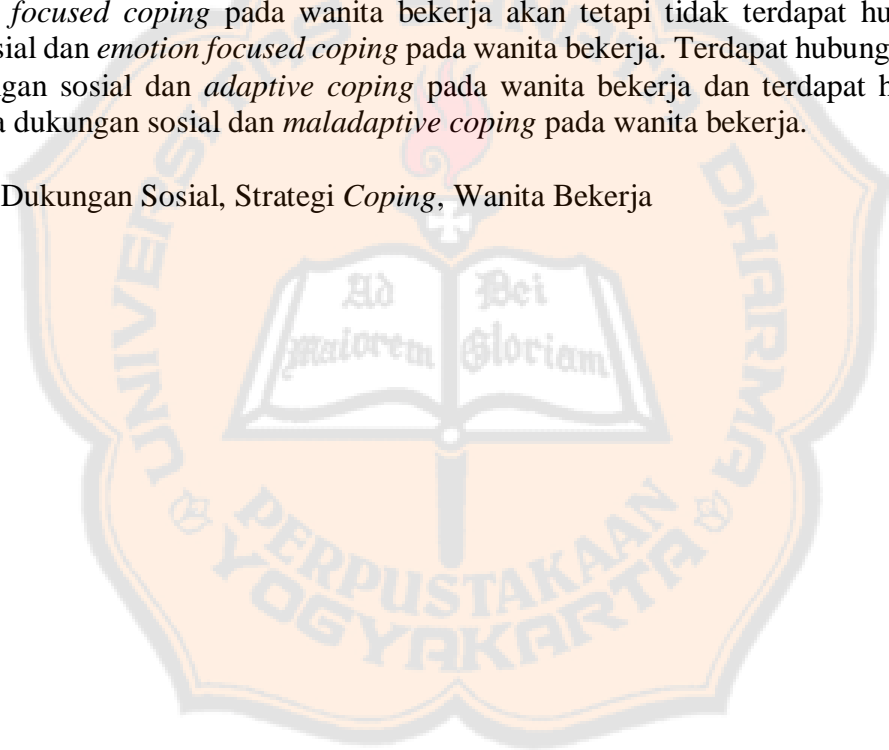


ABSTRAK

Melinda, Raika N.K. 2023. Hubungan Dukungan Sosial dan Strategi *Coping* Pada Wanita Bekerja. *Skripsi*. Yogyakarta:Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui ada atau tidaknya hubungan antara dukungan sosial dan strategi *coping* pada wanita bekerja. Dukungan sosial merupakan variabel bebas dan strategi *coping* merupakan variabel terikat. Penelitian ini melibatkan 131 subjek penelitian dengan kriteria wanita yang bekerja di suatu instansi/lembaga/perusahaan dan sudah berkeluarga/menikah. Data penelitian didapatkan dengan menyebarkan skala dukungan sosial milik Zimet et al (1988) dan skala strategi *coping* milik Carver et al (1997). Analisis data penelitian menggunakan uji korelasi *Pearson*. Hasil penelitian menunjukkan bahwa terdapat hubungan positif antara dukungan sosial dan *problem focused coping* pada wanita bekerja akan tetapi tidak terdapat hubungan antara dukungan sosial dan *emotion focused coping* pada wanita bekerja. Terdapat hubungan yang positif antara dukungan sosial dan *adaptive coping* pada wanita bekerja dan terdapat hubungan yang negatif antara dukungan sosial dan *maladaptive coping* pada wanita bekerja.

Kata kunci: Dukungan Sosial, Strategi *Coping*, Wanita Bekerja



ABSTRACT

Melinda, Raika N.K. 2023. The relationship between social support and coping strategies among employed women. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

The objective of this research is to determine the presence or absence of a correlation between social support and coping strategies among employed women. Social support is the independent variable, while coping strategies serve as the dependent variable. The research involves a sample of 131 participants who meet the criteria of being married and employed in an institution or company. The research obtained data by disseminating the social support scale by Zimet et al. (1988) and the coping strategy scale by Carver et al. (1997). Data analysis was conducted using the Pearson correlation. The research results demonstrated a significant positive association between social support and problem focused coping employed women but there was no association between social support and emotion focused coping among employed women. There is a positive association between social support and adaptive coping among employed women and there is a negative association between social support and maladaptive coping among employed women.

Key Words: *Social Support, Coping Strategies, Employed Women*

