

Hubungan Dukungan Sosial dan Burnout Pada Guru Sekolah Dasar DKI Jakarta Dalam Masa Pandemi COVID-19 = The Relationship Between Social Support and Burnout in Elementary School Teachers in DKI Jakarta in the COVID-19 Pandemic

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Abstrak

Guru memiliki peran yang besar dalam pelaksanaan pendidikan. Perubahan pada sistem pembelajaran dalam masa pandemi COVID-19 menyebabkan guru mengalami kesulitan untuk beradaptasi. Dukungan sosial yang berasal dari keluarga, teman, dan significant other dapat membantu mengurangi tingkat burnout yang dialami oleh guru. Penelitian ini bertujuan untuk melihat hubungan dari dukungan sosial dengan burnout pada guru sekolah dasar DKI Jakarta. Dukungan sosial dan burnout pada guru sekolah dasar DKI Jakarta (N=90) diukur menggunakan Multidimensional Scale of Social Support (MSPSS) dan Copenhagen Burnout Inventory (CBI). Hasil analisis Pearson Correlation menemukan bahwa dukungan sosial memiliki hubungan yang negatif dan signifikan dengan burnout.

.....Teachers have a big role in the implementation of education. Changes in the learning system during COVID-19 pandemic caused teachers to have difficulty adapting. Social support received from family, friends, and significant other can help reduce the burnout experienced by teachers. This study aims to see the relationship between social support and burnout in elementary school teachers in DKI Jakarta. Social support and burnout of elementary school teachers in DKI Jakarta (N=90) were measured using the Multidimensional Scale of Social Support and Copenhagen Burnout Inventory. The results of Pearson correlation showed that social support had a negative and significant relationship with burnout.