HUBUNGAN BEBAN KERJA GURU DENGAN TINGKAT STRES TERKAIT PEMBELAJARAN SELAMA MASA PANDEMI COVID-19 DI SMA FRATER DON BOSCO MANADO

Wongkar, Claudia[1]., Sepang, Mareyke[2]., Wetik, Syenshie[3]
Universitas Katolik De La Salle Manado
Email : claudiawongkar14@gmail.com

Abstrak

Latar Belakang: Beban kerja guru selama masa pandemi covid-19 mengalami peningkatan dikarenakan perubahan proses pembelajaran yang terjadi begitu cepat dari tatap muka menjadi pembelajaran daring sehingga mengaharuskan guru untuk menguasai teknologi dan terjadinya perubahan kurikulum yang membuat guru dituntut lebih cepat beradaptasi dengan perubahan tersebut sehingga mengakibatkan terjadinya peningkatan stres. Apabila hal ini tidak teratasi maka akan berdampak pada kondisi kesehatan mental, fisik, emosional dan sosial guru selama proses pembelajaran dimasa pandemi covid-19.
Tujuan: Untuk mengetahui hubungan beban kerja guru dengan tingkat stres terkait pembelajaran selama masa pandemi covid-19 di SMA Frater Don Bosco Manado
Metode: Penelitian ini menggunakan desain penelitian korelasion (kuantitatif). Populasi dari penelitian ini adalah seluruh guru yang berada di SMA Frater Don Bosco Manado dengan jumlah responden adalah 30 guru. Pengambilan sampel menggunakan metode *total sampling* yang dimana jumlah sampel sama dengan populasi. Waktu penelitian di mulai bulan Februari – Juli 2022.
Hasil: Melalui uji korelasi non paremetrik *spermans*, beban kerja guru dengan tingkat stres terkait pembelajaran selama masa pandemi covid-19 menunjukkan *p value* = 0,018; dimana nilai-nilai tersebut menunjukkan *p value* < 0,05 sehingga terdapat hubungan yang signifikan antara kedua variabel.
Kesimpulan: Terdapat hubungan positif beban kerja guru dengan tingkat stres terkait pembelajaran selama masa pandemi covid-19 yang dimana jika beban kerja guru ringan maka tingkat stres guru terkait perubahan pembelajaran tidak terjadi peningkatan.

Kata Kunci: Beban Kerja Guru, Tingkat stres, Pembelajaran selama masa pandemi covid-19
Kepustakaan: 9 Buku (2016 – 2020), 39 Jurnal (2017 – 2022)

CORRELATION OF TEACHER WORKLOAD WITH STRESS LEVEL RELATED TO LEARNING DURING THE COVID-19 PANDEMIC AT SMA FRATER DON BOSCO MANADO

Wongkar, Claudia[1]., Sepang, Mareyke[2]., Wetik, Syenshie[3]
University of Catholic De La Salle Manado
Email : claudiawongkar@gmail.com

Abstract

Background : Teachers' workload during Covid-19 pandemic is increasing due to the change in the teaching-learning processes that happened in an instant from face to face to an online class thus requiring the teachers to master the technologies and the changes of curriculum that made the teachers forced to quickly adapt with those changes that caused an increased in stress. If this thing is not handled then it will affect the mental, physical, emotional, and social health condition of the teachers during teaching-learning processes during Covid-19 pandemic.

Objective: To determine the relationship of teachers' workload with stress level on studying during Covid-19 pandemic at Manado Don Bosco Brothers High School

Methods: This research used correlational (quantitative) research design. The population of this research were all the teachers at Manado Don Bosco Brothers High School in total of 30 teacher as respondents. The sample were obtained by using total sampling method in which the samples total are the same with the population. The research time were from February – July 2022

Result: By Spearman non-parametric correlational test, the teachers' workload with the stress level regarding teaching-learning during Covid-10 pandemic showed p-value = 0.018; in which those values showed $p\text{-value} < 0.05$ therefore there was a significant relationship between both variables.

Conclusion: There was a positive relationship of teachers' workload related to teaching-learning during Covid-19 pandemic period, where if the teachers' workload was light thus the teachers' stress level regarding changes in teaching-learning would not be increased.

Keywords: Teachers' workload, stress level, teaching-learning during Covid-19 pandemic
Literature: 9 Books (2016 – 2020), 39 Journals (2017 – 2022