ABSTRAK

Penelitian ini bertujuan untuk memperoleh gambaran derajat dimensi-dimensi wellness pada pengerja GIKI (Gereja Injili Karo Indonesia) di Bandung. Metode yang digunakan dalam penelitian ini adalah deskriptif dengan teknik survey. Data yang diambil adalah seluruh populasi dengan jumlah 26 orang.

Alat ukur yang digunakan pada penelitian ini adalah kuesioner yang dibuat oleh peneliti mengacu dari teori Corbin yang mencakup lima dimensi wellness yaitu emotional-mental wellness, intellectual wellness, physical wellness, social wellness, dan spiritual wellness serta faktor pendukung yang mempengaruhi wellness. Kuesioner terdiri dari 50 item, memperoleh hasil skor validitas yang berkisar antara 0,310 sampai 0,880. Skor reliabilitas pada alat ukur ini adalah berkisar 0,642 sampai 0,852.

Berdasarkan hasil penelitian, dapat disimpulkan bahwa keseluruhan jumlah dimensi wellness tinggi pada pengerja GIKI (Gereja Injili Karo Indonesia) di Bandung. Dari hasil penelitian juga dapat disimpulkan bahwa faktor pendukung kecenderungan tidak memiliki indikasi keterkaitan dengan dimens-dimensi wellness.

Peneliti menyarankan agar dilakukan penelitian lebih lanjut mengenai dimensi-dimensi wellness dengan faktor pendukung pada gereja yang berbeda dengan jumlah responden yang lebih banyak untuk mendapatkan gambaran secara menyeluruh.
ABSTRACT

This study aimed to obtain degrees dimensions of wellness at GIKI key workers (Evangelical Church Karo Indonesia) in Bandung. The method used in this study was a descriptive survey techniques. Data is taken from the entire population with the number of 26 people.

Measuring instrument used in this study was a questionnaire designed by the researchers refer from Corbin theory that includes five dimensions of wellness that is emotional-mental wellness, intellectual wellness, physical wellness, social wellness, and spiritual wellness as well as supporting factors that affect wellness. The questionnaire consists of 50 items, obtaining the score validity ranging from 0.310 to 0.880. Reliability score on this measure is in the range 0.642 to 0.852.

Based on the results, it can be concluded that the overall number of high wellness dimension at key workers GIKI (Evangelical Church Karo Indonesia) in Bandung. From the research results can be concluded that the antecedents tendencies have no indication dimensional linkages with wellness.

Researchers suggest that further research about the dimensions of wellness by supporting factor in the different churches with the number of respondents more to get an overall picture.
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