

HUBUNGAN ANTARA KOPING RELIGIUS DENGAN *BURNOUT* PADA GURU SMK SWASTA DI KECAMATAN X KOTA SEMARANG

Nur Dania Muhandisatin Nadhilah
Fakultas Psikologi
Universitas Islam Sultan Agung Semarang

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara koping religius dengan *burnout* pada guru SMK swasta di kecamatan X kota Semarang. Subjek dalam penelitian ini yaitu guru SMK swasta di kecamatan X kota Semarang, berjumlah 57 orang. Teknik pengambilan sampel menggunakan teknik sampling jenuh (sampling sensus) dengan cara mengambil keseluruhan populasi. Pengumpulan data menggunakan skala *burnout* yang terdiri dari 35 aitem dengan koefisien reliabilitas 0,91 dan skala koping religius yang terdiri dari 22 aitem dengan koefisien reliabilitas yang bergerak pada rentang 0.720-0.890. Penelitian ini menggunakan metode kuantitatif korelasional dan menggunakan analisis data statistik *product moment*. Berdasarkan hasil analisis statistik diperoleh nilai $r_{xy} = -0,444$ dengan taraf signifikansi $p = 0.001$ ($p \leq 0.005$). Hasil penelitian menunjukkan bahwa ada hubungan negatif antara koping religius dengan *burnout* pada guru SMK swasta di Kecamatan X kota Semarang. Sumbangan efektif dari koping religius yang mempengaruhi *burnout* sebesar 19,7% berdasarkan *Rsquare* sebesar 0.197, sedangkan 80.3% dipengaruhi oleh faktor lain.

Kata Kunci : *burnout*, koping religius

UNISSULA
جامعته سلطان أبجوج الإسلامية

RELATIONSHIP BETWEEN RELIGIOUS COPING AND BURNOUT FOR PRIVATE VOCATIONAL SCHOOL TEACHERS AT THE X DISTRICT OF SEMARANG CITY.

Nur Dania Muhandisatin Nadhilah
Psychology Faculty of Sultan Agung Islamic University

ABSTRACT

This study aims to determine the relationship between religious coping and burnout in private vocational school teachers at the X district of Semarang city. The subjects in this study were private vocational school teachers in the X district of Semarang city, totaling 57 peoples. The sampling technique used a saturated sampling technique (census sampling) by taking the entire population. The data were collected using a burnout scale consisting of 35 items with a reliability coefficient of 0.91 and a religious coping scale consisting of 22 items with a reliability coefficient that moves in the range 0.720-0.890. This study uses correlational quantitative methods and uses product moment statistical data analysis. Based on the results of statistical analysis, it was obtained that the value of $r_{xy} = -0.444$ with a significance level of $p = 0.001$ ($p \leq 0.005$). The results showed that there was a negative relationship between religious coping and burnout in private vocational school teachers at the X district of Semarang City. The effective contribution of religious coping which affected burnout was 19.7% based on the Rsquare of 0.197, while 80.3% was influenced by other factors.

Keywords: *burnout, religious coping*

