

## Perbedaan antara tipe family functioning terhadap school-related stress coping style pada siswa SMA kelas XII di Jabodetabek = The difference between family functioning type in school related stress coping style among 12th graders in Jabodetabek

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### Abstrak

Pada masa remaja individu akan mengalami tekanan yang berkaitan dengan sekolah. Model coping yang fungsional, seperti active coping dan internal coping, dapat membantu remaja dalam menghadapi tekanan terkait sekolah tersebut secara adaptif. Salah satu faktor yang dapat memprediksi penggunaan coping yang fungsional pada remaja adalah family functioning. Dalam penelitian ini, dilakukan pengujian terhadap perbedaan penggunaan model active coping dan internal coping antara siswa kelas XII SMA yang memiliki keluarga dengan keberfungsian balanced, moderately balanced, mid range, dan extreme. Hubungan antara ketiga dimensi family functioning pada active dan internal coping juga diteliti dalam penelitian ini.

Penelitian dilakukan pada 447 siswa kelas XII SMA dari sekolah-sekolah di Jabodetabek.

Hasil penelitian menunjukkan bahwa terdapat perbedaan penggunaan active coping style antara siswa yang berasal dari keluarga dengan keberfungsian balanced, moderately balanced, mid range, dengan siswa dari keluarga extreme. Tidak ditemukan adanya perbedaan antara keempat kelompok keberfungsian keluarga terhadap internal coping style. Hasil penelitian juga menunjukkan bahwa terdapat hubungan yang positif antara dimensi cohesion, adaptability, dan communication, terhadap active coping style, dan hubungan yang positif antara dimensi adaptability dan communication, terhadap internal coping style.

.....Adolescence is a time when individuals will experience a lot of stressors, one of stressors is associated with school. Functional coping models, such as active coping and internal coping, can help adolescents to deal with the school related stress adaptively. One factor that can predict the use of functional coping in adolescents is family functioning. In this research, I tested the use of active coping and internal coping model between XII high school students with families that is classified as balanced, moderately balanced, mid range, and extreme. The relationship between the three dimensions of family functioning on active and internal coping is also examined in this study. The study was conducted on 447 XII high school students from schools in Jabodetabek.

The results showed that there was a difference in the use of active coping style between students who came from balanced, moderately balanced, and mid range families, with students from extreme families. There was no difference between the four groups of family functioning to internal coping style. The results also show that there is a positive relationship between cohesion dimension, adaptability, and communication, to active coping style, and positive relationship between adaptability and communication dimension, to internal coping style.