

ABSTRACT

Suci Habibah. 2017. "The Contribution of Social Support of Co-Workers and Social Self-Concept Toward the Condition of School Counselors *Burnout*". Thesis. S2 Guidance and Counseling Program. Faculty of Educational Science. Universitas Negeri Padang.

This research was background by counselors who still experienced stress and saturation in working that led to burnout conditions. The social self-concept and social support of co-workers were the factors affecting the burnout condition of school counselors. This research aimed at: (1) describing the social support of co-workers, describing the social self-concept, describing the condition of school counselors burnout, (2) testing the contribution of social support of co-workers toward the burnout condition, (3) testing the contribution of social self-concept toward burnout condition, and (4) testing the contribution of social support of co-workers and social self-concept toward the condition of school counselors burnout.

This research used quantitative method of correlational descriptive type. The population of the research was state senior high school counselors of pekanbaru city. The sample consisted of 52 people taken by using total sampling technique. The instrument used was a questionnaire social support of co-workers, social self concept, burnout with Likert scale model. The data of the research were analyzed by using simple regression, and multiple regression.

The findings of the research showed that: (1) the social support description of co-workers was classified into high category, the social self-concept was classified into positive category, and the condition of school counselors burnout was classified into low category, (2) there was contribution of social support condition of burnout of school counselors of 37.4%, (3) there was contribution of social self-concept toward the condition of burnout of school counselors of 21,1% and (4) there was contribution co-workers and social self-concept of burnout condition of 55.7%. The implication of research findings could be used as inputs to steps to improve quality program of guidance and counseling service, especially in improving social support of co-workers and social self-concept toward the condition of school counselors *burnout*.

Keywords: Social Support, Social Self-Concept, Burnout.

ABSTRAK

Suci Habibah. 2017. “Kontribusi Dukungan Sosial Rekan Kerja dan Konsep Diri Sosial terhadap Kondisi *Burnout* Guru BK”. Tesis. Program Studi S2 Bimbingan dan Konseling. Fakultas Ilmu Pendidikan. Universitas Negeri Padang.

Penelitian ini dilatarbelakangi oleh masih terdapat Guru BK yang mengalami kondisi stres dan kejenuhan dalam bekerja yang berujung pada kondisi *burnout*. Konsep diri sosial dan dukungan sosial rekan kerja merupakan faktor yang diduga mempengaruhi kondisi *burnout* Guru BK. Penelitian ini bertujuan untuk: (1) mendeskripsikan dukungan sosial rekan kerja, konsep diri sosial, mendeskripsikan kondisi *burnout* Guru BK, (2) menguji kontribusi dukungan sosial rekan kerja terhadap kondisi *burnout*, (3) menguji kontribusi konsep diri sosial terhadap kondisi *burnout*, dan (4) menguji kontribusi dukungan sosial rekan kerja dan konsep diri sosial secara bersama-sama terhadap kondisi *burnout* Guru BK.

Penelitian ini menggunakan metode kuantitatif jenis deskriptif korelasional. Populasi penelitian adalah Guru BK SMAN se-Kota Pekanbaru. Sampel berjumlah 52 orang yang ditetapkan dengan teknik pengambilan sampel *total Sampling*. Instrumen yang digunakan adalah kuesioner dukungan sosial rekan kerja, konsep diri sosial, *burnout* dengan model skala *Likert*. Data penelitian dianalisis menggunakan regresi sederhana, dan regresi ganda.

Temuan penelitian memperlihatkan bahwa: (1) secara rata-rata gambaran dukungan sosial rekan kerja berada pada kategori tinggi, konsep diri sosial berada pada kategori positif, dan kondisi *burnout* Guru BK berada pada kategori rendah, (2) terdapat kontribusi dukungan sosial rekan kerja terhadap kondisi *burnout* Guru BK sebesar 37.4%, dan (3) kontribusi konsep diri sosial terhadap kondisi *burnout* Guru BK sebesar 21,1%, serta (4) kontribusi dukungan sosial rekan kerja dan konsep diri sosial terhadap kondisi *burnout* sebesar 55.7%. Implikasi hasil penelitian dapat dijadikan sebagai upaya untuk meningkatkan mutu pelayanan bimbingan dan konseling khususnya dalam meningkatkan dukungan sosial rekan kerja dan konsep diri sosial terhadap kondisi *burnout* Guru BK.

Kata Kunci: Dukungan Sosial, Konsep Diri Sosial, *Burnout*.