

## PERAN DIMENSI KESEJAHTERAAN PSIKOLOGIS TERHADAP BURNOUT PADA GURU PEREMPUAN

Studi pada Mahasiswa Psikologi

Universitas Sanata Dharma Yogyakarta

*Angela Tasya Riski Saputri*

### ABSTRAK

Penelitian ini bertujuan untuk menguji peran dimensi kesejahteraan psikologis terhadap burnout pada guru perempuan. Responden berupa 125 guru perempuan yang dikumpulkan melalui teknik *convenience sampling*. Alat ukur yang digunakan adalah skala adaptasi *Ryff Psychological Well-Being Scale*, untuk mengukur dimensi-dimensi kesejahteraan psikologis dan skala adaptasi *Maslach Burnout Intervention-Educator Survey* untuk mengukur *burnout*. Berdasarkan uji coba, koefisien reliabilitas dari dimensi penerimaan diri 0,648, dimensi pengembangan diri 0,737, dimensi penguasaan lingkungan 0,691, otonomi 0,691, tujuan hidup 0,667, dimensi hubungan positif dengan orang lain 0,723 serta *burnout* 0,957. Hasil penelitian menunjukkan kesejahteraan psikologis secara simultan berhubungan dengan *burnout* ( $r=0,699$ ;  $t=18,540$ ;  $F=45,577$ ). Pada analisis parsial, dimensi pengembangan diri ( $\beta= -0,339$ ;  $\alpha= 0,041$ ), otonomi ( $\beta=-0,827$ ;  $\alpha=0,000$ ), tujuan hidup ( $\beta= -0,195$ ,  $\alpha=0,000$ ) dan penguasaan lingkungan ( $\beta=-0,739$ ,  $\alpha=0,002$ ) ditemukan mengurangi potensi *burnout*. Dimensi Penerimaan diri ditemukan meningkatkan potensi *burnout*. ( $\beta=0,681$ ,  $\alpha=0,007$ ). Dimensi hubungan positif dengan orang lain tidak berkorelasi secara signifikan dengan *burnout* ( $\beta =-0,298$ ,  $\alpha= 0,093$ ).

Kata kunci: Kesejahteraan psikologis, *burnout*, Guru perempuan

## THE ROLE OF PSYCHOLOGICAL WELL-BEING DIMENSIONS ON BURNOUT IN FEMALE TEACHERS

Study in Psychology in Sanata Dharma in Sanata Dharma University

*Angela Tasya Riski Saputri*

### ABSTRACT

*This study aims to examine the role of psychological well-being dimensions on burnout in female teachers. Respondents were 125 female teachers collected through convenience sampling technique. The measuring instrument used was the Ryff Psychological Well-Being Scale adaptation scale, to measure the dimensions of psychological well-being and the Maslach Burnout Intervention-Educator Survey adaptation scale to measure burnout. Based on the trial, the reliability coefficient of the self-acceptance dimension was 0.648, the self-development dimension was 0.737, the environmental mastery dimension was 0.691, autonomy was 0.691, the purpose of life was 0.667, the positive relationship dimension with others was 0.723 and burnout was 0.957. The results showed that psychological well-being was simultaneously related to burnout ( $r = 0.699$ ;  $t = 18.540$ ;  $F = 45.577$ ). In partial analysis, the dimensions of self-development ( $\beta = -0.339$ ;  $\alpha = 0.041$ ), autonomy ( $\beta = -0.827$ ;  $\alpha = 0.000$ ), purpose in life ( $\beta = -0.195$ ,  $\alpha = 0.000$ ) and environmental mastery ( $\beta = -0.739$ ,  $\alpha = 0.002$ ) were found to reduce the potential for burnout. The dimension of self-acceptance was found to increase the potential for burnout. ( $\beta = 0.681$ ,  $\alpha = 0.007$ ). The dimension of positive relationships with others was not significantly correlated with burnout ( $\beta = -0.298$ ,  $\alpha = 0.093$ ).*

*Keywords: Psychological well-being, Burnout, Female teachers*