

PENGARUH STRATEGI COPING TERHADAP STRESS
PADA PEREMPUAN BALI YANG MENJALANI *TRIPLE ROLES*
DI INSTANSI MILITER DENPASAR

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh dari strategi coping *Problem Focused Coping* dan *Emotion Focused Coping* terhadap stres perempuan Bali yang menjalani *Triple Roles*, sekaligus bekerja di Instansi Militer. Ada dua hipotesis yang diajukan dalam penelitian ini, yaitu 1) ada pengaruh *Problem Focused Coping* terhadap perempuan Bali yang menjalani *Triple Roles* di Instansi Militer Denpasar, 2) ada pengaruh *Emotion Focused Coping* terhadap perempuan Bali yang menjalani *Triple Roles* di Instansi Militer Denpasar. Penelitian ini tergolong dalam penelitian kuantitatif regresi ganda dengan teknik pengambilan sampel menggunakan *purposive sampling*. Sebanyak 131 subjek perempuan Bali yang bekerja di Instansi Militer untuk menjadi subjek dalam penelitian ini. Data diperoleh dengan menggunakan dua skala, yaitu skala *The Ways Of Coping Questionnaire revised* (WCQ) dan *Depression, Anxiety, Stress Scale* (DASS). Data kemudian dianalisis dengan teknik analisis regresi dengan bantuan SPSS versi 23. Hasilnya menunjukkan bahwa tidak ada pengaruh Strategi Coping *Problem Focused Coping* dan *Emotion Focused Coping* terhadap stress perempuan Bali yang menjalani *Triple Roles* di Instansi Militer karena nilai signifikansi PFC= 0.759, EFC=0.321.

Kata kunci : Strategi Coping, Problem Focused Coping, Emotion Focused Coping, Stres, Triple Roles, Instansi Militer.

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ABSTRACT

This study is aimed to investigate the influence of Coping Strategies *Problem Focused Coping* and *Emotion Focused Coping* towards stress on Balinese Women who have *Triple Roles* in their life and also work in a Military Institute. There are two hypothesis in this study. 1) there is an influence of *Problem Focused Coping* towards Balinese Women who have *Triple Roles* in their life and work in a Military Institute, 2) there is an influence of *Emotion Focused Coping* towards Balinese Women who have *Triple Roles* in their life and work in a Military Institute. This is a quantitave-regression study that uses *purposive sampling* as a technique to determine the sample. There are 131 Balinese Women who work in a Military Institute that joined this study. The data is collected by spreading queationnaires that include The ways Of Coping Questionnaire Revised (WCQ) and Depression, Anxiety, Stress Scale (DASS). The researcher used multiple regression and also did a few extra analysis using Independent Sample t-test using SPSS version 23. The result showed that there is no influence of Coping Strategies such as *Problem Focused Coping* and *Emotion Focused Coping* towards Balinese Women who have *Triple Roles* in their life and also work in a Military Insititute because the signification value of PFC is = 0.759 and EFC is = 0.321, which are both above 0,05, which make them insignificant.

Keyword : Coping Strategies, Problem Focused Coping, Emotion Focused Coping, Stress, Triple Roles, Military Institute.