

HUBUNGAN STRATEGI COPING TERHADAP PSYCHOLOGICAL WELL BEING PADA GURU SD NEGERI DI KECAMATAN MEDAN KOTA

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INTISARI

Penelitian ini dilakukan dengan tujuan untuk mengetahui serta menguji hubungan antara Strategi *Coping* terhadap *Psychological Well Being*. Ditetapkan sampel penelitian yaitu 131 guru SD Negeri di Kecamatan Medan Kota dengan teknik *purposive sampling*, dengan skala Strategi *Coping* dan *Psychological Well Being* masing-masing terdiri dari 29 dan 30 aitem. Pendekatan metode korelasi *Pearson Product Moment* digunakan untuk menganalisis data. Berdasarkan hasil dari penelitian Strategi *Coping* berdampak positif dan terdapat hubungan signifikan dengan *Psychological Well Being* yaitu korelasi koefisien sebanyak 0.773 dan nilai signifikansi sebanyak 0.000 ($p < 0.05$). Hal ini menyiratkan, semakin tinggi Strategi *Coping* maka semakin tinggi juga *Psychological Well Being* guru serta berlaku pula sebaliknya.

Kata Kunci : Strategi *Coping* , *Psychological Well Being*, Guru

***THE RELATIONSHIP BETWEEN COPING STRATEGY TOWARD PSYCHOLOGICAL
WELL BEING IN ELEMENTARY SCHOOL TEACHERS DISTRICT F MEDAN CITY***

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ABSTRACT

This study set out to comprehend and investigate the connection between Coping Strategy and Psychological Well Being. The research sample was determined to be 131 public elementary school teachers in the Medan Kota District using purposive sampling technique, with the Coping Strategies and Psychological Well Being scales consisting of 29 and 30 items respectively. The Pearson Product Moment correlation method coefficient approach was used to analyze the data. According to the study's findings, Coping strategies are beneficial and substantially associated with Psychological Well Being, with a correlation coefficient of 0.773 and a significance value of 0.000 ($p < 0.05$). This implies that the higher the Coping Strategy, the higher the teacher's Psychological Well Being and vice versa.

Keyword : Coping Strategy, Psychological Well Being, teachers