

ABSTRACT

This research focuses on self efficacy and work stress on teachers in foundation X. This research uses a quantitative approach with spearman correlation-description research design. The population of this study were 90 teachers of the foundation X. The sampling technique was saturated sampling, ie the sampling technique when all members of the population were used as samples. Data collected through questionnaires. Spearman test is used to test the relationship of self efficacy with work stress on teacher of foundation X, with result of -0,580 and p value 0,000. The results of this study indicate that there is a relationship between self-efficacy with work stress on teacher foundation X.

Keywords: self efficacy, work stress.



ABSTRAK

Penelitian ini difokuskan pada *self efficacy* dan stres kerja pada guru di yayasan X. Penelitian ini menggunakan pendekatan kuantitatif dengan rancangan penelitian deskripsi korelasi-spearman. populasi dari penelitian ini adalah 90 guru yayasan X. Teknik pengambilan sampel adalah sampling jenuh, yakni teknik penentuan sampel bila semua anggota populasi digunakan sebagai sampel. Data di kumpulkan melalui pengisian kuesioner. Uji spearman digunakan untuk menguji hubungan *self efficacy* dengan stres kerja pada guru yayasan X, dengan hasil sebesar -0,580 dan p value 0,000. Hasil penelitian ini menunjukkan bahwa terdapat hubungan antara *self efficacy* dengan stres kerja pada guru yayasan X.

Kata kunci: *self efficacy*, stres kerja.

