

Perceived social support dan religious coping dalam memprediksi posttraumatic growth pada individu yang mengalami kematian orang tua = Perceived social support and religious coping in predicting posttraumatic growth in individuals who experienced death of a parent

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Abstrak

Posttraumatic growth adalah perubahan positif yang muncul setelah individu mengalami peristiwa traumatis dalam hidupnya, salah satunya adalah kematian salah satu orang tua di masa perkembangan emerging adulthood. Dalam menghadapi situasi sulit tersebut, perceived social support yang dirasakan individu dan religious coping yang dilakukan dapat memunculkan posttraumatic growth pada individu. Penelitian ini bertujuan untuk mengetahui apakah perceived social support dan religious coping dapat memprediksi kemunculan posttraumatic growth di emerging adult yang mengalami kematian salah satu orang tua di Indonesia. Penelitian ini merupakan penelitian kuantitatif yang melibatkan 66 partisipan berusia 18 sampai 25 tahun dan pernah mengalami kematian salah satu orang tua dalam waktu minimal enam bulan sampai maksimal tiga tahun lalu untuk mengisi kuesioner Multidimensional Scale of Perceived Social Support, Brief RCOPE, dan Posttraumatic Growth Inventory. Hasil analisis regresi linear menunjukkan perceived social support dan religious coping ( $F(3,62) = 5,814, p < 0,05$ ) dapat memprediksi posttraumatic growth secara signifikan ( $R^2 = 0,220, p < 0,05$ ). Hal ini berarti perceived social support yang dirasakan dan religious coping yang dilakukan dapat membantu munculnya posttraumatic growth pada emerging adult yang mengalami kematian salah satu orang tua. Hasil penelitian ini dapat menjadi bahan pertimbangan intervensi untuk emerging adult yang berduka.

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Posttraumatic growth defines as positive changes that arise after individuals experience traumatic events in their lives, like the death of a parent in emerging adulthood. In dealing with these difficult situations, perceived social support and religious coping can lead to posttraumatic growth in individuals. This study aims to determine whether perceived social support and religious coping can predict posttraumatic growth in emerging adults that lost one of the parents in Indonesia. This research is a quantitative study involving 66 participants, aged 18 to 25 years and had experienced the death of one parent within a minimum of six months to a maximum of three years ago, to fill out the Multidimensional Scale of Perceived Social Support questionnaire, RCOPE Brief, and Posttraumatic Growth Inventory. Using linear regression analysis method, perceived social support and religious coping ( $F(3,62) = 5,814, p < 0,05$ ) can predict posttraumatic growth significantly ( $R^2 = 0,220, p < 0,05$ ). This means that perceived social support and religious coping can help the emergence of posttraumatic growth in emerging adults who experience the death of one parent. The result of this study can be considered as an intervention for bereaved emerging adults.