

DINAMIKA *COPING STRESS* REMAJA KORBAN *CYBERBULLYING*

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ABSTRAK

Cyberbullying di media sosial banyak melibatkan remaja sebagai korban. Korban *cyberbullying* yang mengalami stres menarik untuk diteliti. Penelitian ini menggunakan metode kualitatif yang bertujuan untuk melihat dinamika jenis *coping stress* yang digunakan oleh korban *cyberbullying*. Jenis penelitian ini menggunakan analisis isi kualitatif, khususnya analisis deduktif. Penelitian dilakukan terhadap tiga remaja korban *cyberbullying* pada waktu belajar di di SMP dan SMA. Penelitian ini dilakukan dengan wawancara semi terstruktur. Hasil penelitian menunjukkan bahwa dinamika *coping stress* yang berbeda dari tiap partisipan. Variasi ini tidak lepas dari stres yang dirasakan dan situasi yang dihadapi saat mengalami stres. Ada yang semula *coping stress* berfokus pada emosi kemudian berubah menjadi *coping stress* berfokus pada masalah, atau sebaliknya. Kesimpulan dari penelitian ini yaitu korban *cyberbullying* melakukan coping secara dinamis seperti *seeking of instrumental social support, turning to religion, positive reinterpretation, dan suppression of competing activities*.

Kata kunci : *cyberbullying, coping stress*

COPING STRESS DYNAMIC ON TEENAGE CYBERBULLYING VICTIMS

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ABSTRACT

Cyberbullying on social media often involves teenagers as victims. Victims of cyberbullying who experience stress are interesting to study. This study used qualitative method. The aim of using the qualitative method was to understand the kind of coping stress dynamic used by the cyberbullying victims. This study used qualitative analysis research, particularly deductive analysis. The study was conducted on three teenagers who were victims of cyberbullying while studying in junior high and high school. The data collection was done by semi structured interview. The results showed that the dynamics of coping with stress were different from each participant. This variation cannot be separated from the perceived stress and the situation encountered when experiencing stress. There was originally a stress coping focused on emotions then turned into a problem-focused stress coping, or vice versa. The conclusion of this study is that victims of cyberbullying perform dynamic coping such as: seeking of instrumental social support, turning to religion, positive reinterpretation, and suppression of competing activities.

Keywords : cyberbullying, coping stress