

**PERBEDAAN STRATEGI *COPING STRESS* DILIHAT
DARI PREFERENSI JENIS MUSIK KLASIK DAN JAZZ PADA
MAHASISWA MUSIK DI INSITUT SENI INDONESIA YOGYAKARTA**

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui apakah ada perbedaan strategi *coping stress* jika dilihat dari jenis musik (klasik dan *jazz*) pada mahasiswa musik. Subyek pada penelitian ini menggunakan 121 mahasiswa musik klasik (N= 69) dan mahasiswa musik *jazz* (N= 52) Institut Seni Indonesia, Yogyakarta. Peneliti berhipotesis bahwa 1) terdapat perbedaan *problem-focused coping stress* pada mahasiswa musik klasik dan *jazz*, serta 2) terdapat perbedaan *emotional-focused coping* pada mahasiswa musik klasik dan *jazz*. Penelitian ini menggunakan skala *coping stress* berbasis teori dari Aldwin dan Revenson *coping stress* yang dibagi menjadi dua, yaitu *problem-focused coping* ($\alpha= 0,686$) serta *emotional-focused coping* ($\alpha= 0,761$). Peneliti juga menggunakan uji statistik *Mann-Whitney U* untuk menganalisis data. Hasil penelitian menunjukkan bahwa 1) terdapat perbedaan *problem-focused coping* yang signifikan antara mahasiswa musik klasik dan *jazz* ($U= 1332, p= 0,015$), serta 2) tidak ada perbedaan *emotional-focused coping* yang signifikan antara mahasiswa musik klasik dan *jazz* ($U= 1793, p= 0,996$). Peneliti juga telah mendiskusikan hasil penelitian, serta menyoroti beberapa kekurangan dalam penelitian ini.

Kata kunci: stres, musik klasik, musik *jazz*, mahasiswa musik, *coping stress*

**THE DIFFERENCE OF COPING STRESS STRATEGIES
SEEN FROM THE PREFERENCE OF CLASSICAL AND JAZZ MUSIC
ON MUSIC COLLAGE STUDENT AT INDONESIA INSTITUTE OF THE
ARTS YOGYAKARTA**

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ABSTRACT

This research aimed to investigate the difference strategies of coping stress seen from type of music (classic and jazz music) on music collage student. Subjects of this research were 121 undergraduate classical music student (N=69) and jazz music student (N=52) in Institute of the Arts Yogyakarta. The hypothesis were that (1 there was difference between classical and jazz music collage student in problem-focused coping and (2 there was difference between classical and jazz music collage student in emotional-focused coping. This research also used coping strategies scales based on Aldwin and Revenson' theory that separated into two scales, problem-focused coping scale ($\alpha=0,686$) and emotional-focused coping ($\alpha=0,761$). Researcher also used Mann-Whitney U test to analyze the data . The result showed that 1) there was significant difference in problem-focused coping between classical and jazz music collage students ($U= 1332, p= 0,015$), and 2) there was no significant difference in emotional-focused coping between classical and jazz music collage students ($U= 1793, p= 0,996$). Researcher had discussed the results more further and also highlighted the limitations of this research.

Keyword : stress, classical music, jazz musicians, music student, coping stress