

ABSTRACT

The COVID-19 pandemic has an impact on education, one of which is the stress felt by teachers, therefore it is necessary to have a stress coping strategy, in the selection of stress coping strategies based on the cognitive abilities and personality of each individual. The purpose of this study was to describe a stress coping strategy based on Hardiness and self-efficacy in Surabaya State Junior High School teachers during the COVID-19 pandemic.

This research is a descriptive observational study with a quantitative approach. The population of this study were all teachers of public junior high schools in the city of Surabaya, totaling 2,553 teachers with a sample of 107 teachers through proportional sampling. Data analysis used cross tabulation test.

The results showed that more respondents were female teachers (66.4%), the elderly age group (45-65 years) were 55 teachers (51.4%), and had a long working period of >10 years (62, 6%). More State Junior High School teachers in Surabaya have a high level of Hardiness (82.2%) and a high level of Self-Efficacy (78.5%). Coping strategies used by more teachers of public junior high schools in Surabaya are emotion-focused coping (61.7%) then problem-focused coping (36.4%) and there are teachers who use both strategies (1.9%).

The conclusion from this study most teachers have high levels of Hardiness and Self-Efficacy and tend to use emotion-focused coping on the accepting responsibility strategy which seeks to control emotions towards stress or problems that are felt responsibly and try to adjust to the situation and situation. as it should be.

Keywords: Coping stress, Emotion-focused coping, Problem-focused coping, Hardiness, Self-Efficacy

ABSTRAK

Pandemi COVID-19 membuat dampak pada pendidikan, salah satunya stres yang dirasakan guru maka dari itu perlu adanya strategi coping stress, dalam pemilihan strategi coping stress berdasarkan kemampuan kognitif dan kepribadian masing-masing individu. Tujuan dari penelitian ini adalah untuk mengetahui gambaran strategi coping stress berdasarkan *Hardiness* dan *self efficacy* pada Guru SMP Negeri Surabaya di masa pandemi COVID-19.

Penelitian ini merupakan penelitian deskriptif observasional dengan pendekatan kuantitatif. Populasi dari penelitian ini adalah seluruh Guru SMP Negeri di kota Surabaya yang berjumlah 2.553 guru dengan sampel 107 guru melalui *Proportional Sampling*. Analisis data menggunakan uji crosstabulasi silang.

Hasil penelitian menunjukkan responden lebih banyak ialah Guru berjenis kelamin perempuan sebanyak (66,4%), kelompok usia Lansia (45 - 65 tahun) sebanyak 55 guru (51,4%), serta memiliki masa kerja yang lama >10 tahun (62,6%). Lebih banyak Guru SMP Negeri di Surabaya memiliki tingkat *Hardiness* yang tinggi (82,2%) dan tingkat *Self-Efficacy* yang tinggi (78,5%). Strategi coping yang digunakan oleh lebih banyak Guru SMP Negeri di Surabaya ialah *emotion-focused coping* (61,7%) kemudian *problem-focused coping* (36,4%) serta terdapat guru yang menggunakan kedua strategi tersebut (1,9%).

Kesimpulan dari penelitian ini sebagian besar guru memiliki tingkat *Hardiness* dan *Self-Efficacy* yang tinggi dan cenderung menggunakan *emotion-focused coping* pada strategi *accepting responsibility* yang berusaha untuk mengontrol emosi terhadap stres atau masalah yang dirasakan dengan penuh tanggung jawab serta berusaha untuk menyesuaikan diri dengan situasi dan sebagaimana mestinya.

Kata kunci : *Coping stress, Emotion-focused coping, Problem-focused coping, Hardiness, Self-Efficacy*