

## Hubungan antara religious coping dan psychological well-being pada remaja panti asuhan di Jakarta = Relationship between religious coping and psychological well being among orphanage adolescents in Jakarta

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### Abstrak

Tujuan penelitian ini adalah untuk mengetahui apakah terdapat hubungan antara religious coping dan psychological well-being pada remaja panti asuhan di Jakarta. Banyaknya pengalaman negatif yang dialami oleh remaja panti asuhan, membuat remaja tidak berdaya yang berpengaruh pada kesejahteraan psikologis. Oleh karena itu, penting bagi remaja panti asuhan untuk mampu melakukan coping yang efektif agar psychological well-being mereka menjadi lebih baik, salah satunya dengan penggunaan religious coping. Penelitian ini bersifat korelasional dengan menggunakan sampel remaja panti asuhan usia 12 - 20 tahun dan telah menetap setidaknya selama satu tahun di panti asuhan N = 138, laki-laki = 70. Alat ukur yang digunakan dalam penelitian adalah Ryffs Scales of Psychological Well-Being untuk mengukur psychological well-being dan Brief RCOPE untuk mengukur religious coping. Hasil analisis korelasi menunjukkan bahwa terdapat hubungan positif yang signifikan antara positive religious coping dan psychological well being  $r = .397$ ,  $p < .01$ , dan hubungan negatif yang signifikan antara negative religious coping dan psychological well-being  $r = -.194$ ,  $p < .05$ .

.....The purpose of this study is to find out the relationship between religious coping and psychological well being in adolescents at orphanages in Jakarta. The number of negative experiences happened to adolescents in orphanages, it makes them helpless and affects their psychological well being. Therefore, it is important for them to be able in performing effective coping to enhance their psychological well being, one of the way by the use of religious coping. This study was correlational by using a sample of adolescents orphans aged 12 to 20 years and has been living for at least one year in an orphanage N 138, male 70. The instruments used in this study were Ryff 39 s Scales of Psychological Well Being to measure psychological well being and Brief RCOPE to measure religious coping. The result of correlation analysis shows that there is a significant positive correlation between positive religious coping and psychological well being  $r .397$ .