

ABSTRAK

Rivanesa, D. L. I. 2025. Hubungan antara *Hardiness Trait* dengan Motivasi Pengalihan Stres Melalui Konsumsi Video TikTok pada *Emerging Adulthood* di Indonesia. Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk menguji pola hubungan antara *hardiness* dengan tipe-tipe motivasi pengalihan stres melalui konsumsi video TikTok. Hipotesis penelitian ini yaitu terdapat hubungan negatif antara *hardiness* dengan motivasi *escape from the constraints routines*, terdapat hubungan negatif antara *hardiness* dengan motivasi *escape from the burdens of problems*, dan terdapat hubungan negatif antara *hardiness* dengan motivasi *emotional release*. Populasi penelitian ini yaitu kelompok usia *emerging adulthood* yang aktif sebagai audiens TikTok. Penelitian ini menggunakan pendekatan kuantitatif dengan desain penelitian korelasional. Pengambilan sampel dilakukan menggunakan teknik *convenience sampling*. Pengukuran terhadap masing-masing variabel dilakukan menggunakan instrumen pengukuran psikologis yang dikonstruksi oleh peneliti dan telah melalui uji coba pendahuluan dan *field testing*. Terdapat 204 data yang terkumpul dalam penelitian ini. Metode analisis statistik untuk analisis korelasional yang digunakan yaitu *Spearman's Rho* karena terdapat data yang tidak berdistribusi normal. Meskipun demikian, seluruh hubungan menunjukkan pola hubungan yang linier. Hasil penelitian menunjukkan bahwa terdapat hubungan negatif yang signifikan antara *hardiness* dengan masing-masing tipe motivasi pengalihan stres melalui konsumsi video TikTok, sehingga semakin tinggi *hardiness*, semakin rendah tingkat masing-masing tipe motivasi pengalihan stres melalui konsumsi video TikTok. Ada pun kekuatan hubungan antar variabel seluruhnya berada pada kategori lemah.

Kata kunci: *hardiness*, motivasi pengalihan stres, video TikTok

ABSTRACT

Rivanesa, D. L. I. 2025. The Relationship Between Hardiness Trait and Stress Diversion Motivation Through TikTok Video Consumption Among Emerging Adulthood in Indonesia. *Thesis*. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

This study aims to examine the relationship patterns between hardiness and types of stress diversion motivation through TikTok video consumption. The research hypotheses are: there is a negative relationship between hardiness and escape from the constraints routines motivation, a negative relationship between hardiness and escape from the burdens of problems motivation, and a negative relationship between hardiness and emotional release motivation. The study population is the emerging adulthood as active TikTok audiences. This study uses a quantitative approach with a correlational research design. Sampling was conducted using convenience sampling techniques. Measurement of each variable was carried out using psychological measurement instruments constructed by the researcher and have undergone preliminary trials and field testing. There were 204 data points collected in this study. The statistical analysis method used for correlational analysis was Spearman's Rho because some data were not normally distributed. Nevertheless, all relationships showed linear patterns. The results indicate that there is a significant negative relationship between hardiness and each type of stress diversion motivation through TikTok video consumption, meaning that the higher the hardiness, the lower the level of each type of stress diversion motivation through TikTok video consumption. The strength of the relationships between variables was entirely in the weak category.

Keywords: *hardiness, diversion motivation, TikTok video*