

Abstrak

Penelitian ini bertujuan untuk mengetahui pengaruh beban kerja dan efikasi diri terhadap stres kerja pada guru perempuan di SMP Sederajat Kecamatan Cibiru, Kota Bandung. Metode penelitian yang digunakan adalah pendekatan kuantitatif dengan metode korelasional melalui teknik *non probability sampling* dengan jenis sampling jenuh terhadap 105 guru perempuan di SMP Sederajat Kecamatan Cibiru, Kota Bandung. Instrumen yang digunakan mencakup skala NASA-TLX (*Nasa Task Load Index*), *Teachers Senses of Efficacy Scale* (TSES) dan *The Workplace Stress Scale*. Hasil penelitian ini menunjukkan bahwa beban kerja dan efikasi diri terbukti berpengaruh secara simultan terhadap stres kerja guru perempuan di SMP Sederajat Kecamatan Cibiru, Kota Bandung.

Kata Kunci : beban kerja, efikasi diri, stress kerja, guru perempuan.

Abstract

This research aims to determine the influence of workload and self-efficacy on work stress among female teachers in junior high schools equivalent in Cibiru District, Bandung City. The research method used is a quantitative approach with a correlational method through non-probability sampling techniques with saturated sampling type involving 105 female teachers in junior high schools equivalent in Cibiru District, Bandung City. The instruments used include the NASA-TLX (NASA Task Load Index), Teachers Senses of Efficacy Scale (TSES), and The Workplace Stress Scale. The results of this study indicate that workload and self-efficacy significantly influence work stress among female teachers in junior high schools equivalent in Cibiru District, Bandung City.

Key Words : workload, self-efficacy, work stress, female teachers.

