

JUDUL: HUBUNGAN COPING STRATEGIES DAN STRES PADA REMAJA DI
SURABAYA SELAMA PANDEMI COVID-19

Nama: Daniel Chandra

Jurusan/Program Studi: Psikologi/Psikologi

Pembimbing:

Dr. Drs. Andrian Pramadi, M.Si.

ABSTRAK

Pandemi COVID-19 sangat memberikan dampak yang besar bagi masyarakat. Salah satu dampak yang paling dirasakan adalah pada remaja yang masih bersekolah. Tuntutan remaja untuk beradaptasi pada keadaan ini dapat memunculkan stres. Dalam upaya mengatasi stres, remaja biasanya melakukan *coping*. Tujuan dari penelitian ini adalah untuk menguji hubungan antara *coping strategies* dan stres pada remaja selama masa pandemi COVID-19. Metode penelitian yang digunakan kuantitatif survei. Partisipan penelitian merupakan siswa kelas 12 SMA Kristen Petra 1 yang berusia 16-18 Tahun yang dipilih menggunakan teknik *accidental sampling* dan *snowball sampling*. Alat ukur yang digunakan adalah *adolescent stress questionnaire* (ASQ) untuk mengukur stres dan *coping style questionnaire* (CSQ) untuk mengukur *coping strategies*. Analisis dilakukan dengan menggunakan uji hubungan non-parametrik *spearman*. Dari hasil penelitian ditemukan adanya hubungan positif antara stres dan *maladaptive coping*, dan tidak ada hubungan antara stres dan *adaptive coping*.

Kata Kunci: stres pada remaja, *adaptive coping*, *maladaptive coping*

TITLE: THE RELATIONSHIP BETWEEN COPING STRATEGIES AND STRESS
IN ADOLESCENT IN SURABAYA DURING PANDEMIC COVID-19

Name: Daniel Chandra

Discipline/Study Programme: Psychology/Psychology

Contributor:

Dr. Drs. Andrian Pramadi, M.Si.

ABSTRACT

The COVID-19 pandemic has had a huge impact on society. One of the most felt impacts is on teenagers who are still in school. Teenagers' demands to adapt to this situation can lead to stress. In an effort to deal with stress, adolescents usually do cope. The purpose of this study was to examine the relationship between coping strategies and stress in adolescents during the COVID-19 pandemic. The research method used is a quantitative survey. Research participants are 12th grade students of Petra 1 Christian High School aged 16-18 years who were selected using accidental sampling and snowball sampling techniques. The measuring instrument used is the adolescent stress questionnaire (ASQ) to measure stress and the coping style questionnaire (CSQ) to measure coping strategies. The analysis was carried out using the Spearman non-parametric relationship test. From the results of the study found a positive relationship between stress and maladaptive coping, and no relationship between stress and adaptive coping.

Keywords: stress in adolescents, adaptive coping, maladaptive coping