

# Hubungan antara respons terhadap stres dan traits Kepribadian dengan kepuasan perkawinan di masa pandemi COVID-19 di Indonesia = The Relationship Between Responses to Stress and Personality Traits with Marital Satisfaction in COVID-19 Pandemic in Indonesia

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## Abstrak

Pada awal tahun 2020 terjadi penyebaran virus Corona di seluruh dunia, hingga ditetapkan oleh WHO sebagai Pandemi COVID-19. Hal ini menyebabkan perubahan kehidupan masyarakat yang berdampak pada berbagai permasalahan. Penelitian ini bertujuan untuk melihat hubungan antara respons terhadap stres yang diakibatkan oleh pandemi COVID-19 dan traits kepribadian dengan kepuasan perkawinan di masa pandemi COVID-19 di Indonesia. Partisipan penelitian adalah 426 orang Indonesia usia 20-65 yang telah menikah. Data dikumpulkan secara online dengan alat ukur ENRICH Marital Satisfaction (EMS) Scale, RSQ (Responses to Stress) COVID-19, dan IPIP-BFM 25. Hasil penelitian menunjukkan adanya korelasi positif yang signifikan antara respons terhadap stres dalam bentuk primary control engagement coping dan secondary control engagement coping dengan kepuasan perkawinan, korelasi negatif yang signifikan antara respons terhadap stres berbentuk primary control disengagement coping, secondary control disengagement coping, involuntary engagement, dan involuntary disengagement dengan kepuasan perkawinan. Selain itu, diketahui pula adanya korelasi positif yang signifikan antara trait kepribadian emotional stability dan kepuasan perkawinan, serta trait kepribadian emotional stability, agreeableness, intellect, dan conscientiousness dengan beberapa aspek dari respons terhadap stres.

.....In early 2020, COVID-19 spread throughout the world, until it was set by WHO as a COVID-19 pandemic. This pandemic causes some changes in people's lives which has an impact on various problems. This study aims to look at the relationship between the responses to stress caused by the COVID-19 pandemic and personality traits with marital satisfaction during the COVID-19 pandemic in Indonesia. The study participants were 426 Indonesian married people aged 20-65 years old. Data was collected online using the ENRICH Marital Satisfaction (EMS) Scale, RSQ (Responses to Stress) COVID-19, and IPIP-BFM 25 measurement tools. The results showed a significant positive correlation between responses to stress in the form of primary control engagement coping and secondary control engagement coping with marital satisfaction, a significant negative correlation between responses to stress in the form of primary control disengagement coping, secondary control disengagement coping, involuntary engagement, and involuntary disengagement with marital satisfaction. In addition, it is also known that there is a significant positive correlation between emotional stability and marital satisfaction, as well as emotional stability, agreeableness, intellect, and conscientiousness personality traits with several aspects of the responses to stress.