

ABSTRAK

Oktaviana, Anissa Rahma. (2026). Hubungan antara Kepribadian Tahan Banting (*Hardiness*) dengan Tingkat Stres Guru SLB dalam Mengajar Anak Berkebutuhan Khusus. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara kepribadian tahan banting (*hardiness*) dengan stres kerja pada guru Sekolah Luar Biasa (SLB) yang mengajar anak berkebutuhan khusus di Daerah Istimewa Yogyakarta. Guru SLB memiliki tuntutan pekerjaan yang kompleks dalam mendampingi siswa berkebutuhan khusus sehingga rentan mengalami stres kerja. *Hardiness* dianggap sebagai salah satu faktor yang dapat membantu individu menghadapi tekanan kerja secara lebih adaptif. Penelitian ini menggunakan metode kuantitatif korelasional dengan desain survei. Partisipan dalam penelitian ini berjumlah 179 guru SLB yang diperoleh melalui teknik *convenience sampling*. Pengumpulan data dilakukan menggunakan adaptasi skala *Teacher Stress Inventory (TSI)* untuk mengukur stres kerja dan *Occupational Hardiness Questionnaire (OHQ)* untuk mengukur *hardiness*. Analisis data dilakukan menggunakan teknik korelasi *Spearman's rho*. Hasil analisis menunjukkan adanya hubungan negatif yang signifikan antara *hardiness* dan stres kerja pada guru SLB dengan nilai koefisien korelasi sebesar $r = -.278$ dan nilai signifikansi $p < .001$. Dengan demikian, terdapat hubungan negatif antara *hardiness* dan stres kerja pada guru SLB.

Kata kunci: *hardiness*, stres kerja, guru SLB, anak berkebutuhan khusus

ABSTRACT

Oktaviana, Anissa Rahma. (2026). The Relationship between Hardiness Personality and Stress Levels of SLB Teachers in Teaching Children with Special Needs. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This study aimed to examine the relationship between hardiness and work stress among special education school teachers teaching children with special needs in the Special Region of Yogyakarta. Special education teachers face complex job demands in assisting students with special needs, making them vulnerable to experiencing work stress. Hardiness is considered one of the factors that may help individuals cope with work-related pressure more adaptively. This study employed a quantitative correlational method with a survey design. The participants consisted of 179 special education school teachers selected through a convenience sampling technique. Data were collected using the adapted version of the Teacher Stress Inventory (TSI) to measure work stress and the Occupational Hardiness Questionnaire (OHQ) to measure hardiness. Data analysis was conducted using Spearman's rho correlation technique. The results showed a significant negative relationship between hardiness and work stress among special education school teachers, with a correlation coefficient of $r = -.278$ and a significance value of $p < .001$. Therefore, there was a negative relationship between hardiness and work stress among special education school teachers.

Keywords: hardiness, work stress, special school teachers, children with special needs