

ABSTRAK

Sekarsari, Angelina Lintang. 2023. Hubungan Antara *Coping Stress* dan Perilaku *Compulsive Internet Use* Pada Mahasiswa. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara *coping stress* dan perilaku *compulsive internet use* pada mahasiswa. Terdapat dua hipotesis dalam penelitian ini, yaitu (1) terdapat hubungan antara *problem-focused coping* dan perilaku *compulsive internet use* pada mahasiswa serta (2) terdapat hubungan antara *emotion-focused coping* dan perilaku *compulsive internet use* pada mahasiswa. Partisipan dalam penelitian ini berjumlah 180 orang partisipan dengan kriteria: mahasiswa berusia 18 hingga 25 tahun dan aktif menggunakan internet dalam aktivitas sehari-hari. Pengambilan data dalam penelitian ini dilakukan secara daring dengan menggunakan *google form*. Alat ukur dalam penelitian ini merupakan skala hasil adaptasi peneliti dari skala *The Ways of Coping Questionnaire* (WCQ) yang dirancang oleh Folkman (1985) dan *Compulsive Internet Use Scale* (CIUS) yang dirancang oleh Meerkerk et al. (2006). Skala adaptasi *The Ways of Coping Questionnaire* (WCQ) memiliki koefisien reliabilitas *Alpha Cronbach's* sebesar 0.956 dan skala *Compulsive Internet Use Scale* memiliki koefisien *Alpha Cronbach's* sebesar 0.854. Data dalam penelitian ini dianalisis dengan menggunakan teknik uji korelasi *Spearman's Rank* dan menunjukkan bahwa terdapat hubungan antara kedua variabel. Berdasarkan uji hipotesis didapatkan nilai koefisien korelasi 0.350 untuk *problem-focused coping* dan 0.307 untuk *emotion-focused coping* dengan taraf signifikansi (*p*) 0.000. Hasil tersebut menunjukkan bahwa *problem-focused coping* dan *emotion-focused coping* memiliki hubungan dengan kecenderungan perilaku *compulsive internet use* pada mahasiswa.

Kata kunci: *compulsive internet use, coping stress, mahasiswa*

ABSTRACT

Sekarsari, Angelina Lintang. 2023. *The Correlation Between Coping Stress and Compulsive Internet Use in College Student. Thesis.* Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

The aims of this study is to investigate the relationship between coping stress abilities and compulsive internet use in college students. The proposed hypotheses in this study were (1) that there was a relationship between problem- focused coping and compulsive internet use, and (2) there was a relationship between emotion-focused coping and compulsive internet use in college students. There were 180 participants in this study with some criterions; students aged 18 to 25 years and actively using the internet in their daily activities. The data in this study was collected by online surveys via *Google form*. The instruments used in this study were self-report scales that was adapted by researchers from the The Ways of Coping Questionnaire (WCQ) scale by Folkman (1985) and the Compulsive Internet Use Scale (CIUS) by Meerkerk et al. (2006). The Ways of Coping Questionnaire (WCQ) adaptation scale has a Cronbach's Alpha reliability coefficient of 0.956 and the Compulsive Internet Use Scale has a Cronbach's Alpha coefficient of 0.854. The data in this study were analyzed using the Spearman's Rank correlation test and showed positive relationship between the two variables. The correlation resulted coefficient correlation value of 0.350 for problem-focused coping and 0.307 for emotion-focused coping with a significance level of (p) 0.000. These results indicate that the problem-focused coping and emotion-focused coping in this study have a relationship with the tendency of compulsive internet use.

Keywords: compulsive internet use, coping stress, college students