

Hubungan antara bentuk dukungan sosial dan burnout pada guru sekolah dasar inklusif di Kabupaten Bandung = The correlation between social support form and burnout among inclusive elementary school teachers in kabupaten bandung

Laila Tri Nurachma, author

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Abstrak

Penerapan pendidikan inklusif di Kabupaten Bandung yang baru diresmikan sejak tahun 2012 menuntut adaptasi guru dalam mengajar siswa dengan berbagai kebutuhan. Hal itu meningkatkan kemungkinan munculnya burnout akibat kelebihan beban kerja dan terbatasnya waktu kerja. Dukungan sosial diketahui mampu menjadi penengah antara stres dan burnout dengan mengurangi dampak stres sehingga tidak memunculkan burnout. Dukungan sosial dapat tersedia dalam enam bentuk, yaitu attachment, guidance, opportunity for nurturance, reassurance of worth, reliable alliance, dan social integration.

Penelitian ini melibatkan 106 responden guru sekolah dasar inklusif di Kabupaten Bandung. Hasil yang didapat menunjukkan bahwa terdapat hubungan yang signifikan antara keenam bentuk dukungan sosial dengan dimensi emotional exhaustion dari burnout dengan nilai korelasi $r = -0.204$ ─ -0.347 . Selain itu, bentuk attachment berhubungan signifikan dengan dimensi depersonalization, serta bentuk social integration berhubungan signifikan dengan dimensi personal accomplishment.

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Implementation of inclusive education in Kabupaten Bandung, which was inaugurated since 2012 requires the adaptation of teachers in teaching students with various needs. This increases the likelihood of burnout due to work overload and limited working time. Social support is known to be a moderator between stress and burnout by reducing the effects of stress so it does not bring up the burnout. Social support could be available in six forms, that?s are attachment, guidance, opportunity for nurturance, reassurance of worth, reliable alliance, and social integration.

This research involved 106 respondents inclusive elementary school teacher in Kabupaten Bandung. The results showed that there is a significant relationship between the six forms of social support and emotional exhaustion dimension of burnout with a correlation value $r = -0.204$ ─ -0.347 . In addition, attachment significantly correlated with depersonalization dimension, and social integration significantly correlated with personal accomplishment dimension.