

ABSTRACT

With an emphasis on the mediating function of coping techniques, the study intends to investigate the relationship between work stress and burnout in elementary school teachers. In order to quantify occupational stress, burnout, and coping mechanisms, 30 primary school teachers at SD Islamic Al Madina Kota Semarang participated in the study. They were polled using validated questionnaires. Subsequent investigation showed that coping mechanisms moderate these associations, lessening the direct effect of job stress on burnout. It was discovered that emotionally focused coping strategies were less successful in lowering burnout than problem-focused coping strategies. The results emphasize how crucial it is to put supporting policies and stress management programs into place in schools in order to enhance teacher performance and well-being.

Keywords: *Job Stres, Burnout, Strategi Coping, Elementary School Teacher, Stress Management*

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