

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

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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.

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