

PELATIHAN “GURU PROAKTIF” UNTUK MENINGKATKAN REGULASI EMOSI GURU DI SEKOLAH MENENGAH KEJURUAN

ABSTRACT

Emotional regulation is important in a teachers everyday life. The fact of the matter is, there are teachers who can't regulate their emotions well. Therefore, an intervention is needed to increase teachers emotional regulation. "PROAKTIF Teachers" is a training module that was made to increase teachers emotional regulation. The "PROAKTIF Teachers" training was can structured based on a "PROAKTIF" Guidance and Counselling Model. This research aimed to know the effect "PROAKTIF Teachers" training to increase the emotional regulation of Vocational School teachers. The hypothesis of this research was that the "PROAKTIF Teachers" training could increase emotional regulation of teachers in Vocational Schools. The research method was quasi experiment using the untreated control group design with dependent pretest and posttest samples. The number of research participants were 26 Vocational school teachers which were divided into an experimental and a control group. The research instruments were emotional regulation scale, "PROAKTIF Teachers" module, and manipulation check. Data analysis used mixed anova. The result of the research showed that "PROAKTIF Teachers" training didn't have significant effect in increasing emotional regulation of teachers in Vocational schools.

Keywords: PROAKTIF Teachers, Emotional regulation, Teachers, Vocational school

ABSTRAK

Regulasi emosi penting dimiliki guru dalam kehidupan sehari-hari. Pada kenyataannya, terdapat guru yang kurang dapat meregulasi emosi. Oleh karena itu, diperlukan intervensi untuk meningkatkan regulasi emosi guru. “Guru PROAKTIF” merupakan modul pelatihan yang dibuat untuk meningkatkan regulasi emosi guru. Pelatihan “Guru PROAKTIF” disusun berdasarkan konsep model bimbingan konseling proaktif. Penelitian ini bertujuan mengetahui pengaruh pelatihan “Guru PROAKTIF” untuk meningkatkan regulasi emosi guru di Sekolah Menengah Kejuruan. Hipotesis penelitian ialah pelatihan “Guru PROAKTIF” dapat meningkatkan regulasi emosi guru di Sekolah Menengah Kejuruan. Metode penelitian ialah eksperimen kuasi dengan desain *the untreated control group design with dependent pretest and posttest samples*. Partisipan penelitian berjumlah 26 guru Sekolah Menengah Kejuruan yang dibagi dalam kelompok eksperimen dan kelompok kontrol. Instrumen penelitian ialah skala regulasi emosi, modul “Guru PROAKTIF”, dan cek manipulasi. Analisis data menggunakan *mixed anova*. Hasil penelitian menunjukkan bahwa pelatihan “Guru PROAKTIF” tidak signifikan dalam meningkatkan regulasi emosi guru di Sekolah Menengah Kejuruan.

Kata kunci: Guru PROAKTIF, Regulasi emosi, Guru, Sekolah Menengah Kejuruan