

Pengaruh Respons Terhadap Stres dan Religious Coping terhadap Kepuasan Perkawinan di Masa Pandemi COVID-19 di Indonesia = The Influence between Responses to Stress and Religious Coping towards Marital Satisfaction in COVID-19 Pandemic in Indonesia

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Abstrak

Pandemi COVID-19 menciptakan stresor fisik, mental, dan sosial yang memengaruhi kehidupan masyarakat, termasuk perkawinan. Penelitian ini bertujuan untuk melihat pengaruh respons terhadap stres dan religious coping terhadap kepuasan perkawinan di masa pandemi COVID-19 di Indonesia. Penelitian ini menggunakan metode kuantitatif non-eksperimental. Partisipan penelitian ini berjumlah 356 orang Indonesia yang sudah menikah dengan rentang usia 20-65 tahun ($M=31,04$, $SD=8,67$). Pengumpulan data dilakukan dengan menggunakan alat ukur Adult Self-Report RSQ (Responses to Stress Questionnaire) COVID-19, The Brief RCOPE, dan ENRICH Marital Satisfaction (EMS) Scale yang disebarakan secara daring. Data diolah menggunakan perhitungan regresi berganda menggunakan program IBM SPSS Statistic Version 25. Hasil penelitian menunjukkan primary control engagement coping dan positive religious coping berpengaruh secara positif dan signifikan terhadap kepuasan perkawinan. sementara involuntary engagement dan negative religious coping berpengaruh secara negatif dan signifikan terhadap kepuasan perkawinan. Diketahui juga bahwa jumlah partisipan yang memiliki tingkat kepuasan perkawinan yang tergolong tinggi dan rendah hampir sama banyaknya.

.....The COVID-19 pandemic create physically, mentally, and socially stressors that change many aspects of people's life, including their marriage. This study examined the influence of responses to stress and religious coping on marital satisfaction during the COVID-19 pandemic in Indonesia. This research uses quantitative non-experimental method. Participants of this study were 356 married Indonesians age 20-65 years ($M=31,04$, $SD=8,67$). The Adult Self-Report RSQ (Responses to Stress Questionnaire) COVID-19 measurement tools, The Brief RCOPE, and The ENRICH Marital Satisfaction (EMS) Scale were distributed online. Data were analyzed by multiple regression using IBM SPSS Statistic Version 25. The results showed that primary control engagement coping and positive religious coping had a positive and significant influence on marital satisfaction, while involuntary engagement and negative religious coping had a negative and significant influence on marital satisfaction. In addition, the numbers of participants who had high and low marital satisfaction were almost similar.