

## Hubungan antara gratitude dengan coping pada mahasiswa penerima beasiswa pendidikan bagi mahasiswa berprestasi Bidikmisi = The relationship between gratitude and coping among Bidikmisi students / Ribka Amanda,

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### Abstrak

[Penelitian ini bertujuan untuk melihat hubungan antara gratitude dengan coping pada mahasiswa penerima Bidikmisi. Sebanyak 100 partisipan yang merupakan mahasiswa penerima Bidikmisi di Universitas Indonesia angkatan 2011 hingga 2014 diminta untuk mengisi kuesioner gratitude dan coping. Pengukuran gratitude menggunakan The Gratitude Questionnaire-Six Item Form (GQ-6) yang disusun oleh McCullough, Emmons, dan Tsang (2002) dan pengukuran coping dilakukan dengan menggunakan The Brief COPE yang dikembangkan oleh Carver (1997). Pada penelitian ini tidak ditemukan hubungan yang signifikan antara gratitude dengan coping pada mahasiswa penerima Bidikmisi ( $p > .01$ ). Artinya, tinggi rendahnya tingkat gratitude individu tidak dapat memprediksi tinggi rendahnya tingkat coping yang dilakukan individu saat menghadapi masalah. Hasil penelitian ini juga menemukan hubungan yang positif dan signifikan antara gratitude dengan problem-focused coping maupun adaptive coping ( $p < .01$ ).

;The purpose of this research is to examine the relationship between gratitude and coping among Bidikmisi student. A total of 100 participants, who are Bidikmisi recipients and Universitas Indonesia's students class of 2011-2014, were asked to fill out a questionnaire which assesses gratitude and coping. Gratitude was measured using The Gratitude Questionnaire-Six Item Form (GQ-6) created by McCullough, Emmons, and Tsang (2002), and coping was measured using The Brief Cope created by Carver (1997). The results do not indicate a significant relationship between gratitude and coping among Bidikmisi student ( $p > .01$ ), that is, gratitude does not predict coping. In addition, positive and significant correlations were found between gratitude and problem-focused coping, as well as adaptive coping ( $p < .01$ ).

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