

ABSTRAK

Eduardo Saratoga Wrahatnala, 11111145, Hubungan antara *Coping Strategy* dengan *Subjective Well-Being* pada remaja di Kota Surabaya, *Skripsi*, Fakultas Psikologi Universitas Airlangga Surabaya, 2016.

xvi + 86 halaman, 89 Lampiran.

Penelitian ini bertujuan untuk mengetahui apakah terdapat hubungan antara coping strategy dengan subjective well-being. Coping strategy yang dimaksud adalah mekanisme untuk mengatasi perubahan yang dihadapi atau beban yang diterima. Terdapat dua dimensi di dalam coping strategy yaitu problem focused coping dan emotional focused coping yang masing-masing akan diteliti oleh penulis. Terdapat dua hubungan yang akan diselidiki oleh penulis di dalam penelitian ini, yaitu 1) kolerasi antara problem focused coping dengan subjective well being; 2) kolerasi antara emotional focused coping dengan subjective well-being.

Penelitian dilakukan pada anak remaja yang masih aktif mengikuti pelajaran di sekolah menengah di Kota Surabaya dengan jumlah sebanyak 100 anak, yang berusia 15- 18 tahun, laki – laki dan perempuan. Alat pengumpulan data menggunakan kuesioner coping strategy yang terdiri dari kuesioner problem focused coping sebanyak 25 butir item dan emotional focused coping sebanyak 31 butir item serta alat ukur subjective well-being yang disusun oleh Diener (1999) dengan jumlah item total sebanyak 50 butir. Analisis data menggunakan analisis kolerasi product moment dari Pearson, dengan bantuan program statistic SPSS versi 16 for Windows. Uji reliabilitas pada kedua alat ukur masing – masing menghasilkan koefisien reliabilitas sebesar 0,833 untuk alat ukur item problem focused coping, 0,908 untuk alat ukur item emotional focused coping, dan 0,735 untuk alat ukur subjective well-being.

Hasil analisis data penelitian menunjukkan bahwa koefisien kolerasi (r) dan taraf signifikansi (p) antara problem focused coping dengan subjective well-being sebesar 0,839 dengan p sebesar 0,000 ($p < 0,01$), Hal ini berarti terdapat hubungan positif yang signifikan antara Problem Focused Coping Strategy dengan Subjective Well-being. Sedangkan emotional focused coping sebesar -0,629 p sebesar 0,000 ($p < 0,01$), artinya terdapat hubungan negatif yang signifikan antara Emotional Focused Coping Strategy dengan Subjective Well-being remaja di Kota Surabaya. Hal tersebut menunjukkan adanya hubungan positif antara problem focused coping dengan subjective well-being dan adanya hubungan negative antara emotional focused coping dengan subjective well-being pada remaja yang berada di kota Surabaya.

Kata kunci : *Problem Focused Coping, Emotional Focused Coping, Subjective Well-Being, Remaja, Surabaya*

Daftar Pustaka, 52 (1988-2015)

ABSTRACT

Eduardo Saratoga Wrahatnala, 111111145, Relationships between Coping Strategy with Subjective Well-Being in adolescents from the City of Surabaya, *Undergraduate Thesis*, Faculty of Psychology Airlangga University Surabaya, 2016
xvi + 86 pages, 89 appendix.

This research aims to determine whether there is a relationship between coping strategy with subjective well-being. Coping strategy in question is a mechanism to cope with the changes facing or load received. There are two dimensions in the coping strategy that is problem focused coping and emotional focused coping that each will be examined by the author. There are two relationships that will be investigated by the author in this study, namely 1) the correlation between problem focused coping with subjective well being; 2) correlation between emotional focused coping with subjective well-being.

The research was conducted in young children who are still active following subjects in secondary schools from the city of Surabaya, with a total of 100 children, aged 15- 18 years, male - male and female. Data collection tool using kuesionercoping strategy consisting of questionnaires problem focused coping as much as 25 grains items and emotional focused coping as much as 31 grains of items as well as a measuring tool subjective well-being developed by Diener (1999) by the number of items a total of 50 rounds. Analyzed using Pearson product moment correlation, with the help of statistical program SPSS version 16.0 for Windows. Test reliability in both measuring devices each - each reliability coefficient of 0,833 for the item measuring instrument problem focused coping, 0.908 for item measuring instrument emotional focused coping, and 0, 735 for measuring instrument subjective well-being.

The results of the analysis of research data shows that correlation coefficient (r) and significance level (p) between problem focused coping with subjective well-being of 0.839 with $p = 0.000$ ($p < 0.01$), This means there is a significant positive relationship between the Problem focused Coping Strategy with Subjective Well-being. While emotional focused coping by -0.629 $p = 0,000$ ($p < 0.01$), meaning that there is a significant negative relationship between Emotional Focused Coping Strategy with Subjective Well-being of teenagers in the city of Surabaya. This shows the positive relationship between problem focused coping with subjective well-being and their negative correlation between emotional focused coping with subjective well-being in adolescents who were in the city of Surabaya.

Keywords: *Problem Focused Coping, Emotional Focused Coping, Subjective Well-Being, Adolescent, Surabaya*

Bibliography, 52 (1988-2015)