

**PEMAKNAAN CARA FRANKL SEBAGAI STRATEGI COPING
TERHADAP PENGALAMAN PENOLAKAN SOSIAL OLEH TEMAN
SEBAYA DI KALANGAN REMAJA**

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ABSTRAK

Penelitian ini bertujuan untuk mengungkap dan memahami nilai daya cipta, nilai pengalaman, dan nilai sikap sebagai cara mengatasi tekanan akibat penolakan sosial teman sebaya ala Frankl. Adapun pertanyaan penelitian yang diajukan adalah “bagaimana cara remaja mengatasi stress/tekanan akibat penolakan oleh teman sebaya dengan menggunakan konsep pemaknaan pengalaman ala Victor Frankl?” Jenis penelitian yang dipakai adalah penelitian kualitatif dengan AIK sebagai metode analisis data. Partisipan dalam penelitian ini ialah remaja berusia 12-18 tahun yang mempunyai pengalaman ditolak oleh teman sebayanya. Pengambilan data penelitian dilakukan dengan metode *focus group discussion*. Reliabilitas hasil penelitian didapatkan dengan melakukan *intercoder agreement* dengan 2 orang *coder*. Validitas hasil penelitian dilakukan dengan strategi validasi *thick description* dimana peneliti memberikan deskripsi yang sangat rinci tentang lingkungan penelitian dan mengkaji tema-tema dengan berbagai macam perspektif dan sudut pandang. Hasil penelitian menunjukkan bahwa para partisipan mampu memaknai pengalaman sebagai cara mengatasi tekanan akibat penolakan sosial teman sebaya dengan mewujudkan nilai-nilai yang ditawarkan Frankl, yaitu nilai daya cipta, nilai pengalaman, dan nilai sikap. Nilai sikap muncul paling banyak, dilanjutkan dengan nilai pengalaman, dan nilai daya cipta muncul paling sedikit. Di sisi lain, muncul juga sindroma ketidakbermaknaan berbentuk frustrasi eksistensial dalam diri partisipan.

Kata kunci : nilai daya cipta, nilai pengalaman, nilai sikap, frustrasi eksistensial, neurosis noogenik, penolakan sosial teman sebaya.



***COPING STRATEGIES TOWARD SOCIAL REJECTION EXPERIENCES
BY PEERS AMONG ADOLESCENTS BASED ON FRANKL'S THEORY OF
MEANING***

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ABSTRACT

This research aims to uncover and understand the value of creativity, the value of experience, and attitudes value as a Frankl way to overcome the pressure due to social rejection by peers. As for the question of the purposed research is "how adolescents cope with stress/pressure due to rejection by peers using the concept of the meaning as a Frankl way?" This type of research used is qualitative content analysis method as a method of data analysis. Participants in this study is that adolescents aged 12-18 years who have experience rejected by peers. Data retrieval research was conducted using focus group discussion. The reliability of the results obtained by performing intercoder agreement with 2 coder. The validity of the results of research conducted with thick description validation strategy where researchers provide a very detailed description of the research environment and examine themes with various perspectives and viewpoints. The result showed that participants were able to interpret the experience as a way to overcome the pressure due to social rejection by peers embody the values offered Frankl, which is the value of creativity, the value of experience, and attitude value. Attitude value appear at most, followed by the value of experience, and the value of creativity appeared the least. On the other hand, also appears the syndrome of meaninglessness in the form of existential frustration within participants.

Keywords : the value of creativity, the value of experience, attitudes value, existential frustration, noogenic neuroses, social rejection by peers.

