

ABSTRACT

**THE RELATIONSHIP BETWEEN STRESS AND COPING STRATEGY
IN FOURTH SEMESTER COLLEGE STUDENT AT FACULTY OF
NURSING UNIVERSITAS AIRLANGGA BATCH 2014**

Descriptive Correlation Study

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Introduction: Stress is psychosocial factor that influence the academic performance and well-being. Level of stress is higher for nursing college than for other college students. Coping strategy can lead to reduction or adaptation of a stress. This study was aimed to determine the relationship between stress and coping strategy in fourth semester college student at Faculty of Nursing Universitas Airlangga batch 2014.

Method: This research used the descriptive correlation method conducted with 47 nursing students. Independent variable was stress and dependent variable was coping strategy. The research instruments were Hassles Assessment Scale for Students in College (HASS/Col) questionnaire and the instrument for coping was Ways of Coping (WOC). Data were analyzed using the Spearman's correlation with $\alpha < 0.05$.

Result: The result showed that a majority (74,5%) of study subjects were moderate level of stress. Study subjects were using emotion focused coping (76,6%) as coping strategy. Study subjects were moderate and severe level of stress using emotion focused coping and mild level of stress using problem focused coping. Statistical analysis showed that stress has a correlation with the coping strategy ($p = 0.002$).

Discussion: This study concluded that there was a significant relationship between stress and coping strategy in fourth semester college student at Faculty of Nursing Universitas Airlangga batch 2014. The next researchers are expected to examine interventions to manage stress in nursing college.

Keyword: stress, college student, coping strategy