

**GAMBARAN *COPING STRESS* BERDASARKAN TINGKAT *STRESS*
KERJA PADA GURU BIMBINGAN DAN KONSELING DI SEKOLAH
MENENGAH KEJURUAN
(Studi Deskriptif di Sekolah Menengah Kejuruan Wilayah II Jakarta
Timur)**

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ABSTRAK

Tujuan penelitian ini adalah untuk memperoleh gambaran *coping stress* berdasarkan tingkat *stress* kerja pada guru BK di SMK Wilayah II Jakarta Timur. Penelitian menggunakan metode survei terhadap guru BK di SMK Wilayah II Jakarta Timur dengan populasi sebanyak 60 guru dan sampel yang digunakan sebanyak 60 guru. Teknik pengambilan sampel menggunakan metode *nonprobability sampling* dengan jenis *sampling* jenuh/sensus. Pengumpulan data menggunakan instrument adaptasi yakni *Brief COPE* untuk mengukur orientasi *coping stress* dan *RO-BO Scale* untuk mengukur tingkat *stress* kerja pada guru BK di SMK dengan bentuk kuesioner tertutup, terdiri dari empat dan tujuh pilihan jawaban serta dianalisis menggunakan statistika deskriptif. Hasil penelitian menunjukkan bahwa guru BK yang mengalami *Burnout* berorientasi pada *Emotion Focused Coping* (13.33%), pada kategori *Stress* berorientasi pada *Problem Focused Coping* dan *Emotion Focused Coping* dengan frekuensi yang sama (25%), sedangkan guru BK pada kategori *Rustout* berorientasi pada *Problem Focused Coping* (15%). Guru BK yang berorientasi pada penggunaan *Emotion Focused Coping* diharapkan dapat mempertimbangkan untuk meningkatkan penggunaan menuju *Problem Focused Coping*, mengingat *coping* yang berfokus pada masalah (*Problem Focused Coping*) lebih fungsional dalam upaya meminimalisir dan mengatasi *stress* kerja yang dialami guru BK, sehingga guru BK dapat mengoptimalkan peran dan tanggung jawab dalam menjalankan profesinya.

Kata kunci : *Coping Stress, Tingkat Stress Kerja, Guru BK*

**COPING STRESS BASED ON WORK STRESS LEVEL AMONG
GUIDANCE AND COUNSELING TEACHERS AT VOCATIONAL HIGH
SCHOOL
(Descriptive Study at Vocational High Schools in Region II of East
Jakarta)**

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ABSTRACT

The purpose of this study was to obtain information and data regarding the coping stress based on work stress level among guidance and counseling teachers at Vocational High School in Region II of East Jakarta. The research method used a survey, the population is guidance and counseling teachers at Vocational High Schools in Region II of East Jakarta with sample of 60 teachers. Sampling technique used is nonprobability sampling with census method. Data collection used adopted Brief COPE instrument to measure coping stress' orientation and RO-BO scale to measure work stress level among guidance and counseling teachers at Vocational High School with instrument of 1-4 scale and 1-7 scale and analyzed using descriptive statistics. The results showed that guidance and counseling teachers who experienced Burnout tend to use Emotion Focused Coping (13.33%), Teachers who are stress tend to use Problem Focused Coping (25%), and guidance and counseling teachers in Rustout category that had tendency Problem Focused Coping (15%). Guidance and Counseling teachers who had tendency to use Emotion Focused Coping is expected to try to use Problem Focused Coping, which are functional to minimize and overcome work stress level experienced by guidance and counseling teachers so that they could optimize the roles and responsibilities in their professions.

Keywords: Coping stress, work stress level, guidance and counseling teachers