

Pengaruh Stres Situasi Kerja terhadap *Psychological Well-being* pada Guru Honorer Madrasah Ibtidaiyah (MI) di Kota Tangerang

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh stres situasi kerja terhadap *psychological well-being*. Populasi dalam penelitian ini adalah guru honorer Madrasah Ibtidaiyah (MI) di Kota Tangerang. Penelitian ini menggunakan metode penelitian kuantitatif dengan sampel guru honorer MI di Kota Tangerang berjumlah 55 responden. Teknik pengambilan sampel yang digunakan adalah teknik *cluster sampling* dengan jumlah responden sebanyak 55 orang. Penelitian ini menggunakan dua buah skala yaitu skala *psychological well-being* dan skala stres yang disusun sendiri oleh peneliti berdasarkan teori-teori stres yang dikemukakan oleh Robbins & Judge (2013), Gibson, Ivancevich, Donnelly & Konopaske (2012) dan Newstrom & Davis (2002). Uji hipotesis dalam penelitian ini menggunakan teknik analisis regresi satu prediktor. Berdasarkan hasil analisis data, diperoleh nilai F hitung $7,708 > F$ Tabel $4,03$ dengan nilai $p = 0,008$ ($p < 0,05$). Artinya bahwa terdapat pengaruh antara stres situasi kerja terhadap *psychological well-being* pada guru honorer Madrasah Ibtidaiyah (MI) di Kota Tangerang. Pengaruh yang dihasilkan bersifat negatif, artinya jika tingkat stres situasi kerja tinggi, maka tingkat *psychological well-being* akan rendah.

Kata Kunci : stres situasi kerja, *psychological well-being*

***The Influence of Stress on the Job Situation of Psychological Well-being
in Honorary Teachers Government Islamic Elementary School in the
City of Tangerang***

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ABSTRACT

This study aims to determine the effect of stress on the job situation of psychological well-being. The population in this study is a honorary teachers in Islamic Elementary School in the City of Tangerang. This study uses a quantitative method with a sample of honorary teachers in Islamic Elementary School in the City of Tangerang amounted to 55 respondents. The sampling technique used was cluster sampling with 55 respondents. This study uses two scale that a scale of psychological well-being and stress scale were arranged by researcher based on the theories of stress advanced by Robbins & Judges (2013), Gibson, Ivancevich, Donnelly & Konopaske (2012) and Newstrom & Davis (2002). Test hypothesis in this study using a regression analysis one predictors. Based on the analysis of data, obtained F count 7.708 > F Table 4.03 with $p = 0.008$ ($p < 0.05$). This means that there is influence between stress on the job situation to the psychological well-being on a honorary teacher Islamic Elementary School (MI) in the city of Tangerang. The resulting negative influence, meaning that if the work situation of high stress levels, the levels of psychological well-being will be lower.

Keywords : stress on the job situation, psychological well-being