

**STUDI KORELASI SUMBER COPING DAN STRATEGI COPING
PADA REMAJA**

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Abstrak

Penelitian ini bertujuan untuk melihat korelasi antara sumber *coping* (optimisme, harga diri, *sense of coherence*, *self efficacy*, *hardiness* dan dukungan sosial) dengan strategi *coping* adaptif (*stoicism/distraksi*, *seeking social support*, *self care*) dan maladaptif (*acting out* dan ruminasi) pada remaja. Penelitian berjenis kuantitatif korelasi menggunakan teknik analisis korelasi *Spearman Rho*. Subjek penelitian adalah 50 remaja laki-laki dan 50 remaja perempuan pelajar dan mahasiswa dari berbagai sekolah dan perguruan tinggi di Ungaran, Jawa Tengah. Analisis hasil menunjukkan hubungan signifikan antara masing-masing sumber *coping* dengan masing-masing strategi *coping* adaptif dan maladaptif ($p < 0,05$).

Kata kunci: Sumber *coping*, Strategi *Coping*, Remaja

Corelation Study Source of *Coping* and *Coping Strategy* among Adolescents

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Abstract

This research aims to find out correlation between source of coping (optimism, self esteem, sense of coherence, self efficacy, hardiness and social support) and adaptif coping strategies (stoicism/distraction, seeking social support, and self care) as well as maladaptive coping strategies (acting out and rumination). The Research design used for this research is quantitative corelation, using Spearman Rho Corelation. Subjects are 50 adolescent males and 50 female or both high schools and universities in Ungara. The Results show there are significant correlations between each source of coping and each adaptif coping strategies or maladaptive coping strategies ($p<0,05$).

Key words: Source of Coping, Coping Strategies, Adolescent