

ABSTRAK

HUBUNGAN ANTARA OPTIMISME DAN PROBLEM FOCUSED COPING PADA MAHASISWA

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Penelitian ini bertujuan untuk mengetahui apakah ada hubungan yang positif antara optimisme dan *problem focused coping* pada mahasiswa. Subyek dalam penelitian ini adalah mahasiswa laki-laki dan perempuan sejumlah 150 orang, yang berusia 18 – 22 tahun; berada pada semester tiga (angkatan 2007), semester 5 (angkatan 2006), dan semester 7 (angkatan 2005). Hipotesis yang diajukan adalah ada hubungan yang positif antara optimisme dan *problem focused coping* pada mahasiswa. Data penelitian diungkap dengan skala optimisme yang mempunyai reliabilitas 0.924 dan skala *problem focused coping* yang memiliki reliabilitas 0.909. Analisis data dilakukan dengan korelasi *Product Moment* dari *Pearson*. Hasil penelitian menunjukkan korelasi sebesar 0.692 ($p=0.000$; $p<0.01$), yang berarti ada hubungan positif yang signifikan antara optimisme dan *problem focused coping* pada mahasiswa.

Kata kunci : optimisme, *problem focused coping*

ABSTRACT

THE RELATIONSHIP BETWEEN OPTIMISM AND PROBLEM FOCUSED COPING ON UNIVERSITY STUDENTS

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Current research was conducted to investigate if there is a positive relationship between optimism and problem focused coping on college students. The subjects studied in the research were 150 students, whose age were between 18 – 22 years old. They were also in the 3rd, 5th, and 7th semester. The proposed hypothesis was there is a positive relationship between optimism and problem focused coping on the students. The research used optimism scale with the reliability of 0.924 and problem focused coping scale with the reliability of 0.909. The data analysis was conducted with the correlation of Pearson's Product Moment. The result of the research showed the correlation of 0.692 ($p=0.000$; $p<0.01$), which means that the positive relationship exists significantly between optimism and problem focused coping on the students.

Keyword: optimism, problem focused coping