = 0.431$ and a significance of $p < 0.001$ where the significance value is < 0.05 . The research results show that there is a positive and significant correlation between the self-efficacy variables and work stress, thus indicating the hypothesis in this study which stated that there was a negative relationship between self efficacy and work stress was rejected.

Keywords: work stress, self efficacy, kurikulum merdeka, educators