

ABSTRAK

HUBUNGAN ANTARA STRESS KERJA DENGAN PSYCHOLOGICAL WELL-BEING PADA GURU SMA DI KABUPATEN KERINCI YANG MENGAJAR SECARA ONLINE DI MASA PANDEMI COVID-19

Penelitian ini dilakukan pada guru SMA di Kabupaten Kerinci. Tujuan penelitian ini adalah untuk mengetahui hubungan antara Stres terjadinya *Psychological Well-Being* pada Guru SMA di Kabupaten Kerinci yang mengajar Secara Online. Teknik pemilihan sampel dalam penelitian ini menggunakan ketentuan *table Issacd and Michel* untuk tingkat kesalahan 10% dengan jumlah populasi 552 orang didapati jumlah sampel sebanyak 176 guru. Uji validitas dan reliabilitas menggunakan *Alpha Cronbach*. Hasil uji coba menunjukkan koefisien validitas pada skala stres kerja didapatkan *corrected item- total correlation* berkisar antara 0,303 sampai dengan 0,707, sedangkan koefisien reliabilitasnya sebesar 0,895. Hasil uji coba koefisien validitas skala *psychological well being* menunjukkan *corrected item- total correlation* berkisar antara 0,340 sampai dengan 0,854, dengan koefisien reliabilitasnya sebesar 0,938. Hasil uji hipotesis menunjukkan besarnya koefisien korelasi sebesar -0,333 dengan taraf signifikan $p = 0,000$ yang berarti dapat disimpulkan bahwa terdapat hubungan yang bertaraf rendah dan berarah negatif antara stres terjadinya *psychological well-being*. Nilai negatif menunjukkan bahwa semakin tinggi stress kerja maka semakin rendah *psychological well-being*, serta semakin rendah stress kerja maka semakin tinggi *psychological well-being* pada guru. Adapun sumbangan efektif dari variabel beban terjadinya stress kerja sebesar 11%.

Kata kunci : Stres kerja, *psychological well-being*, Guru

ABSTRACT
RELATIONSHIP BETWEEN WORK STRESS AND PSYCHOLOGICAL
WELL-BEING AT SMA TEACHERS IN KERINCI DISTRICT
TEACHING ONLINE IN THE TIME OF
THE COVID-19 PANDEMIC

This research was conducted on high school teachers in Kerinci Regency . The purpose of this study was to determine the relationship between work stress and Psychological Well-Being in high school teachers in Kerinci Regency who teach online . The sample selection technique in this study uses the provisions of the *Issac and Michel* table for an error rate of 10% with a population of 552 people, the number of samples is 176 teachers . Test the validity and reliability using *Alpha Cronbach*. The test results show the validity coefficient on the work stress scale is obtained *corrected item- total correlation* ranged from 0.303 up to 0.707 , while the reliability coefficient of 0,895 . The test result validity coefficient scale of psychological well being shows the *corrected item-total correlation* ranged from 0.340 up to 0.854 , with a reliability coefficient of 0.938 . The results of the hypothesis test show that the correlation coefficient is -0.333 with a significant level of $p = 0.000$ which means it can be concluded that there is a low-level and negative relationship between work stress and psychological well-being . Value negatively m enunjukkan that the higher the stress of work then getting lace psychological well-being , as well as the lower stress work then getting higher psychological well-being on the teacher . The effective contribution of variable workload with job stress by 11 %

Keyword : Work Stres, Psychological Well-Being, Teacher