

## ABSTRAK

### **Ranty Nesya, 2016. Profil *Subjective Well Being* Guru Bimbingan dan Konseling (Survei tentang Guru Bimbingan dan Konseling di beberapa SMP Negeri di Kota Bandung)**

Guru Bimbingan dan Konseling dihadapkan pada tuntutan kerja agar mampu memberikan layanan maksimal kepada individu atau kelompok yang bermasalah, tidak bermasalah atau berpotensi bermasalah. Berdasarkan banyaknya tuntutan beban kerja dan tanggung jawab yang dipikul oleh guru Bimbingan dan Konseling, maka penelitian ini difokuskan kepada penilaian subjektif individu terhadap kualitas hidupnya atau disebut *subjective well being*. Penelitian bertujuan mendeskripsikan *subjective well being* guru Bimbingan dan Konseling di beberapa SMP Negeri di Kota Bandung. Metode penelitian yang digunakan adalah deskriptif dengan desain penelitian *cross-sectional*. Pendekatan penelitian yang digunakan adalah kuantitatif dengan sampel penelitian 80 orang guru BK SMP Negeri di Kota Bandung. Pengambilan sampel menggunakan *cluster random sampling*. Instrumen yang digunakan diadaptasi dan dikembangkan dari MIDUS. Penelitian ini menghasilkan: kecenderungan *subjective well being* guru Bimbingan dan Konseling SMP Negeri di Kota Bandung berada pada kategori sedang, kecenderungan dimensi *emotional well being* guru Bimbingan dan Konseling berada pada kategori tinggi, kecenderungan dimensi *psychological well being*, dan *social well being* berada pada kategori sedang, kecenderungan guru Bimbingan dan Konseling pada aspek afeksi positif, kepuasan hidup, dan penerimaan sosial berada pada kategori tinggi; aspek afeksi negatif, hubungan positif dengan orang lain, otonomi, penguasaan lingkungan, tujuan hidup, aktualisasi sosial, hubungan sosial, dan integrasi sosial berada pada kategori sedang; dan aspek penerimaan diri, perkembangan diri, dan kontribusi sosial berada pada kategori rendah.

**Kata kunci:** *Subjective Well Being*, Guru Bimbingan dan Konseling

## **ABSTRACT**

***Ranty Nesya. 2016. Profile Subjective Well Being of Guidance and Counseling Teachers (A Survey of Guidance and Counseling Teachers in some Junior High School in Bandung)***

*Guidance and counseling teachers faced with the demands of the job to be able to provide maximum services to individuals or groups being troubled, not troubled or potentially problematic. Based on the demands workload and responsibilities of held by guidance and counseling teacher, so this research focused on subjective assessment individual on the quality of life or called subjective well being. The research aims to describe subjective well being of guidance and counseling teachers in some Junior High School in Bandung. The research method was used is descriptive with cross-sectional research design. The research approach used is quantitative with sample of 80 guidance and counseling teachers Junior High School in Bandung. The sample was taken using cluster random sampling. The instrument used was adapted and developed from MIDUS. The research resulted: 1) the tendency of subjective well being of guidance and counseling teachers Junior High School in the city of Bandung in middle category, 2) the tendency dimensional, emotional well being guidance and counseling teachers at the high category, the tendency of the dimensions of psychological well being, and social well being in middle category, 3) the tendency of guidance and counseling teachers of positive affective aspects, life satisfaction, and social acceptance at the high category; negative affective aspects, positive relations with others, autonomy, environmental control, purpose in life, social actualization, social relationship, and social integration in middle category; and aspects of self-acceptance, self-development, and social contributions are in the low category.*

***Keywords:*** *Subjective Well Being, Guidance and Counseling Teachers*