

# HUBUNGAN ANTARA *SELF-COMPASSION* DENGAN *TEACHER WELL-BEING* PADA GURU SMP DAN SMA

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## ABSTRAK

Topik kesejahteraan guru menjadi pembicaraan utama yang terus bergulir dari tahun ke tahun. Kesejahteraan guru sangat penting untuk diperhatikan dalam dunia pendidikan demi meningkatkan mutu pendidikan dalam proses belajar mengajar, karena guru menjadi salah satu tolak ukur kemajuan pendidikan dalam suatu negara. Namun, saat ini guru masih dianggap menjadi salah satu profesi dengan tingkat stres yang cukup tinggi. Penelitian ini bertujuan untuk mengetahui hubungan antara *self-compassion* dengan *teacher well-being* pada guru SMP dan SMA. Metode penelitian yang digunakan adalah metode kuantitatif korelasional. Subjek penelitian adalah 217 guru SMP dan SMA di Jakarta Selatan didapatkan melalui teknik sampling insidental. Terdapat dua alat ukur yang digunakan, yaitu *Teacher's Well-Being Scale* atau TWBS (Collie, 2014) diadaptasi oleh Dearly (2020) terdiri dari 16 item dan diuji coba pula oleh Aqila (2021), serta *Self-Compassion Scale* (SCS) dari Neff (2003) yang telah diadaptasi dalam Bahasa Indonesia oleh Sugianto, dkk (2020) diberi nama Skala Welas Diri (SWD) terdiri dari 26 item. Teknik analisis data menggunakan korelasi Spearman dengan bantuan software IBM SPSS Statistics 24. Hasil penelitian menunjukkan bahwa terdapat hubungan yang positif dan signifikan antara *self-compassion* dengan *teacher well-being* pada guru SMP dan SMA ( $r = 0,192$ ,  $p = 0,000 < 0,05$ ). Dalam hal ini, komponen positif pada *self-compassion* mampu membantu guru memaknai perannya lebih dalam sehingga *teacher well-being* pada guru meningkat.

**Kata Kunci:** Kesejahteraan Guru, Welas Diri, Guru SMP dan SMA.

# **RELATIONSHIP BETWEEN SELF-COMPASSION AND TEACHER WELL-BEING IN JUNIOR HIGH AND HIGH SCHOOL TEACHERS**

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## **ABSTRACT**

*The topic of teacher well-being is the main discussion that continues to roll from year to year. Teacher well-being is very important to note in the world of education in order to improve the quality of education in the teaching and learning process, because teachers are one of the benchmarks for the progress of education in a country. However, currently the teacher is still considered a profession with a fairly high stress level. This study aims to determine the relationship between self-compassion and teacher well-being in junior high and high school teachers. The research method used is correlational quantitative method. The research subjects were 217 junior and senior high school teachers in South Jakarta obtained through incidental sampling technique. There are two measuring instruments used, namely the Teacher's Well-Being Scale or TWBS (Collie, 2014) adapted by Dearly (2020) consisting of 16 items and also being tested by Aqila (2021), and the Self-Compassion Scale (SCS) from Neff (2003) which has been adapted in Indonesian by Sugianto, et al (2020) is named the Skala Welas Diri (SWD) consisting of 26 items. The data analysis technique used Spearman's correlation with the help of IBM SPSS Statistics 24 software. The results showed that there was a positive and significant relationship between self-compassion and teacher well-being in junior high and high school teachers ( $r = 0.192$ ,  $p = 0.000 < 0.05$ ). In this case, the positive component of self-compassion is able to help teachers understand their role more deeply so that teacher well-being in teachers increases.*

**Keywords:** *Teacher Well-Being, Self-Compassion, Junior and Senior High School Teachers.*