

# Intervensi bagi guru SD perempuan di masa pandemi COVID19: sebuah pelatihan peningkatan kebahagiaan psikologis = The Intervention for elementary school female teacher in COVID-19 pandemic: The training of psychological well-being enhancement

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## Abstrak

Penelitian intervensi dalam bentuk pelatihan ini bertujuan untuk meningkatkan kebahagiaan psikologis guru dalam masa pandemi COVID-19. Desain penelitian pada pelatihan ini adalah one group pretest-posttest design. Partisipan dalam penelitian ini berjumlah 16 orang. Materi pelatihan yang diberikan dalam pelatihan ini adalah mindfulness dan komunikasi. Pengukuran dilakukan terhadap ketiga variabel sebelum dan sesudah pelatihan dilakukan. Meskipun dari perhitungan secara keseluruhan tidak ditemukan kenaikan signifikan, namun jika dilihat perindividu maka terdapat 9 orang mengalami kenaikan nilai pretest ke posttest pada kebahagiaan psikologis, 12 orang mengalami kenaikan pada pengukuran mindfulness dan 9 orang mengalami kenaikan pada pengukuran komunikasi. Kesimpulan dari penelitian ini berdasarkan analisis statistik tidak terjadi peningkatan yang signifikan pada pengetahuan partisipan terhadap kebahagiaan psikologis, tapi secara kualitatif partisipan pelatihan merasakan pelatihan memiliki manfaat bagi mereka dan berpotensi positif meningkatkan kebahagiaan psikologis.

.....The intervention study in the form of training aimed to improve the psychological well-being of teachers during the COVID-19 pandemic. The research design in this training was one group pretest-posttest design with 16 participants. The raining materials provided in this form of training were mindfulness and communication. Measurements were made on the three variables before and after the training held. Although from the overall calculation there was no significant increase, but if the training was viewed individually, 9 people experienced an increase in the pretest to posttest psychological well-being, 12 people experienced an increase in mindfulness and 9 people experienced an increase in communication measurement. Even though there was an increase in the value, it was not significant. The conclusion of this study based on statistical analysis that there was no significant improvement in participants' knowledge of psychological well-being, but qualitatively the training participants felt that the training gave benefits for them and had the potential to positively increase psychological well-being.