RESILIENSI PADA GURU SELAMA MASA PANDEMI COVID-19 DI TK ISLAM TERPADU ALHAMDULILLAH

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ABSTRAK

Dengan berubahnya sistem pendidikan yang ada di Indonesia selama masa pandemi ini, guru dituntut untuk bisa menyesuaikan perkembangan yang ada dalam waktu yang singkat. Sehingga mengakibatkan beban mental pada guru yang tidak dapat menyesuaikan diri. Tugas yang sangat kompleks tersebut membuat guru merasa tertekan dengan kondisi yang tidak biasanya dilakukan oleh guru sebelum pandemi, sehingga dalam menghadapi situasi seperti itu guru dituntut memiliki resiliensi yang baik agar perasaan guru terpelihara dengan baik serta profesional dalam bekerja. Penelitian ini merupakan penelitian kualitatif dengan model studi kasus serta para guru di TK Islam Terpadu Alhamdulillah sebagai subjek. Tujuan dari penelitian ini untuk untuk mengetahui gambaran tentang resiliensi pada guru selama pandemi Covid-19 di TK Islam Terpadu Alhamdulillah. Metode pengumpulan data berupa observasi dan wawancara. Teknik pengambilan subjek menggunakan purposive sampling. Berdasarkan hasil penelitian didapatkan bahwa para guru di TK Islam Terpadu Alhamdulillah sangat memerlukan resiliensi ditinjau dari tujuh aspek yang digunakan sebagai indikator dalam mengukur resiliensi sesuai yang dikemukakan oleh Reivich & Shatte, diantaranya; aspek regulasi emosi, aspek kontrol implus, aspek optimisme, aspek analisis kausal, aspek empati, aspek efikasi diri, dan aspek pencapaian. Dari semua aspek ditemukan bahwa subjek mengalami kesulitan dalam menyesuaikan sistem pembelajaran selama pandemi sehingga sangat mempengaruhi emosi subjek, tekanan dan muncul berbagai tuntutan yang diperlukan demi terlaksananya kegiatan belajar mengajar,

Kata Kunci *: Guru, Pandemi Covid-19, Resiliensi.*

TEACHERS' RESILIENCE DURING THE COVID-19 PANDEMIC IN INTEGRATED ISLAMIC KINDERGARTEN OF ALHAMDULILLAH

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ABSTRACT

With the change in the education system in Indonesia during this pandemic, teachers are required to be able to adjust to existing developments in a short time. This results in a mental burden on teachers who cannot adapt. This very complex task makes teachers feel pressured by conditions that were not usually carried out by teachers before the pandemic, so that in dealing with such situations teachers are required to have good resilience so that the teacher's feelings are well maintained and professional at work. This research is a qualitative research with a case study model and the teachers at the Integrated islamic kindergarten of Alhamdulillah as the subject. The purpose of this study was to describe the resilience of teachers during the Covid-19 pandemic in the Integrated islamic kindergarten of Alhamdulillah. Methods of data collection in the form of observation and interviews. Subject taking technique using purposive sampling. Based on the results of the study, it was found that the teachers at the Integrated islamic kindergarten of Alhamdulillah, really need resilience in terms of the seven aspects that are used as indicators in measuring resilience as proposed by Reivich & Shatte, including; aspects of emotion regulation, aspects of impulse control, aspects of optimism, aspects of causal analysis, aspects of empathy, aspects of self-efficacy, and aspects of achievement. From all aspects it was found that the subject had difficulty in adjusting the learning system during the pandemic so that it greatly affected the subject's emotions, pressure and various demands emerged that were needed for the implementation of teaching and learning activities.

Keywords: Teachers, Covid-19 Pandemic, Resilience.