

ABSTRACT

Apriani, Ria. 2010. **The Influence of Self-Efficacy on Work Stress in Teachers of Private Islamic Senior High Schools in Pekalongan Municipality.** Final Project. Psychology Department. Faculty of Pedagogy. State University of Semarang. Drs. Sugeng Hariadi, M.Si, Drs. Sugiyarta S. L, M.Si.

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This research was grounded by the work stress level teachers had, particularly those working for private schools in Pekalongan Municipality. This was due to the workload and responsibilities those teachers assigned as figures upon whom students should model and imitate, leading them to have to behave positive behaviors. The workload, on the other hand, derived not only from students, but also from either insufficient allowance or less supporting educational facilities for teaching and learning process. In addition to be responsible for their students and works, teachers should also be responsible for their family and to keep an eye on every single behavior they are performing in social life. To deal with the stress, a teacher should have confidence in handling a problem to find a solution. This self-confidence was referred to as self-efficacy. It is individual's confidence to his/her ability in performing an action or completing a challenge in his/her life through the experience of cognitive, social and physical capability.

The current study aimed at discovering how self-efficacy owned by teachers in private Islamic Senior High School of Pekalongan Municipality, and discovering the influence of self-efficacy on work stress in teachers of Private Islamic Senior High School in Pekalongan Municipality. In this research, the sample was taken using purposive sampling, in which the sample was taken based on certain considerations. The data was taken using psychological scales, i.e. self-efficacy scale consisting of 65 items and work stress scale consisting of 50 items. The validity was tested using product moment correlation formula and the reliability was tested using alpha cronbach formula. After tests were conducted, it was found that 47 items were valid from self-efficacy scale with the lowest validity value of 0.000 and the highest of 0.975, and from the work stress scale, it was found that 43 items were valid with the lowest validity value of 0.000 and the highest of 0.607.

The data in this research were analyzed using regression analysis assisted with SPSS 12.0 for Windows XP program to test to what extent the self-efficacy influence the work stress in teachers. The analysis result indicated that the value of $F=120.109$ with a significance rate of 0.000 in which $p=0.000$ ($p<0.005$), showing that there was an influence of self-efficacy on work stress in teachers.

The research result showed that there was a negative influence between self-efficacy on work stress in teachers of private Islamic Senior High Schools in Pekalongan Municipality.