

HUBUNGAN *PSYCHOLOGICAL WELL-BEING* DENGAN *BURNOUT* PADA GURU SMA ADABIAH 2 PADANG

Indah Gamma Edyani, Program Psikologi, Fakultas Psikologi
Universitas Putra Indonesia YPTK Padang
Email: indahedyani@gmail.com

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *psychological well-being* dengan *burnout* pada guru SMA Adabiah 2 Padang. Latar belakang penelitian didasarkan pada fenomena tingginya tingkat stres dan kelelahan emosional yang dialami oleh guru, yang ditandai dengan kelelahan fisik, emosional, dan mental, serta penurunan kinerja. *Psychological well-being* dianggap sebagai faktor yang dapat memoderasi *burnout* karena kemampuannya dalam meningkatkan penerimaan diri, relasi positif dengan orang lain, dan penguasaan lingkungan. Penelitian ini menggunakan metode kuantitatif. Partisipan terdiri dari 61 guru SMA Adabiah 2 Padang yang dipilih melalui teknik total sampling. Data dikumpulkan menggunakan skala *psychological well-being* (48 aitem, $\alpha = 0,918$) dan skala *burnout* (24 aitem, $\alpha = 0,880$), kemudian dianalisis dengan uji korelasi Pearson. Hasil penelitian menunjukkan adanya hubungan negatif yang signifikan antara *psychological well-being* dengan *burnout* ($r = -0,613$; $p < 0,01$), artinya semakin tinggi *psychological well-being*, semakin rendah *burnout* yang dialami guru. *Psychological well-being* memberikan sumbangan efektif sebesar 37,57% terhadap *burnout*. Implikasi penelitian ini menekankan pentingnya program pengembangan *psychological well-being* di sekolah untuk membantu guru mengelola *burnout* secara lebih efektif.

Kata Kunci : *psychological well-being*, *burnout*, guru SMA, korelasi, kesejahteraan psikologi emosi

THE RELATIONSHIP BETWEEN PSYCHOLOGICAL WELL-BEING AND BURNOUT IN TEACHERS AT ADABIAH 2 PADANG HIGH SCHOOL

Indah Gamma Edyani, *Psychology, Faculty of Psychology*
Putra Indonesia University YPTK Padang
Email: indahedyani@gmail.com

ABSTRACT

This study examines the relationship between psychological well-being and burnout among teachers at SMA Adabiah 2 Padang. The background of the research is based on the phenomenon of high levels of stress and emotional exhaustion experienced by teachers, characterized by physical, emotional, and mental fatigue, as well as decreased performance. Psychological well-being is hypothesized to mitigate burnout due to its role in enhancing self-acceptance, positive relationships, and environmental mastery. Using a quantitative correlational design, the research involved 61 high school teachers selected through total sampling. Data were collected using validated scales measuring psychological well-being (48 items, $\alpha = 0.918$) and burnout (24 items, $\alpha = 0.880$). Pearson correlation analysis revealed a significant negative relationship between the variables ($r = -0.613$, $p < 0.01$), indicating that higher psychological well-being correlates with lower burnout. The findings suggest that psychological well-being accounts for 37.57% of the variance in burnout levels. These results emphasize the importance of integrating psychological well-being development programs in schools to enhance teachers' ability to manage burnout.

Keywords: *psychological well-being, burnout, high school teachers, stress management, mental health*