Improving Positive Emotions of Honorary Teachers

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Abstract

Positive emotions are important for honorary teachers in their profession and daily life. This research is intended to find out the effect of self-esteem and spouse support on positive emotions of honorary teachers. This research uses quantitative methods, data collection uses scales, the sample is taken by simple random sampling technique. The samples of this research are 104 honorary teachers of Muhammadiyah Junior High Schools in Yogyakarta. Multiple regression analysis techniques show self-esteem, and support from each partner can influence positive emotions with the effective contribution of the self-esteem variable toward positive emotions is 20.60%, while the partner support variable contributes 2.99%.

Keywords: Spouse Support; Positive Emotions; Honorary teachers; self-esteem.

1. Introduction

Teachers are required to be patience, creative, innovative in teaching [1, 2]. Honorary status is a problem for teacher, which is related to the minimum salary but their responsibility in teaching is equal to civil servants. The results of interviews with six honorary teachers of Muhammadiyah Junior High Schools show that honorary teachers have low positive emotions and negative feelings still appear, especially when they are working and doing activities at home, they cannot accept the reality about income, marriage, working, worshipping which is rarely done, unhappy, relationships to bad social relationships. The teachers'emotional experience are the result of an imbalance in their personal and professional lives, teachers are under pressure of his/her work, unprepared working conditions to personal stress related to family and financial situations [3]. Teacher emotions affect their welfare, cognitive processes and self-motivation of teachers to students in the learning process [4].

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It is importance of creating positive emotions for teachers in increasing positive influence [5]. Positive emotions can play a role in life [6], a happy teacher will have healthy relationships with colleagues, parents, spouses and students [7]. The bigger impact of unhappy are depression, stress, anxiety and deviant behavior [8] and low positive emotions cause insomnia, psychiatric disorders, anxiety, depression, difficulty in managing emotions and lack of sleep [9]. The feeling or emotional condition of an individual that is relatively sedentary in himself and is more likely to be dominated by happiness rather than unhappiness condition is called as positive emotion [10]. Positive emotions are not just a mechanism for sustaining welfare, but also improving it. Positive emotions are a prerequisite for growth and flourishing [11]. Aspects of positive emotions consist of feeling enthusiastic, interested, sure, excited, motivated, active, tough, proud, caring and alert [12]. Individuals with high self-esteem levels are happier and positive with their future, whereas individuals with low self-esteem is unhappy and they feel negative emotions [13]. Self-esteem is a self-evaluation by individuals concerning matters related to the individual which is expressed through a form of agreed assessment and shows the level at which the individual believes himself to be an individual who is capable, important and valuable. This role can be seen through the process of thinking, emotions, values, aspirations and goals to be achieved by a person [14]. According to [15] the overall sense of self-worth that we use to judge individual traits and abilities is called self-esteem. The aspects in creating self-esteem consist of power, meaningfulness, virtue, and competence. Power is the individual's ability to control the behavior of both himself and others. Meaningfulness is the acceptance of an individual based on the judgment of others. Virtue is the individual obedience to existing rules. Competence is the capacity of an individual to achieve his goals. Spouse supports are giving support, a sense of security, energy assistance. Spending time together will generate motivation to husband and wife in the working, so individuals who feel more social support means that the individual has a positive emotional experience [16]. The social support aspect of couples consists of emotional support in the form of empathy and sympathy, appreciation support given to partners, instrumental support either directly or indirectly, information support in the form of advice to guidance, and friendship support is the sense of togetherness given by the partner [17] . The hypothesis in this research is that there is an effect of self-esteem and spouse support on positive emotions partially.
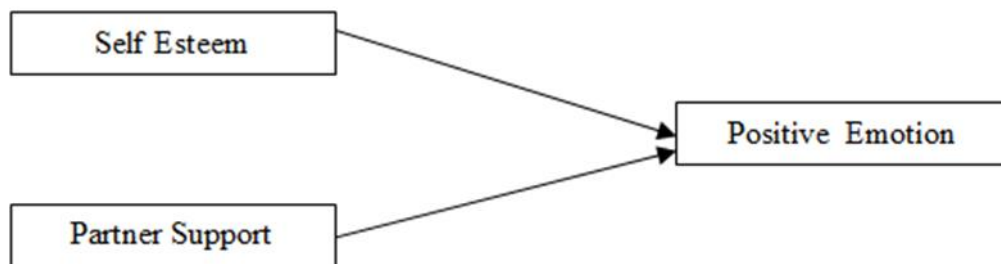

Figure 1: Research Hypothesis

2. Materials and Methode

The populations in this research are honorary teachers at Muhammadiyah Junior High School, this research uses simple random sampling technique. The numbers of subjects are 104 teachers of Muhammadiyah Junior High

School 4, 8, and 10 in Yogyakarta. The data were collected using scales of positive emotions, self-esteem and spouse support.

2.1. Skala Emosi Positif

The positive emotion scale based on the positive emotion scale from Haker and Keltner [12]. The numbers of items are 9 items with the value of the total corrected item in the range of 0.508-0.812 and the value of the reliability coefficient of 0.887.

2.2. Self-Esteem Scale

The self-esteem scale is arranged based on the self-esteem aspect of Coopersmith [14]. The numbers of items are 24 items with the value of the total corrected item in the range of 0.347 - 0.790 and the value of the reliability coefficient of 0.905.

2.3. Pair Support Scale

The spouse support scale is arranged based on the social support aspects of Sarafino and Smith [17]. The numbers of items were 25 items with the value of the total corrected item in the range 0.409 -0.839 and the value of the reliability coefficient of 0.942.

3. Results

The results of the research shows that each variable of self-esteem and spouse support has an influence on positive emotions. The t value and the significance value in table 1.

Table 1: Correlation Test Results

Variable	T value	P value
Self-esteem toward Positive Emotions	3,226	0,000
Spouse Support toward Positive Emotions	0,584	0,000

Positive emotions play a role for teachers in carrying out their duties as educators, the pressure faced by teachers can have an impact on positive emotions [18]. Emotions not only strengthen interpersonal relationships in the classroom but are related to the teaching and learning situations that are created [19]. The results showed that self-esteem had a positive influence on positive emotions with a t value of 3.226 and significant based on a p value of 0.000. Self-esteem is associated with increased positive emotions, the existence of self-esteem makes individuals feel comfortable with themselves to strengthen or prolong positive emotions [20]. High self-esteem makes individuals experience more positive emotions with a good mood characterized by energetic, strong, stable and carefulness [21]. Self-esteem can predict the formation of positive emotions that are relevant to individuals and people around them [1]. Spouse support has a positive influence on positive emotions with a t value of 0.584 and is significant based on a p value of 0.000. Individuals who get a lot of social support will

have positive emotional experiences [22]. Spouse support is part of social support, according to [23] this support makes individuals tend to believe that there is a sense of being loved, cared for, respected so that this support becomes a source of positive emotions. The existence of a partner's willingness to support and satisfaction from this support can provide positive emotions, whereas dissatisfaction with spouse support has a negative impact on positive emotions [24]. The increasing spouse support also shows an increasing to individual resilience so that the emotional experience felt by the individual is more positive [25].

4. Conclusions

Positive emotions for honorary teachers can be improved by the presence of high self-esteem and spouse support. The results of this research shows that self-esteem give an effective contribution of 20.60% and spouse support contributed 2.9% to positive emotions. There are emotional changes experienced by teachers in the career development of the teachers and it will be important for their life experiences, so improved of positive emotions in teachers is considered important because teachers' emotions have impacts on students [26].

Acknowledgment

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