

## Gambaran strategi koping terkait homesickness pada Mahasiswa Reguler 2012 Universitas Indonesia yang berasal dari luar Jabodetabek = Descriptive study about coping strategies regarding homesickness used by freshmen in University of Indonesia who are originated from outside Jabodetabek

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### Abstrak

Setiap tahun banyak remaja yang melanjutkan pendidikan di universitas dan tinggal di kost/asrama yang menuntut mahasiswa untuk beradaptasi dengan lingkungan baru. Jika tidak dapat beradaptasi dengan baik, akan mengakibatkan munculnya perasaan homesickness. Penelitian ini bertujuan untuk mengetahui gambaran strategi koping terkait homesickness pada mahasiswa tingkat pertama UI asal luar Jabodetabek. Penelitian cross-sectional dengan sampel 107 mahasiswa tingkat pertama yang dipilih secara purposive. Hasil penelitian didapatkan bahwa 51,4% berkoping konstruktif dan 48,6% berkoping destruktif. Strategi koping yang digunakan tergantung dari jenis kelamin, tempat tinggal selama kuliah, dan pengalaman jauh dari orang tua. Penelitian ini menyarankan kepada mahasiswa senior untuk membantu proses adaptasi mahasiswa tingkat pertama.

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Due to the urgency to pursue higher education, many teenagers every year are expected to enroll in a university and live in a boarding house/dormitory. Thus, they have to adapt in new environment which sometimes is quite far from their homes. If they cannot adapt well, they will surely feel homesick. Based on this background, this study aimed to discern the coping strategies regarding homesickness used by freshmen in Universitas Indonesia who are originated from outside Jabodetabek. This was a cross-sectional study that involved 107 freshmen chosen purposively.

The results showed that 51,4% freshmen had constructive coping, while 48,6% had destructive coping. Coping strategies used by the freshmen are determined by sex, the boarding house/dormitory, and the experience of being away from home. This study suggests that the active role of seniors to help freshmen adapt in new environment is crucial.