

**HUBUNGAN *PSYCHOLOGICAL WELL-BEING* DENGAN
WORK ENGAGEMENT PADA GURU SEKOLAH SWASTA
YAYASAN X DI MUNTILAN**

SKRIPSI

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Diajukan kepada Program Studi Sarjana Psikologi Fakultas Psikologi
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HUBUNGAN *PSYCHOLOGICAL WELL-BEING* DENGAN *WORK ENGAGEMENT* PADA GURU SEKOLAH SWASTA YAYASAN X DI MUNTILAN

(The Relationship Between Psychological Well-Being and Work Engagement Among Private School Teachers at Yayasan X in Muntilan)

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Abstrak

Work engagement merupakan aspek penting yang menunjang kinerja guru dalam menjalankan perannya secara optimal dalam proses pembelajaran. Penelitian ini bertujuan mengetahui hubungan antara *psychological well-being* dan *work engagement* pada guru sekolah swasta Yayasan X di Muntilan. Metode yang digunakan adalah kuantitatif korelasional dengan teknik total sampling pada 41 guru. Instrumen penelitian meliputi skala *psychological well-being* (Ryff, 1989) dan *Utrecht Work Engagement Scale* (UWES; Schaufeli & Bakker, 2004). Hasil analisis Pearson menunjukkan adanya hubungan positif dan signifikan antara *psychological well-being* dan *work engagement* ($r = 0,497$, $0,001 < 0,01$). Temuan ini membuktikan hipotesis dan menegaskan peran penting *psychological well-being* dalam memperkuat *work engagement* guru.

Kata Kunci: *psychological well-being, work engagement, guru, sekolah swasta*

Abstract

Work engagement is an important aspect that supports teachers' performance in carrying out their roles optimally in the learning process. This study aimed to examine the relationship between *psychological well-being* and *work engagement* among private school teachers at Yayasan X in Muntilan. The research employed a quantitative correlational method with a total sampling technique involving 41 teachers. The instruments used were the *Psychological Well-Being Scale* (Ryff, 1989) and the *Utrecht Work Engagement Scale* (UWES; Schaufeli & Bakker, 2004). Pearson correlation analysis revealed a positive and significant relationship between *psychological well-being* and *work engagement* ($r = 0.497$, $0.001 < 0.01$). The findings confirm the hypothesis and highlight the vital role of *psychological well-being* in strengthening teachers' work engagement..

Key Words: *psychological well-being, work engagement, teachers, private schools*