

GAMBARAN STRATEGI KOPING STRES PADA GURU PENDAMPING YANG MENGAJAR ANAK BERKEBUTUHAN KHUSUS TK IT “X” DI KOTA JAMBI

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ABSTRAK

LATAR BELAKANG Sekolah inklusi merupakan salah satu layanan pendidikan yang diperuntukan bagi anak berkebutuhan khusus. Keberhasilan inklusi tentunya sangat dipengaruhi oleh kehadiran seorang guru, salah satunya guru pendamping. Namun, di Indonesia tidak semua sekolah inklusi mempunyai guru pendamping yang sesuai dengan peran pendidikan sebelumnya, termasuk TK IT “X” di Kota Jambi. Hal ini tentunya akan menambah tekanan yang dapat menimbulkan stres ketika melaksanakan tanggung jawabnya sebagai guru pendamping. Untuk menanggulangi stres tersebut, diperlukan adanya strategi koping stres tertentu dan mengidentifikasi faktor-faktor yang mempengaruhinya.

TUJUAN Untuk mendapatkan gambaran strategi koping stres dan faktor- faktor yang mempengaruhi strategi koping stres pada guru pendamping yang mengajar anak berkebutuhan khusus TK IT “X” di Kota Jambi.

METODE Penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologi. Karakteristik partisipan yang dipilih adalah guru pendamping yang aktif bekerja di TK IT ‘X’ Kota Jambi, berjenis kelamin perempuan atau laki-laki, lama bekerja minimal satu tahun. Teknik pengumpulan data adalah wawancara, observasi dan dokumentasi. Teknik analisis adalah Interpretative Phenomenological Analysis (IPA).

HASIL Gambaran strategi koping stres guru pendamping TK IT ‘X’ di Kota Jambi meliputi keterampilan memecahkan masalah, konfrontasi, pencarian dukungan teknis, penerimaan tanggung jawab, menghindari dari masalah, keterampilan sosial dan kemampuan finansial. Adapun faktor yang mempengaruhi yaitu, kontrol diri, melakukan aktivitas keagamaan, kesehatan fisik, keyakinan atau pandangan positif dan dukungan sosial.

KESIMPULAN Seluruh partisipan pada penelitian telah menggambarkan strategi koping stres melalui munculnya tujuh tema dan lima tema pada faktor yang mempengaruhi strategi koping stres.

Kata Kunci : Koping Stres, Guru Pendamping, TK IT “X” Kota Jambi.

STRESS COPING STRATEGIES OF SHADOW TEACHERS IN TEACHING SPECIAL NEEDS CHILDREN AT TK IT "X" IN JAMBI CITY: A DESCRIPTIVE STUDY

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ABSTRACT

BACKGROUND Inclusive schools are an educational service intended for children with special needs. The success of inclusion is of course greatly influenced by the presence of a teacher, one of which is a companion teacher. However, in Indonesia not all inclusive schools have accompanying teachers who are in line with their previous educational roles, including the IT "X" Kindergarten in Jambi City. This will of course add to the pressure which can cause stress when carrying out their responsibilities as a teacher assistant. To overcome this stress, it is necessary to have certain stress coping strategies and identify the factors that influence it.

OBJECTIVE To obtain an overview of stress coping strategies and the factors influencing the stress coping strategies of shadow teachers teaching special needs children at TK IT "X" in Jambi City.

METHOD This research used a qualitative approach with a phenomenological perspective. The selected participants were active shadow teachers working at TK IT "X" in Jambi City, both female and male, with a minimum of one year of work experience. Data collection techniques included interviews, observations, and documentation. The data analysis is Interpretative Phenomenological Analysis (IPA).

RESULTS The description of stress coping strategies of shadow teachers at TK IT "X" in Jambi City included problem-solving skills, confrontation, seeking social technical, accepting responsibility, avoiding problems, social skills and financial capabilities. The influencing factors included physical health, self-control, engaging in religious activities, beliefs or positive attitudes, problem-solving skills, social skills and social support.

CONCLUSION All participants in this study have described stress coping strategies through the emergence of six themes and six themes on factors influencing the description of stress coping strategies of shadow teachers teaching special needs children at TK IT "X" in Jambi City.

Keywords: Stress Coping, Shadow Teachers, TK IT "X" in Jambi City