

## Hubungan antara Coping dan Psychological Distress pada istri yang mengalami kekerasan dalam rumah tangga = The correlation between Coping and Psychological distress on wives experiencing domestic violence

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### Abstrak

Kekerasan merupakan salah satu bentuk stresor yang berbahaya, kejam dan mengancam. Peristiwa atau kejadian hidup yang dapat mengancam dan membahayakan kesejahteraan individu sering memicu munculnya psychological distress. Diperlukan upaya untuk dapat menghadapi stressor. Upaya untuk mengatasi stress dinamakan coping. Penelitian ini dilakukan untuk melihat hubungan antara coping dan psychological distress pada istri yang mengalami kekerasan dalam rumah tangga. 47 istri yang mengalami kekerasan dalam rumah tangga menjadi responden dalam studi ini dengan mengisi kuisisioner coping dan psychological distress. Coping diukur dengan alat ukur Brief COPE yang dibuat oleh Carver (1997). Coping terdiri dari dua jenis yakni problem-focused coping dan emotion-focused coping. Brief COPE terdiri dari empat belas subskala yaitu self-distraction, active coping, denial, substance use, use of emotional support, use of instrumental support, behavioral disengagement, venting, positive reframing, planning, humor, acceptance, religion, dan self-blame. Psychological distress diukur menggunakan Kessler Psychological Distress Scale (K10) yang dibuat oleh Kessler dan Mroczek (1994). Hasil penelitian menunjukkan adanya korelasi signifikan dan negatif antara coping dan psychological distress. Berdasarkan perhitungan regresi ditemukan bahwa problem-focused coping dan emotion-focused coping tidak berkontribusi pada psychological distress namun memiliki korelasi yang signifikan. Menggunakan perhitungan regresi ditemukan pula bahwa subskala self-blame dan substance use memiliki kontribusi pada psychological distress.

*Violence is one of a dangerous, vicious, and threatening stressor. Any life events that can threaten and endanger individual well-being could often trigger the emergence of psychological distress. Efforts are needed to overcome stressor, such as changing one's cognitive and behavior to deal with external and internal pressure or overcoming painful and threatening condition. Those efforts are known as coping. This research was conducted to investigate the correlation between coping and psychological distress in 47 wives who completed both questionnaires of coping and psychological distress. Coping was measured by Brief COPE which were constructed by Carver (1997). Brief COPE consist of 14 subscales, namely self-distraction, active coping, denial, substance use, use of emotional support, use of instrumental support, behavioral disengagement, venting, positive reframing, planning, humor, acceptance, religion, dan self-blame. Psychological distress were measured by Kessler Psychological Distress Scale (K10) which was constructed by Kessler and Mroczek (1994). The results show that there were negative and significant correlations coping with psychological distress. From the regression, the results show that problemfocused coping and emotion-focused coping are not contributed to psychological distress but they have a significant and negative correlation. Taken from the regression calculation, self blame and substance use were contributed in the occurance of psychological distress.*