

**PENGARUH RESILIENSI DAN DUKUNGAN SOSIAL TERHADAP
PSYCHOLOGICAL WELL-BEING PADA GURU PAUD MASA
PANDEMI COVID-19 DI KABUPATEN KARAWANG**

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Penelitian ini bertujuan untuk mengetahui pengaruh resiliensi dan dukungan social terhadap *psychological well-being* guru PAUD masa pandemi COVID-19 di Kabupaten Karawang. Responden dalam penelitian ini adalah 323 guru PAUD yang aktif mengajar, laki-laki maupun perempuan di Kabupaten Karawang. Pengambilan sampel menggunakan teknik *incidental sampling*. Alat ukur yang digunakan terdiri dari tiga skala yang diadaptasi. Pertama, skala *psychological well-being* berdasarkan dimensi-dimensi dari Ryff berjumlah dengan koefisien korelasi 0,326-0,630 dan *Cronbach Alpha* 0,840. Kedua, skala resiliensi berdasarkan aspek-aspek dari Reivich dan Shatte dengan koefisien korelasi 0,319-0,555 dan *Cronbach Alpha* sebesar 0,827. Ketiga, skala dukungan sosial menggunakan dimensi dari Sarafino dengan koefisien korelasi 0,355-0,721 dan *Cronbach Alpha* 0,864. Analisis regresi berganda menunjukkan nilai signifikansi 0,000($p < 0,05$) dan *R Square* 0,321 yang artinya resiliensi dan dukungan sosial berpengaruh terhadap *psychological well-being* pada guru PAUD masa pandemi COVID-19 di Kabupaten Karawang.

Kata Kunci : Pandemi COVID-19, guru PAUD, *psychological well-being*, resiliensi, dukungan sosial.

**THE INFLUENCE OF RESILIENCE AND SOCIAL SUPPORT ON
PSYCHOLOGICAL WELL-BEING ON PAUD TEACHERS
DURING COVID-19 PANDEMIC
IN KARAWANG DISTRICT**

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This study aims to determining the effect of resilience and social support on the psychological well-being of PAUD teachers during the COVID-19 pandemic in Karawang Regency. Respondents in this study were 323 PAUD teachers that were actively teaching, both male and female in Karawang Regency. Sampling using an incidental sampling technique. The measuring instrument used consists of three adapted scales. First, the psychological well-being scale based on Ryff's dimensions amounts to a correlation coefficient of 0.326-0.630 and Cronbach's Alpha 0.840. Second, the resilience scale is based on aspects of Reivich and Shatte with a correlation coefficient of 0.319-0.555 and Cronbach's Alpha of 0.827. Third, the social support scale uses the dimensions of Sarafino with a correlation coefficient of 0.355-0.721 and Cronbach's Alpha 0.864. Multiple regression analysis showed a significance value of 0.000 ($p < 0.05$) and an R Square of 0.321, which means that resilience and social support affect the psychological well-being of PAUD teachers during the COVID-19 pandemic in Karawang Regency.

Keywords: COVID-19 pandemic, PAUD teachers, psychological well-being, resilience, social support.