

## **GAMBARAN TINGKAT STRES KERJA PADA GURU SD SEWILAYAH AMBARKETAWANG SLEMAN DI MASA PANDEMI**

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### **INTISARI**

**Latar belakang:** Pandemi COVID-19 berdampak di semua bidang salah satunya sektor pendidikan, guru adalah salah satu profesi yang sangat berdampak di masa pandemi karena adanya perubahan dalam sistem pembelajaran ditambah dengan tugas lain sehingga dapat mengalami stress kerja.

**Tujuan:** Mengetahui stres kerja pada guru di SD sewilayah Ambarketawang Sleman di masa Pandemi.

**Metode:** Penelitian ini merupakan penelitian kuantitatif dengan pendekatan deskriptif. Penelitian dilakukan di empat SD sewilayah Ambarketawang pada bulan Juni 2022. 33 guru SDN sewilayah Ambarketawang terlibat menjadi responden. Pengambilan sampel penelitian menggunakan teknik total sampling. Penelitian ini menggunakan kuesioner tentang stres kerja yang telah dilakukan uji validitas.

**Hasil:** Mayoritas guru tidak mengalami stres kerja sebanyak 45,5%, mayoritas guru dengan jenis kelamin perempuan tidak mengalami stress kerja sebanyak 13 orang (39,4%). Sebagian besar guru dengan rentang usia 36 - 45 tahun tidak mengalami stres kerja sebanyak 5 orang (15,2%). Mayoritas guru yang sudah menikah tidak stres dalam bekerja sebanyak 14 orang (42,4%). Guru dengan pendidikan S1 tidak mengalami stres kerja sebanyak 15 orang (45,5%). Guru dengan lama bekerja  $\geq 10$  tahun tidak mengalami stres kerja sebanyak 12 orang (36,4%).

**Kesimpulan:** Tingkat stres guru berada pada kategori tidak stres berdasarkan jenis kelamin, usia, status perkawinan, tingkat pendidikan, dan lama bekerja.

**Kata kunci :** stres kerja, guru, COVID-19

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# A DESCRIPTION OF WORK STRESS LEVEL OF ELEMENTARY SCHOOL TEACHERS IN AMBARKETAWANG SLEMAN DURING PANDEMIC

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## ABSTRACT

**Research Background:** The pandemic has a huge impact on all fields, and one of which is the education sector. Teachers are one of the most impacted professions during the pandemic because of the changes in learning system coupled with other tasks. As a result, they can experience work stress.

**Research Objective:** The research aims to find out the work stress of the teachers in elementary schools in Ambarketawang Sleman during the pandemic.

**Research Method:** This research is a quantitative research with a descriptive approach which was conducted in four elementary schools in Ambarketawang in June 2022. 33 elementary school teachers in Ambarketawang were involved as the respondents. The research sample was taken using a total sampling technique. The questionnaire about work stress which was tested for validity was used in this research.

**Research Results:** The majority of teachers do not experience work stress (45.5%). In addition, the majority of teachers with female gender who do not experience work stress are as many as 13 people (39.4%). Most teachers aged 36 - 45 years do not experience work stress as many as 5 people (15.2%). The majority of married teachers who do not experience stress at work are as many as 14 people (42.4%). The teachers with bachelor degree of education do not experience work stress as many as 15 people (45.5%). The teachers with 10 year-length of work who do not experience work stress are as many as 12 people (36.4%).

**Conclusion:** The stress level of the teachers is in the non-stress category based on gender, age, marital status, education level, and length of work.

**Keywords:** work stress, teachers, Covid-19

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