

**PERAN DUKUNGAN SOSIAL ORANG TUA-TEMAN SEBAYA
TERHADAP *ENGAGEMENT-DISENGAGEMENT COPING*
PADA REMAJA AKHIR**

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui peran dukungan sosial orang tua dan dukungan sosial teman sebaya terhadap *engagement-disengagement coping* pada remaja akhir. Hipotesis yang diajukan adalah dukungan sosial orang tua-teman sebaya dapat meningkatkan *engagement coping* dan menurunkan *disengagement coping*. Teknik pengambilan sampel menggunakan *purposive random sampling*. Subjek penelitian ini adalah 120 remaja berusia 19-21 yang berkuliah di Yogyakarta. Subjek menyatakan bahwa sumber tekanan yang paling besar berasal dari masalah akademis. Instrumen pengumpulan data yang digunakan adalah skala dukungan sosial yang disusun berdasarkan aspek dukungan sosial menurut Sarafino (2008) dan skala *coping* yang disusun berdasarkan aspek *engagement-disengagement coping* menurut Compas (2001). Validitas skala dilakukan dengan pengujian validitas isi. Koefisien reliabilitas skala dukungan sosial orang tua dan skala dukungan sosial teman sebesar 0,95, sedangkan pada skala *engagement coping* sebesar 0,77 dan skala *disengagement coping* sebesar 0,86. Teknik analisis data menggunakan analisis regresi berganda. Hasil analisis data menunjukkan bahwa dukungan sosial orang tua dapat meningkatkan *engagement coping*, sementara dukungan sosial teman sebaya dapat menurunkan *disengagement coping*. Selain itu, ditemukan juga bahwa remaja perempuan lebih cenderung menggunakan *engagement coping* daripada remaja laki-laki. Dari hasil penelitian dapat disimpulkan bahwa masing-masing dukungan sosial memiliki peran yang berbeda terhadap *engagement coping* dan *disengagement coping* pada remaja akhir.

Kata kunci : dukungan sosial orang tua, dukungan sosial teman, *engagement coping*, *disengagement coping*, jenis kelamin, remaja akhir.

***THE ROLE OF PARENT-PEER SOCIAL SUPPORT
TOWARDS ENGAGEMENT-DISENGAGEMENT COPING
ON LATE ADOLESCENT***

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ABSTRACT

The aim of this study is to investigate the effect of social support towards engagement-disengagement coping on adolescent. The hypothesis of this study is both parent-peer support increased engagement coping and decreased disengagement coping. The samples were determined by applying purposive random sampling technique. The numbers of the subjects under study are 120 people, between 19-21 years old, who are college student, based in Yogyakarta. The instrument used to collect data were Social Support Scale which was designed based on the aspects of social support by Sarafino (2008) and Coping Scale which was designed based on aspect of engagement-disengagement coping by Compass (2000). The validity of the scale was analyzed by testing the content validity. The reliability test on parents' social support scale and friends' social support scale shows 0,95. The reliability test on engagement coping scale shows 0,77 and disengagement coping scale shows 0,86. The data was analyzed using multiple regression analysis. The results showed that parent social support increased engagement coping, while peer social support decreased disengagement coping. It can be concluded that each social support has different effect to engagement coping and disengagement coping.

Keywords : parent social support, peer social support, engagement coping, disengagement coping, gender, late adolescent.