

Perbedaan Pengalaman dalam Memilih Strategi Coping terhadap Emosi Malu dan Emosi Bersalah antara Generasi Tua dan Generasi Muda = Difference of Experience in Choosing Coping Strategies toward Shame and Guilt between Old Generation and Young Generation

Azza Maulydia, author

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Abstrak

Penelitian ini dilakukan untuk melihat perbedaan pemilihan strategi coping pada generasi tua dan generasi muda yang mengalami emosi malu dan emosi bersalah. Dalam mengukur coping, digunakan alat ukur The Brief COPE oleh Carver (1997). Jumlah sampel penelitian berjumlah 126 orang dengan rincian 63 generasi tua dan 63 generasi muda. Hasil penelitian menunjukkan bahwa tidak terdapat perbedaan pengalaman dalam memilih strategi coping yang signifikan antara generasi tua dan generasi muda yang mengalami emosi malu dan emosi bersalah. Adapun berdasarkan analisis rata-rata jenis coping, generasi tua dan generasi muda yang mengalami emosi malu maupun bersalah, tidak ada perbedaan yang signifikan antara penggunaan problem-focused coping dibandingkan emotion-focused coping. Pada coping emosi malu, terdapat perbedaan yang signifikan pada subskala self-distraction. Pada coping emosi bersalah, terdapat perbedaan yang signifikan pada subskala seeking of instrumental support, self-distraction, humor dan religion.

.....This research was conducted to see the difference of experience in choosing coping strategies toward shame and guilt between old generation and young generation who experiencing shame and guilt. Coping strategies were measured using The Brief COPE by Carver (1997). Total subject in this research are 126 sample, 63 old generation and 63 young generation. Result obtained indicated that there is no significant difference on experience in choosing coping strategies between old generation and young generation who experiencing shame and guilt. Based on tipe of coping, result obtained that there is no significant difference in problem-focused coping and emotion-focused coping between old generation and young generation who experience shame and guilt. Based on coping subscales toward shame, result obtained that there is significant difference in self-distraction subscale. Based on coping subscales toward guilt, result obtained that there is significant difference in seeking of instrumental support, self-distraction, humor and religion subscales.