

Gambaran *Coping stress* Berbasis Humor Yang Digali Dari Sisi *Sense Of Humor* Pada Guru-Guru Pendidik Anak Berkebutuhan Khusus (ABK) di Sekolah Insan Mandiri *Homeschooling*

Intisari. Penelitian ini bertujuan menemukan gambaran *coping stress* dengan menggunakan humor yang digali dari sisi *sense of humor* pada guru pendidik anak berkebutuhan khusus di sekolah Insan Mandiri *Homeschooling*. Metode penelitian yang digunakan yaitu metode kualitatif dengan pendekatan studi kasus. Teknik pengumpulan data menggunakan wawancara, observasi dan dokumentasi yang dilakukan terhadap guru pendidik anak berkebutuhan khusus. Penelitian ini berfokus pada aspek-aspek *sense of humor* yang terdiri dari *humor production, coping with humor, humor appreciation* dan *attitudes toward humor*. Hasil penelitian ini yaitu, bahwa dari guru-guru pendidik anak berkebutuhan khusus yang melakukan *coping stress* dengan humor karena gambaran *sense of humor* yang dimiliki tersebut juga mendukung. Mulai dari mampu dengan baik dalam menciptakan humor ketika mengalami tekanan *stress*, mampu mengelola humor sebagai cara untuk menurunkan tekanan *stress*, apresiasi terhadap humor yang diberikan juga berdampak baik pada keberhasilan *coping stress* dan sikap terhadap humor yang tertuang dengan memberikan perasaan senang terhadap humor walaupun sedang mengalami tekanan *stress*.

Kata kunci: *Sense of humor, humor, coping stress, guru pendidik ABK*

An Overview of Humor-Based Stress Coping Explored from the Sense of Humor in Teachers Educating Children with Special Needs (ABK) at Insan Mandiri Homeschooling School

Abstract. *This study aims to find a picture of stress coping by using humor that is explored from the sense of humor in teachers educating children with special needs at Insan Mandiri Homeschooling school. The research method used is a qualitative method with a case study approach. Data collection techniques using interviews, observation and documentation conducted on teachers of special needs children. This research focuses on aspects of sense of humor consisting of humor production, coping with humor, humor appreciation and attitudes toward humor. The results of this study are, that from the teachers of special needs child educators who do stress coping with humor because the picture of sense of humor they have is also supportive. Starting from being able to create humor well when experiencing stress pressure, being able to manage humor as a way to reduce stress pressure, appreciation of the humor given also has a good impact on the success of coping with stress and attitudes towards humor which is expressed by giving a feeling of pleasure towards humor even though they are experiencing stress pressure.*

Keywords: *Sense of humor, humor, stress coping, teacher educators with children with disabilities.*