

PENGARUH REGULASI EMOSI DAN RESILIENSI TERHADAP STRES KERJA GURU DI SEKOLAH MAITREYAWIRA DELI SERDANG

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ABSTRAK

Guru yang tidak memiliki kemampuan regulasi emosi yang baik dan tidak memiliki tingkat resiliensi yang tinggi maka guru akan rentan mengalami stres kerja ketika dihadapkan dengan siswa dan tuntutan tugas yang menjadi tanggung jawabnya. Penelitian ini bertujuan untuk mengetahui hubungan regulasi emosi dan resiliensi dengan stres kerja guru. Sampel pada penelitian ini adalah 105 guru Sekolah Maitreyawira. Teknik pengambilan sampel yang digunakan adalah *simple random sampling*. Data dikumpulkan melalui penyebaran skala kepada subjek penelitian dan dianalisis dengan teknik regresi linier berganda. Setelah dianalisis, maka didapatkan hasil analisis regresi yang menunjukkan adanya pengaruh regulasi emosi dan resiliensi terhadap stres kerja guru sehingga hipotesa mayor diterima, hal ini terlihat melalui nilai $F = 96,516$ dan $p < 0,001$ Selanjutnya hasil analisis korelasi menunjukkan bahwa tidak ada hubungan antara regulasi emosi dengan stres kerja guru ($p = 0.86$ ($p > 0.05$) dan $\beta = -0,148$) sehingga hipotesa minor pertama ditolak, dan adanya hubungan negatif antara resiliensi dengan stres kerja guru ($p < 0,001$ ($p < 0.05$) dan $\beta = -0,694$) sehingga hipotesa minor kedua diterima. Uji asumsi dalam penelitian ini yaitu uji normalitas, uji multikolinearitas, uji autokorelasi, dan uji heterokedasitas. Hasil penelitian menunjukkan sumbangan efektif yang diberikan regulasi emosi dan resiliensi sebesar 64.7 persen, selebihnya 35.3 persen berasal dari faktor lain.

Kata kunci: Regulasi Emosi, Resiliensi, Stres Kerja

**THE INFLUENCE OF EMOTION REGULATION AND RESILIENCE ON
TEACHER WORK STRESS IN MAITREYAWIRA SCHOOL DELI
SERDANG**

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ABSTRACT

Teachers who do not have good emotion regulation skills and do not have a high level of resilience will be vulnerable in experiencing work stress when faced with students and the demands of the tasks they are responsible for. This study aims to determine the relationship between Emotion Regulation and Resilience with Teacher Work Stress. The sample in this study were 105 teachers of Maitreyawira School. The sampling technique used was simple random sampling. Data were collected through the distribution of scales to research subjects and were analyzed with multiple linear regression techniques. After being analyzed, the results of regression analysis showed that there are influence from Emotion Regulation and Resilience on Teacher Job Stress resulting the major hypothesis was accepted, this result is seen through the value of $F = 96.516$ and $p < 0.001$. Furthermore, the correlation analysis results show that there is no relationship between Emotion Regulation and Teacher Work Stress ($p = 0.86$ ($p > 0.05$) and $\beta = -0.148$) so that the first minor hypothesis is rejected and there is a negative relationship between Resilience and Teacher Work Stress ($p < 0.001$ ($p < 0.05$) and $\beta = -0.694$) so that the second minor hypothesis is accepted. Assumption tests in this study are the normality test, multicollinearity test, autocorrelation test, and heteroskedasticity test. The results showed that the effective contribution given by Emotion Regulation and Resilience was 64.7 percent, the remaining 35.3 percent came from other factors.

Keywords: Emotion Regulation, Resilience, Job Stress