

Abstrak

Guru merupakan salah satu profesi yang penting untuk mewujudkan tugas pendidikan dalam membangun karakter bangsa. Beban tugas seorang guru digolongkan memiliki tanggung jawab yang berat sehingga dapat berdampak pada *psychological well-being*. Penelitian ini dilakukan dengan tujuan untuk memahami dinamika *psychological well-being* guru dan faktor-faktor yang mempengaruhi *psychological well-being* guru di SD Ummahatul Mukminin Pekanbaru. Pengambilan data menggunakan metode *Focus Group Discussion* dan wawancara mendalam. Terdapat tiga subjek pada penelitian ini yang berasal dari guru SD Ummahatul Mukminin Pekanbaru sebagai sumber data primer. Desain penelitian menggunakan penelitian kualitatif fenomenologi dan analisis penelitian yang digunakan adalah prosedur analisis tematik. Hasil penelitian ini menunjukkan dinamika pada guru dengan memiliki keberfungsian *psychological well-being* sehingga mampu mengevaluasi kehidupan secara positif. Terdapat enam faktor berdasarkan enam dimensi Ryff yang mempengaruhi *psychological well-being* guru di SD Ummahatul Mukminin Pekanbaru, yaitu tujuan dan prinsip hidup, lingkungan kerja fisik dan non-fisik, kepribadian positif, kondisi keuangan, pengembangan diri dan dukungan sosial.

Kata kunci: guru, *psychological well-being*, SD Ummahatul Mukminin Pekanbaru

Abstract

Teachers are one of the important professions to realize the task of education in building the nation's character. The burden of a teacher's duties is classified as having a heavy responsibility so that it can have an impact on psychological well-being. This study was conducted with the aim of understanding the dynamics of teacher psychological well-being and factors that affect teacher psychological well-being at Ummahatul Mukminin Elementary School Pekanbaru. Data collection using Focus Group Discussion method and in-depth interviews. There are three subjects in this study who came from teachers of Ummahatul Mukminin Elementary School Pekanbaru as primary data sources. The research design uses qualitative phenomenological research and the research analysis used is a thematic analysis procedure. The results of this study show the dynamics in teachers by having psychological well-being function so that they are able to evaluate life positively. There are six factors based on six Ryff dimensions that affect the psychological well-being of teachers at Ummahatul Mukminin Elementary School Pekanbaru, namely life goals and principles, physical and non-physical work environment, positive personality, financial condition, self-development and social support.

Keywords: *teachers, psychological well-being, Ummahatul Mukminin Elementary School Pekanbaru*