

## ABSTRAK

### GAMBARAN *COPING STRESS* SANTRI BARU DI PONDOK PESANTREN TAHFIDZ BINTANG ALQURAN

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Santri baru memiliki banyak tuntutan dan kegiatan sehingga dalam mengatasi situasi yang tidak menyenangkan santri memiliki *coping stress* yang berbeda-beda. *Coping stress* terdiri dari *problem focused coping* dan *emotion focused coping*. *Problem focused coping* yaitu perilaku penyelesaian masalah yang berpusat pada masalah sedangkan *emotion focused coping* yaitu perilaku penyelesaian masalah yang berpusat pada emosi. Tujuan penelitian ini untuk mengetahui gambaran *coping stress* pada santri baru di pondok pesantren Tahfidz Bintang Alquran. Rancangan penelitian menggunakan kuantitatif deskriptif teknik *nonprobability sampling*. Sampel penelitian berjumlah 78 santri. Metode pengumpulan data menggunakan skala *problem focused coping* dan *emotion focused coping*. Uji reabilitas menggunakan *Cronbach's Alpha* ( $\alpha$ ) = 0,942 dengan aitem valid sebanyak 34 aitem. Metode analisis data menggunakan Z-score dari kedua variabel. Hasil penelitian menunjukkan lebih banyak santri baru yang menggunakan *emotion focused coping* sebanyak 44 santri (56%) mengacu kepada lima aspek pada *emotion focused coping* dengan aspek yang paling dominan adalah aspek *escape/avoidance (denial)* sebanyak 31 santri (29%). Sedangkan santri baru yang menggunakan *problem focused coping* sebanyak 34 santri (44%) mengacu kepada tiga aspek *problem focused coping* dengan aspek yang paling dominan adalah aspek *seeking social support (for informational reason)* sebanyak 31 (40%). Temuan dalam penelitian ini adalah santri baru dengan uang saku <50.000 menggunakan *problem focused coping*.

**Kata kunci:** *Coping stress, Emotion focused coping, Problem focused coping*

## **ABSTRACT**

### **DESCRIPTION OF COPING STRESS OF NEW STUDENTS AT PONDOK PESANTREN TAHFIDZ BINTANG ALQURAN**

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*New students have many demands and activities so that in overcoming unpleasant situations, students have different coping stresses. Coping stress consists of problem focused coping and emotion focused coping. Problem focused coping is problem solving behavior that is centered on problems while emotion focused coping is problem solving behavior that is centered on emotions. The purpose of this study was to determine the description of coping stress on new students at the Tahfidz Bintang Alquran Islamic boarding school. The research design used descriptive quantitative non-probability sampling technique. The research sample amounted to 78 students. The data collection method used a scale of problem focused coping and emotion focused coping. The reliability test used Cronbach's Alpha ( $\alpha$ ) = 0.942 with 34 valid items. The data analysis method used the Z-score of the two variables. The results showed more new students who used emotion focused coping as many as 44 students (56%) referring to the five aspects of emotion focused coping with the most dominant aspect being the aspect of escape/avoidance (denial) as many as 31 students (29%). While the new students who use problem focused coping are 34 students (44%) referring to three aspects of problem focused coping with the most dominant aspect being the aspect of seeking social support (for informational reason) as many as 31 (40%). The findings in this study are new students with pocket money <50,000 using problem focused coping.*

**Keywords:** *Coping stress, Emotion focused coping, Problem focused coping*