

## **PENGARUH PELATIHAN *SELF LEADERSHIP* TERHADAP *PSYCHOLOGICAL WELL BEING* GURU SEKOLAH X**

### **ABSTRAK**

*Psychological Well Being* guru berperan penting untuk perkembangan diri siswa, pengoptimalan bakat dan kemampuan siswa secara maksimal. Penelitian ini bertujuan untuk mengetahui peningkatan *Psychological Well Being* melalui Pelatihan *Self Leadership*. Subjek dalam penelitian ini adalah guru Sekolah X. Desain penelitian yang digunakan adalah *Pretest Posttest Control Group*. Data dikumpulkan dengan skala *Psychological Well Being*. Berdasarkan hasil *Uji Wilcoxon* ditemukan  $Z = -2.292$  ( $p > 0,010$ ), artinya ada perbedaan tingkat *Psychological Well Being* pada guru Sekolah X antara sebelum diberikan Pelatihan *Self Leadership* dengan setelah diberikan Pelatihan *Self Leadership*. Berdasarkan hasil *Uji Mann Whitney* ditemukan  $Z = -3.475$  ( $p < 0,050$ ), artinya ada perbedaan yang signifikan antara kelompok eksperimen (KE) dan kelompok kontrol (KK). Kelompok eksperimen (KE) memiliki nilai *Psychological Well Being* yang lebih tinggi (Mean 13,50) dibandingkan dengan kelompok kontrol (Mean = 5,00). Kesimpulannya adalah Pelatihan *Self Leadership* menjadi salah satu metode intervensi untuk meningkatkan *Psychological Well Being*.

Kata kunci: Pelatihan *Self Leadership*, *Psychological Well Being*

## **THE EFFECT OF SELF LEADERSHIP TRAINING ON SCHOOL X TEACHER'S PSYCHOLOGICAL WELL BEING**

### **ABSTRACT**

Teacher's Psychological Well Being has an important role in the student's development, talent optimization and maximizing their abilities. This study aims to find out the improvement of Psychological Well Being through Self Leadership Training. The subjects in this study were teachers of School X. The research design used was the Pretest Posttest Control Group. The data is collected by using the Psychological Well Being's scale. Based on the results of the Wilcoxon Test found  $Z = -2,292$  ( $p > 0.010$ ), meaning that there is a difference in the level of School X teacher's Psychological Well Being before and after given Self Leadership Training. Based on the results of the Mann Whitney Test found  $Z = -3.475$  ( $p < 0.050$ ), meaning that there is a significant difference between the experimental group and the control group. The experimental group has a higher value of Psychological Well Being (Mean 13.50) compared to the control group (Mean = 5.00). In conclusion, is Self Leadership Training can be one of the intervention methods to improve Psychological Well Being.

Keywords: Self Leadership Training, Psychological Well Being