



Peran Efikasi Diri terhadap Kesejahteraan Psikologis Guru Sekolah Inklusif

The Role of Self-Efficacy on Psychological Well-Being of Teachers in Inclusive Schools

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Abstrak. Guru sekolah inklusif berperan penting terhadap keberhasilan sistem pendidikan inklusif. Tantangan pelaksanaan pendidikan inklusif sangat mungkin memengaruhi kondisi kesejahteraan psikologis guru. Tujuan dari penelitian ini adalah untuk mengetahui peran efikasi diri terhadap kesejahteraan psikologis guru sekolah inklusif. Sebanyak 105 guru sekolah inklusif di Daerah Istimewa Yogyakarta berpartisipasi dalam penelitian ini. Penelitian ini menggunakan dua instrumen pengukuran yaitu skala efikasi diri dan skala kesejahteraan psikologis. Berdasarkan hasil analisis regresi linear sederhana, terungkap bahwa efikasi diri terbukti memiliki kontribusi signifikan terhadap kesejahteraan psikologis guru sekolah inklusif ($p < 0,05$; $R^2 = 0,698$). Efikasi diri menjadi faktor penting dalam membentuk kesejahteraan psikologis guru sekolah inklusif. Sekolah inklusif diharapkan mampu untuk mengupayakan peningkatan efikasi diri pada guru.

Kata kunci: *kesejahteraan psikologis, efikasi diri, sekolah inklusif*

Abstract. *Inclusive school teachers play an important role in the success of the inclusive education system. The challenges of implementing inclusive education are very likely to influence teachers' psychological well-being. The aim of this research is to determine the role of self-efficacy on the psychological well-being of inclusive school teachers. A total of 105 inclusive school teachers in the Special Region of Yogyakarta participated in this research. This research uses two measurement instruments, namely the self-efficacy scale and the psychological well-being scale. Based on the results of simple linear regression analysis, it was revealed that self-efficacy was proven to have a significant contribution to the psychological well-being of inclusive school teachers ($p < 0.05$; $R^2 = 0.698$). Self-efficacy is an important factor in shaping the psychological well-being of inclusive school teachers. Inclusive schools are expected to be able to strive to increase teacher self-efficacy.*

Keywords: *psychological well-being, self-efficacy, inclusive schools*