

Hubungan antara optimisme dan strategi coping pada mahasiswa Universitas Indonesia = A correlation study of optimism and coping strategy on the student of University of Indonesia

Virania Widiyanto, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20412383&lokasi=lokal>

Abstrak

[Berada di perguruan tinggi bukanlah sesuatu hal yang mudah, individu akan dihadapkan dengan berbagai tantangan dan perubahan baru. Dalam mewujudkan lingkungan perkuliahan yang baik dibutuhkan usaha untuk mengatasi segala masalah yang timbul serta keyakinan bahwa hal baik akan terjadi. Penelitian ini bertujuan untuk melihat hubungan antara optimisme dan strategi coping pada mahasiswa Universitas Indonesia. Sebanyak 669 partisipan yang merupakan mahasiswa aktif di Universitas Indonesia angkatan 2011 hingga 2014 diminta untuk mengisi kuesioner

optimisme dan strategi coping. Pengukuran optimisme menggunakan Life Orientation Test-Revised (LOT-R) yang disusun oleh Scheier, Carver, dan Bridge (1994) dan pengukuran strategi coping dilakukan dengan menggunakan Brief COPE yang dikembangkan oleh Carver (1997). Pada penelitian ini ditemukan adanya hubungan positif yang signifikan antara optimisme dengan strategi coping pada mahasiswa Universitas Indonesia. Artinya, tinggi rendahnya tingkat optimisme dapat memprediksi frekuensi penggunaan strategi coping yang digunakan oleh individu. Hasil penelitian ini juga menemukan adanya hubungan positif yang signifikan antara optimisme dengan problem-focused coping dan adaptive coping. Dengan demikian, mahasiswa diharapkan dapat mengembangkan sikap optimis serta menggunakan

strategi coping secara efektif selama berada di perguruan tinggi.

.....Studying in university is not easy, student will be faced with new challenges and changes. Making a good college environment is needed effort to overcome all problems and belief of good things will happen. This research was proposed to understand the correlation between optimism and coping strategy on the student of University of Indonesia. Participants were 699 students of UI 2011 till (up to) 2014 by filling questionnaire of optimism and coping strategy. The measurement of optimism was with LOTR (Scheier, Carver, & Bridge, 1994) and coping strategy was measured by Brief COPE (Carver, 1997). This study found that there was a significantly positive relationship between optimism and coping strategy on the University of Indonesia students. Which means the high and low level of optimism can predict frequency of using coping strategy was used by individual. Then, this study also found a significantly positive correlation between optimism and problemfocused coping and adaptive coping. So that, students should be able to develop optimism attitude and to use copying strategy effectively while they are in university.;

Studying in university is not easy, student will be faced with new challenges and changes. Making a good college environment is needed effort to overcome all problems and belief of good things will happen. This research was proposed to understand the correlation between optimism and coping strategy on the student of University of Indonesia. Participants were 699 students of UI 2011 till (up to) 2014 by filling questionnaire of optimism and coping strategy. The measurement of

optimism was with LOTR (Scheier, Carver, & Bridge, 1994) and coping strategy was measured by Brief COPE (Carver, 1997). This study found that there was a significantly positive relationship between optimism and coping strategy on the University of Indonesia students. Which means the high and low level of optimism can predict frequency of using coping strategy was used by individual. Then, this study also found a significantly positive correlation between optimism and problemfocused coping and adaptive coping. So that, students should be able to develop optimism attitude and to use copying strategy effectively while they are in university; Studying in university is not easy, student will be faced with new challenges and changes. Making a good college environment is needed effort to overcome all problems and belief of good things will happen. This research was proposed to understand the correlation between optimism and coping strategy on the student of University of Indonesia. Participants were 699 students of UI 2011 till (up to) 2014 by filling questionnaire of optimism and coping strategy. The measurement of optimism was with LOTR (Scheier, Carver, & Bridge, 1994) and coping strategy was measured by Brief COPE (Carver, 1997). This study found that there was a significantly positive relationship between optimism and coping strategy on the University of Indonesia students. Which means the high and low level of optimism can predict frequency of using coping strategy was used by individual. Then, this study also found a significantly positive correlation between optimism and problemfocused coping and adaptive coping. So that, students should be able to develop optimism attitude and to use copying strategy effectively while they are in university; Studying in university is not easy, student will be faced with new challenges and changes. Making a good college environment is needed effort to overcome all problems and belief of good things will happen. This research was proposed to understand the correlation between optimism and coping strategy on the student of University of Indonesia. Participants were 699 students of UI 2011 till (up to) 2014 by filling questionnaire of optimism and coping strategy. The measurement of

optimism was with LOTR (Scheier, Carver, & Bridge, 1994) and coping strategy was measured by Brief COPE (Carver, 1997). This study found that there was a significantly positive relationship between optimism and coping strategy on the University of Indonesia students. Which means the high and low level of optimism can predict frequency of using coping strategy was used by individual. Then, this study also found a significantly positive correlation between optimism and problemfocused coping and adaptive coping. So that, students should be able to develop optimism attitude and to use copying strategy effectively while they are in university, Studying in university is not easy, student will be faced with new challenges and changes. Making a good college environment is needed effort to overcome all problems and belief of good things will happen. This research was proposed to understand the correlation between optimism and coping strategy on the student of University of Indonesia. Participants were 699 students of UI 2011 till (up to) 2014 by filling questionnaire of optimism and coping strategy. The measurement of optimism was with LOTR (Scheier, Carver, & Bridge, 1994) and coping strategy was measured by Brief COPE (Carver, 1997). This study found that there was a significantly positive relationship between optimism and coping strategy on the University of Indonesia students. Which means the high and low level of optimism can predict frequency of using coping strategy was used by individual. Then, this study also found a significantly positive correlation between optimism and problemfocused coping and adaptive coping. So that, students should be able to develop optimism attitude and to use copying strategy effectively while they are in university]