

## ABSTRACT

Happiness is condition characterized by the feeling, experience and purport live positive. Several studies old showed a positive relationship between the use of stress coping with happiness, so research aims to understand the variables relationship with happiness especially in teen whose parents divorced. Coping stress consisting of engagement (problem and emotion), disengagement (problem and emotion). The subject of study (N= 60) are teenagers aged 13-21 in and having parents divorced. The sample was conducted using snowball sampling technique. The survey used the orientation of happiness for the happiness and coping strategies for the inventory coping stress. The methodology used is correlational quantitative. Test partial analysis shows there is a positive and significant between problem focused engagement ( $r = 0.680$ ,  $p = 0.000$ ) with happiness and emotion focused engagement ( $r = 0.400$ ,  $p = 0.002$ ) with happiness. Test partial correlation show there is a positive and significant between problem focused disengagement ( $r = -0.607$ ,  $p = 0.00$ ) and emotion focused disengagement ( $r = -0.402$ ,  $p = 0.001$ ) with happiness juvenile whose parents divorced. Suggestions for further research, to test the relationship between other variables contributing happiness using subject derived from different backgrounds.

**Keywords:** *coping stress, problem focused engagement, emotion focused engagement, problem focused disengagement, emotion focused disengagement, happiness, teenagers parents divorced*

## ABSTRAK

Kebahagiaan merupakan kondisi yang ditandai dengan adanya perasaan, pengalaman dan pemaknaan hidup yang positif. Beberapa studi terdahulu menunjukkan adanya hubungan positif antara penggunaan coping stress dengan kebahagiaan, sehingga penelitian ini bertujuan untuk mengetahui hubungan variabel tersebut dengan kebahagiaan khususnyapada remaja yang orangtuanyabercerai. Coping stress terdiri dari engagement (problem dan emotion), disengagement (problem dan emotion). Subjek penelitian (N=60) adalah remaja yang berusia 13-21 tahun dan memiliki orangtua yang bercerai. Pengambilan sampel dilakukan dengan menggunakan teknik snowball sampling. Angket yang digunakan yaitu Orientation of Happiness untuk variabel kebahagiaan dan Coping Strategies Inventory untuk variabel coping stress. Metode penelitian yang digunakan adalah kuantitatif korelasional. Hasil uji analisis parsial menunjukkan adanya hubungan positif dan signifikan antara problem focused engagement ( $r=0.680$ ,  $p=0.000$ ) dengan kebahagiaan dan Emotion focused engagement ( $r=0.400$ ,  $p=0.002$ ) dengan kebahagiaan. Hasil uji korelasi parsial menunjukkan adanya hubungan positif dan signifikan antara problem focused disengagement ( $r=-0.607$ ,  $p=0.00$ ) dan emotion focused disengagement ( $r=-0.402$ ,  $p=0.001$ ) dengan kebahagiaan pada remaja yang

orangtuanyabercerai. Saran untukpenelitian selanjutnya, bisamengujihubungan antarvariabel lainnya yang turutmemengaruhi kebahagiaan dengan menggunakan subjek yang berasal dari latar belakang yang berbeda.

**Kata kunci:** *coping stress, problem focused engagement, emotion focused engagement, problem focused disengagement, emotion focused disengagement, kebahagiaan, remaja orangtuabercerai.*

