

## Hubungan antara burnout dan perceived school adjustment pada guru yang mengajar kelas 1 dan kelas 2 sekolah dasar inklusif = The correlation between burnout and perceived school adjustment among inclusive elementary school teachers who teach children in grade 1 and grade 2

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### Abstrak

[Adanya perubahan sistem pendidikan menjadi inklusif, menuntut guru untuk mengajar siswa dengan berbagai kebutuhan. Perubahan tersebut memungkinkan munculnya burnout karena kelebihan beban kerja, perubahan tugas guru, dan sarana dan prasarana tidak mendukung. Bila kondisi ini dibiarkan maka akan mengganggu proses school adjustment khususnya anak berkebutuhan khusus yang berada di kelas 1 dan kelas 2 karena mereka membutuhkan hubungan yang baik dengan guru. Penelitian ini hanya akan meminta guru memberikan penilaian terhadap kondisi burnout yang dialaminya, maupun memberikan rating school adjustment terhadap anak berkebutuhan khusus secara umum. penelitian ini melibatkan 46 responden guru sekolah dasar inklusif di wilayah Jakarta Timur, Jakarta Selatan dan Depok. Hasil yang didapat menunjukkan bahwa terdapat hubungan yang signifikan antara ketiga dimensi burnout dengan perceived school adjustment dengan nilai korelasi  $r = -0.296$  hingga  $-0.388$ ., Change in the education system to be inclusive, requires teacher to teach students with various needs. The change are likely to lead burnout due to work overload, changes in the teacher assignments, and then facilities and infrastructure does not support. If this condition is left it will interfere with the process of school adjustment children especially children with special needs who are in grade 1 and grade 2 because they need a good relationship with teacher. This research only ask the teacher gives an assessment of the conditions they experienced burnout, as well as providing rating of school adjustment children with special need in general. This study involved 46 respondents inclusive primary school teacher in East Jakarta, South Jakarta, and Depok. The result indicate t there is a significant relationship between three dimensions of burnout with perceived school adjustment. Value of correlation two variabels are 0.296 to -0.388]