

Hubungan Antara Strategi Coping dan Kebahagiaan pada Remaja selama Pandemi COVID-19 = The Relationship between Coping Strategy and Happiness in Adolescents during COVID-19 Pandemic

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Abstrak

Situasi pandemi COVID-19 berdampak pada kehidupan masyarakat, tak terkecuali remaja. Mereka kesulitan dalam mengikuti pembelajaran daring, terbatasnya bertemu dengan teman sebayanya, dan bosan karena terus berada di rumah. Keadaan tersebut berdampak pada meningkatnya stres dan menurunkan kebahagiaan bagi remaja. Maka, dibutuhkan strategi coping yang efektif untuk menangani stres sehingga meningkatkan kebahagiaannya. Penelitian ini dilakukan untuk mengetahui hubungan antara strategi coping dan kebahagiaan pada remaja selama masa pandemi COVID-19. Partisipan penelitian berjumlah 235 berusia 15-21 tahun, sedang menempuh pendidikan (SMP, SMA, Perguruan Tinggi), serta belum menikah. Variabel kebahagiaan diukur menggunakan Subjective Happiness Scale dan strategi coping diukur menggunakan Brief COPE. Analisis data menggunakan Pearson correlation dan simple linier regression. Hasil penelitian menunjukkan bahwa emotion focused coping merupakan strategi yang paling banyak digunakan oleh remaja selama pandemi COVID-19. Hasil juga menunjukkan bahwa peningkatan penggunaan problem focused coping ($r = .38, p < .01$) dan emotion focused coping ($r = .42, p < .01$) akan meningkatkan kebahagiaan. Sementara peningkatan penggunaan less useful coping ($r = -.31, p < .01$) akan menurunkan kebahagiaan remaja. Penelitian ini juga menunjukkan bahwa emotion focused coping ($r = 0.12, t(235) = 6.982, p < 0.01$) merupakan strategi coping yang paling berkontribusi terhadap kebahagiaan.

.....The COVID-19 pandemic situation has an impact on society life, no exception adolescent. They have difficulty in participating online learning, have limited with their peers, and bored of being at home. The situation has an impact on increasing stress and reducing happiness for adolescents. Thus, effective coping strategy are needed to deal with stress so that they can lead to more happiness. This research was conducted to determine the relationship between coping strategies and happiness in adolescents during the COVID-19 pandemic. Participants in this study were 235 aged 15-21 years old who were studying at the (Junior high school, Senior high school, University) and were not married. Happiness variable was measured using the Subjective Happiness Scale and coping strategy was measured using Brief COPE. Data analysis uses statistical techniques Pearson product-moment correlation and simple linier regression. The results showed that focused emotion was the strategy most used by adolescents during the COVID-19 pandemic. The results showed that increased the use of problem focused coping coping ($r = .38, p < .01$) and emotion focused coping ($r = .42, p < .01$) would increased happiness. Meanwhile, increased the use of less useful coping ($r = -.31, p < .01$) led to decreased happiness. This study also shows that emotion focused coping ($r = 0.12, t(235) = 6.982, p < 0.01$) is the coping strategy that most contributes to happiness.