

HUBUNGAN ANTARA REGULASI EMOSI DAN *BURNOUT* PADA GURU SMAN DI WILAYAH KOTA YOGYAKARTA

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ABSTRAK

Penelitian ini bertujuan untuk menguji hubungan antara regulasi emosi dan *burnout* pada guru SMA Negeri di wilayah kota Yogyakarta. Hipotesis dalam penelitian ini yaitu terdapat hubungan negatif antara regulasi emosi strategi *cognitive reappraisal* dengan *burnout* dimensi *emotional exhaustion*, *depersonalisation*, dan *reduce personal accomplishment*. Selain itu, terdapat hubungan negatif signifikan antara regulasi emosi strategi *emotion suppression* dengan *burnout* dimensi *emotional exhaustion*, *depersonalisation*, dan *reduce personal accomplishment*. Subjek dalam penelitian ini adalah guru-guru SMA Negeri yang berada di wilayah kota Yogyakarta. Data yang diperoleh dalam penelitian ini menggunakan skala adaptasi regulasi emosi milik Gross dan John (2003) dan skala adaptasi *burnout* milik Maslach yang telah diadaptasi kembali oleh Horn (2002) menjadi MBI NL ES. Penelitian ini menggunakan analisis parametric Spearman's Rho. Hasil penelitian ini menunjukkan adanya hubungan negatif signifikan antara regulasi emosi strategi *cognitive reappraisal* dengan tiga dimensi *burnout* yaitu *emotional exhaustion* ($r = -0.333$; $p < 0.05$), *Depersonalisation* ($r = -0.173$; $p < 0.05$) , dan *reduce personal accomplishment* ($r = -0.520$; $p < 0.05$). Selanjutnya, hasil menunjukkan tidak adanya hubungan antara regulasi emosi strategi *emotion suppression* dengan *burnout* dimensi *emotional exhaustion* ($r = -0.100$; $p > 0.05$) dan *depersonalisation* ($r = -0.027$; $p > 0.05$). Namun, regulasi emosi strategi *emotion suppression* memiliki hubungan negatif signifikan dengan *reduce personal accomplishment* ($r = -0.208$; $p < 0.05$).

Kata Kunci: *Regulasi Emosi, Burnout, Guru*

**THE RELATIONSHIP BETWEEN EMOTION REGULATION AND
BURNOUT IN STATE HIGH SCHOOL TEACHERS IN THE
YOGYAKARTA CITY REGION**

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ABSTRACT

This study aimed to determine the relationship between emotion regulation and burnout in public high school teachers in the city of Yogyakarta. The hypothesis in this study is that there is a negative relationship between emotional regulation of cognitive reappraisal strategy and burnout dimensions of emotional exhaustion, depersonalization, and reduce personal accomplishment. Furthermore, there is a significant negative relationship between emotion regulation on the emotion suppression strategy and burnout on the emotional exhaustion, depersonalization, and reduce personal accomplishment dimensions. The subjects in this study were state high school teachers in the city of Yogyakarta. The data obtained in this study used Gross and John's emotional regulation adaptation scale (2003) and Maslach's burnout adaptation scale which has been re-adapted by Horn (2002) to MBI NL ES. This study uses Spearman's Rho non-parametric analysis. The results of this study indicate that there is a significant negative relationship between the emotional regulation of the Cognitive Reappraisal strategy and the three dimensions of burnout, namely emotional exhaustion ($r = -0.333; p < 0.05$), depersonalization ($r = -0.173; p < 0.05$), and reduce personal accomplishment ($r = -0.520; p < 0.05$). moreover, the results show that there is no relationship between emotion regulation on the emotion suppression strategy and burnout on the emotional exhaustion dimension ($r = -0.100; p > 0.05$) and depersonalization ($r = -0.027; p > 0.05$). However, emotion regulation of emotion suppression strategy has a significant negative relationship with reduce personal accomplishment ($r = -0.208; p < 0.05$).

Keyword: *Emotion Regulation, Burnout, Teacher*