

## ABSTRAK

Penelitian ini bertujuan (1) untuk mengetahui pengaruh positif efikasi diri terhadap quality of work life pada guru wanita (2) untuk mengetahui pengaruh negatif persepsi mengenai beban kerja terhadap quality of work life pada guru wanita, dan (3) untuk mengetahui pengaruh efikasi diri dan persepsi beban kerja secara simultan terhadap quality of work life pada guru wanita. Subyek dalam penelitian ini 50 orang guru wanita. Pengumpulan data dalam penelitian menggunakan skala quality of work life, skala efikasi diri, dan skala persepsi mengenai beban kerja. Teknik analisis dalam penelitian ini menggunakan teknik regresi linear untuk analisis hipotesis pertama dan hipotesis kedua, dan teknik regresi berganda untuk analisis hipotesis ketiga. Hasil analisis menunjukkan bahwa (1) ada pengaruh efikasi diri terhadap quality of work life pada guru wanita, nilai  $F = 264,062$  dan  $p = 0,000$  ( $p < 0,01$ ), (2) ada pengaruh persepsi mengenai beban kerja terhadap quality of work life pada guru wanita, nilai  $F = 11,356$  dan  $p = 0,003$  ( $p < 0,01$ ) dan (3) ada pengaruh efikasi diri dan persepsi beban kerja secara simultan terhadap quality of work life pada guru wanita, nilai  $F = 86,179$  dan  $p = 0,000$  ( $p < 0,01$ ).

Kata kunci: *quality of work life*, efikasi diri, persepsi mengenai beban kerja.

## **ABSTRACT**

This study aims (1) to determine the positive effect of self-efficacy on the quality of work life in female teachers (2) to determine the negative effect of perceptions of workload on the quality of work life in female teachers, and (3) to determine the effect of self-efficacy and the perception of workload simultaneously on the quality of work life for female teachers. The subjects in this study were 50 female teachers. Collecting data in this study used a quality of work life scale, a self-efficacy scale, and a perception scale of workload. The analysis technique in this study uses linear regression techniques for the analysis of the first hypothesis and the second hypothesis, and multiple regression techniques for the analysis of the third hypothesis. The results of the analysis show that (1) there is an effect of self-efficacy on the quality of work life in female teachers, the value of  $F = 264.062$  and  $p = 0.000$  ( $p < 0.01$ ), (2) there is an effect of perceptions of workload on quality of work life for female teachers, the value of  $F = 11.356$  and  $p = 0.003$  ( $p < 0.01$ ) and (3) there is a simultaneous effect of self-efficacy and perceived workload on the quality of work life for female teachers, the value of  $F = 86.179$  and  $p = 0.000$  ( $p < 0.01$ ).

Keywords: quality of work life, self-efficacy, perception of workload