

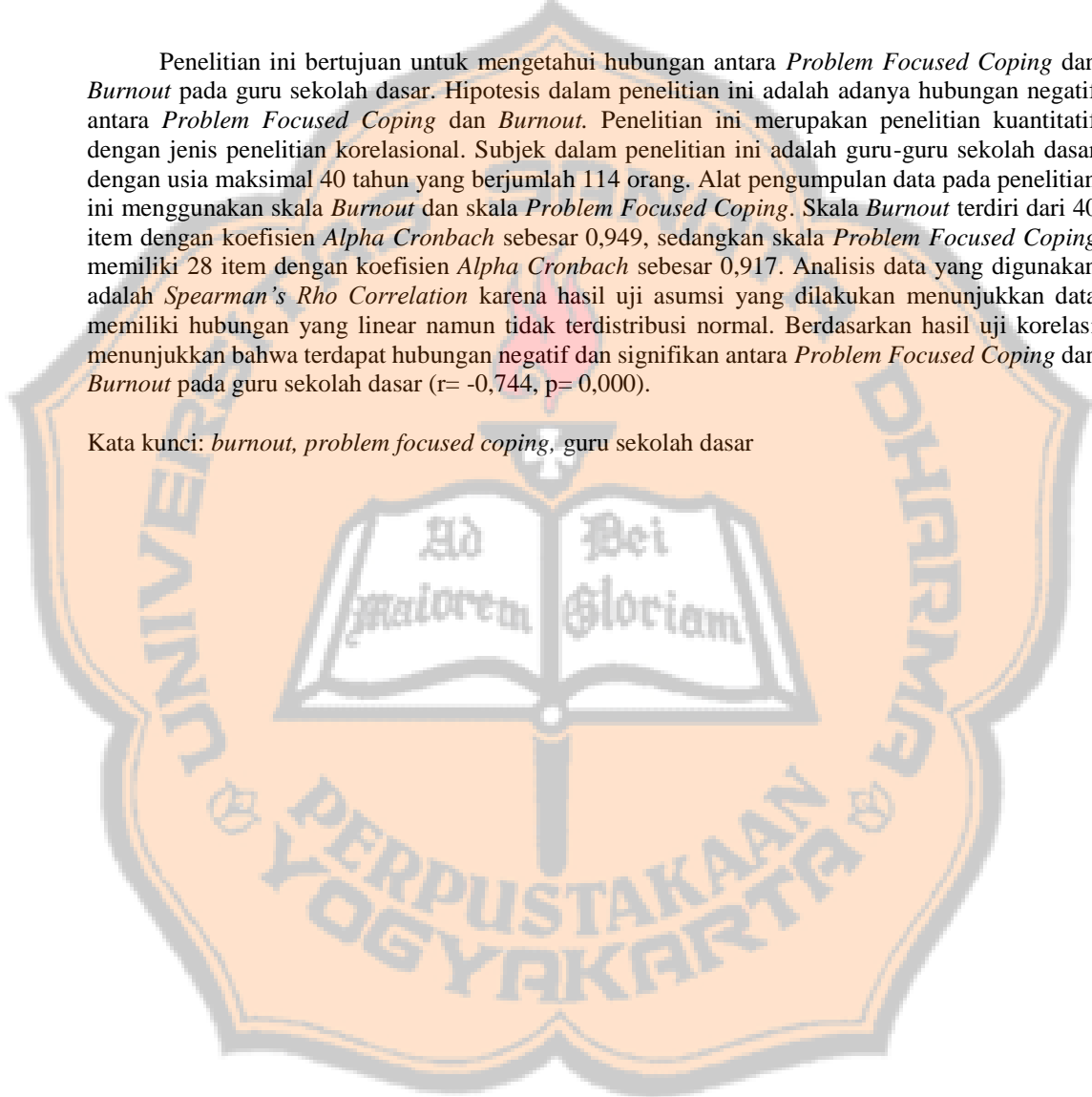
HUBUNGAN ANTARA *PROBLEM FOCUSED COPING* DAN *BURNOUT* PADA GURU SEKOLAH DASAR

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *Problem Focused Coping* dan *Burnout* pada guru sekolah dasar. Hipotesis dalam penelitian ini adalah adanya hubungan negatif antara *Problem Focused Coping* dan *Burnout*. Penelitian ini merupakan penelitian kuantitatif dengan jenis penelitian korelasional. Subjek dalam penelitian ini adalah guru-guru sekolah dasar dengan usia maksimal 40 tahun yang berjumlah 114 orang. Alat pengumpulan data pada penelitian ini menggunakan skala *Burnout* dan skala *Problem Focused Coping*. Skala *Burnout* terdiri dari 40 item dengan koefisien *Alpha Cronbach* sebesar 0,949, sedangkan skala *Problem Focused Coping* memiliki 28 item dengan koefisien *Alpha Cronbach* sebesar 0,917. Analisis data yang digunakan adalah *Spearman's Rho Correlation* karena hasil uji asumsi yang dilakukan menunjukkan data memiliki hubungan yang linear namun tidak terdistribusi normal. Berdasarkan hasil uji korelasi menunjukkan bahwa terdapat hubungan negatif dan signifikan antara *Problem Focused Coping* dan *Burnout* pada guru sekolah dasar ($r = -0,744$, $p = 0,000$).

Kata kunci: *burnout*, *problem focused coping*, guru sekolah dasar



***CORRELATION BETWEEN PROBLEM FOCUSED COPING AND
BURNOUT AMONG ELEMENTARY TEACHERS***

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ABSTRACT

The purpose of this study was to understand the relationship between Problem Focused Coping and Burnout among elementary teachers. The hypothesis of this study was there was a negative correlation between Problem Focused Coping and Burnout. This research was a quantitative method using correlational study. Subject of this study were 114 elementary teachers with maximal aged 40 years. The tools which were used to collect the data are the Burnout scale and Problem Focused Coping scale. The Burnout scale contains 40 items with the Cronchbach Alpha coefficient 0,949, while the Problem Focused Coping scale contains 28 item with the Cronchbach Alpha coefficient 0,917. Data were analyzed with Spearmen's Rho Correlation technique because there was a linear correlation, but the data distribution was abnormal. The result of this study was there is a negative and significant correlation between Problem Focused Coping and Burnout among elementary teachers ($r = -0,744$, $p = 0,000$).

Keywords: *burnout, problem focused coping, elementary teachers*

