

ABSTRAK

PERBEDAAN *PROBLEM FOCUSED COPING* PADA MAHASISWA JURUSAN *HUMANIORA* DAN JURUSAN *NON-HUMANIORA*

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Penelitian ini memiliki tujuan untuk: (1) Mengetahui ada tidaknya perbedaan *problem focused coping* pada mahasiswa jurusan *humaniora* dan *non-humaniora*. (2) Mengetahui seberapa tinggi *problem focused coping* pada mahasiswa jurusan *humaniora*. (3) Mengetahui seberapa tinggi *problem focused coping* pada mahasiswa jurusan *non-humaniora*. (4) Mengetahui butir item skala *problem focused coping* mana saja yang teridentifikasi rendah.

Jenis penelitian ini adalah kuantitatif komparatif dengan melibatkan 200 orang responden yang seluruhnya merupakan mahasiswa aktif angkatan 2020 – 2022 Universitas Sanata Dharma Yogyakarta. Dalam pengambilan data, penelitian ini terdiri dari 2 jenis kuesioner, yaitu kuesioner terbuka sebagai penentu program studi serta angkatan, dan juga kuesioner tertutup dengan Skala *Likert* yang berfungsi sebagai perhitungan item *problem focused coping* mahasiswa antar kedua kelompok sampel. Terdapat 33 item valid yang terbagi ke dalam 5 aspek, yaitu: (1) Keaktifan diri; (2) Perencanaan; (3) Meminimalkan kegiatan kompetitif; (4) Kontrol diri; (5) Dukungan sosial. Indeks reliabilitas *Alpha Cronbach* dari kuesioner ini sebesar 0.722. Pengujian asumsi selanjutnya memperoleh data yang berdistribusi tidak normal dan homogen. Karena hasil asumsi tidak terpenuhi, peneliti menggunakan uji beda non-parametrik *Mann Whitney* dengan bantuan JASP 0.16.0.0 *for windows*.

Hasil dari penelitian ini adalah: (1) Terdapat perbedaan *problem focused coping* signifikan antara mahasiswa jurusan *humaniora* dengan mahasiswa jurusan *non-humaniora*; (2) Tingkat *problem focused coping* mahasiswa jurusan *humaniora* cenderung pada kategori tinggi; (3) Tingkat *problem focused coping* mahasiswa jurusan *non-humaniora* cenderung pada kategori tinggi; (4) Terdapat 8 item dengan jumlah capaian skor item yang teridentifikasi sedang, sehingga peneliti mengusulkan topik bimbingan dengan tema: (1) Cekatan dalam mengatasi permasalahan; (2) Hidup yang terencana membuat bahagia; (3) Membangun relasi yang sehat (4) Membangun keterbukaan yang positif.

Kata kunci: *Problem Focused Coping*, Mahasiswa Jurusan *Humaniora*, Mahasiswa Jurusan *Non-Humaniora*

ABSTRACT

***DIFFERENCES IN PROBLEM FOCUS ON COPING WITH STUDENTS
MAJORING IN HUMANITIES AND NON-HUMANITIES MAJORS***

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This study aims to: (1) find out whether there are differences in problem-focused coping among students majoring in humanities and non-humanities. (2) Knowing how high problem-focused coping is for students majoring in humanities. (3) Knowing how high problem-focused coping is for students majoring in non-humanities. (4) Knowing which problem-focused coping scale items are identified as low.

This type of research is a comparative quantitative study involving 200 respondents who are all active students of the 2020-2022 batch of Sanata Dharma University Yogyakarta. In collecting data, this research consists of 2 types of questionnaires, namely an open questionnaire as a determinant of study program and class, and also a closed questionnaire with a Likert Scale which functions as a calculation of students' problem-focused coping items between the two sample groups. There are 33 valid items divided into 5 aspects, namely: (1) Self-activity; (2) Planning; (3) Minimizing competitive activities; (4) Self-control; and (5) Social support. The Alpha Cronbach reliability index of this questionnaire was 0.722. Further assumption testing obtained data that were not normally distributed and homogeneous. Because the assumption results were not met, the researcher used the Mann-Whitney non-parametric t-test with the help of JASP 0.16.0.0 for Windows.

The results of this study are: (1) There is a significant difference in problem-focused coping between students majoring in humanities and students majoring in non-humanities; (2) The level of problem-focused coping of students majoring in humanities tends to be in the high category; (3) The level of problem-focused coping of students majoring in non-humanities tends to be in the high category; (4) There are 8 items with the number of item score achievements identified as moderate, so researchers propose guidance topics with the theme: (1) Deft in overcoming problems; (2) A planned life makes me happy; (3) Building healthy relationships (4) Building positive openness.

Keywords: *Problem Focused Coping, Humanities Major Students, Non-Humanities Major Students*