

ABSTRAK

Kusumawijaya, A. (2025). *Dinamika Koping Proaktif Kader Pendeta Gereja Kristen Indonesia. Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian kualitatif ini bertujuan untuk mengungkap dinamika coping proaktif kader pendeta GKI dalam proses kependetaan, khususnya tahap Pendidikan Persiapan Kependetaan (PPK). Pengumpulan data dilakukan menggunakan wawancara semiterstruktur kepada tiga orang informan kader pendeta GKI yang sedang menjalani Pendidikan Persiapan Kependetaan angkatan 2024/2025. Data dianalisis dengan teknik analisis tematik deduktif-induktif. Hasil analisis data menunjukkan dinamika coping proaktif berkelanjutan dalam tiga tahapan: Panggilan dan Seleksi, Pendidikan Teologi, dan Pendidikan Persiapan Kependetaan. Pada tahap Panggilan dan Seleksi, motivasi panggilan muncul dari pengalaman transenden, krisis personal, dan peneguhan komunal yang direspon dengan strategi proaktif seperti membangun koneksi dan mencari pengetahuan teologis. Tahap Pendidikan Teologi menunjukkan adanya kecemasan yang muncul dan diatasi dengan coping reaktif (mencari bantuan profesional) yang kemudian bertransformasi menjadi tujuan proaktif (menjadi pendeta peduli kesehatan mental). Tahap PPK menghadirkan kompleksitas peran dan ekspektasi tidak realistis, diatasi dengan kombinasi coping reaktif (mendekatkan diri pada Tuhan, mengambil jeda) dan proaktif (penguatan sumber daya, pengembangan respons adaptif, refleksi panggilan). Penelitian ini menyoroti dinamika coping proaktif kader pendeta GKI yang melibatkan evolusi tujuan, tantangan, dan strategi aktif yang berkelanjutan, mengubah ancaman menjadi tantangan dan peluang pertumbuhan melalui interaksi mekanisme coping reaktif dan proaktif. Temuan ini berkontribusi pada pemahaman coping pemimpin agama dan implikasi praktis bagi pembinaan kader pendeta GKI.

Kata Kunci: coping proaktif, GKI, kader pendeta, presbiterial sinodal

ABSTRACT

Kusumawijaya, A. (2025). The Dynamic of Proactive Coping among Indonesian Christian Church Ministerial Candidates. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This qualitative study aimed to explore the dynamics of proactive coping among Indonesian Christian Church (GKI) ministerial candidates during their pastoral formation process, specifically focusing on the Pastoral Preparation Education (PPK) stage. Data were collected using semi-structured interviews with three GKI ministerial candidates who were undergoing the 2024/2025 PPK stage. The data were analysed using a deductive-inductive thematic analysis technique. The research showed a continuous proactive coping across three stage: Calling and Selection, Theological Education, and Pastoral Preparation Education. In the Calling and Selection stage, the motivation for the calling emerged from transcendent experiences, personal crises, and communal affirmation, which were responded to with proactive strategies such as building connections and seeking theological knowledge. The Theological Education stage revealed a recurrence of anxiety, which was initially overcome with reactive coping (seeking professional help) that later transformed into a proactive goal (becoming a pastor that concern to mental health). The PPK stage presented complex roles and unrealistic expectations, which were addressed through a combination of reactive coping (drawing closer to God, taking a break) and proactive coping (resource strengthening, developing adaptive responses, reflecting on the calling). The study concluded that the proactive coping dynamics of GKI ministerial candidates involved an evolution of goals, challenges, and continuous active strategies, transforming threats into challenge and opportunities for growth through the interaction of reactive and proactive coping mechanisms. These findings contributed to the understanding of coping among religious leaders and have practical implications for the development of GKI ministerial candidates.

Keywords: proactive coping, GKI, ministerial candidates, presbyterian-synodal