

Peran Hope of Success dan Fear of Failure terhadap Strategi Coping pada Emerging Adults di Indonesia = The Role of Hope of Success and Fear of Failure in Coping Strategies Among Emerging Adults in Indonesia

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Abstrak

Berada di masa yang penuh perubahan dan ketidakpastian, kemampuan melakukan coping menjadi penting bagi emerging adults. Studi terdahulu menunjukkan bahwa motivasi berprestasi dan kedua dimensinya, yaitu hope of success (HS) dan fear of failure (FF), dapat memprediksi strategi coping. Penelitian ini bertujuan untuk menguji peran HS dan FF, baik secara simultan maupun parsial, terhadap strategi coping, yaitu problem-focused coping (PFC), emotion-focused coping (EFC), dan avoidance-focused coping (AFC) pada emerging adults di Indonesia. Penelitian melibatkan 321 emerging adults Indonesia yang sedang menempuh pendidikan tinggi dan belum menikah. Pengukuran strategi coping dilakukan menggunakan Brief COPE, sedangkan HS dan FF diukur menggunakan AMS-R (Achievement Motives Scale-Revised). Analisis regresi berganda menunjukkan bahwa motivasi berprestasi (HS dan FF secara simultan) dapat memprediksi semua jenis strategi coping dengan positif dan signifikan ($p < 0,05$, $R^2 = 0,170$; $p < 0,05$, $R^2 = 0,158$; $p < 0,05$, $R^2 = 0,122$). Hasil penelitian juga menemukan bahwa HS berperan dalam memprediksi PFC dan EFC, sedangkan FF berkontribusi terhadap EFC dan AFC. Lebih lanjut, HS berperan lebih besar daripada FF dalam memprediksi EFC. Maka dari itu, HS dan FF menjadi penting dalam memahami strategi coping yang dapat dipilih oleh emerging adults ketika akan mengatasi situasi sulit.

.....Being in a period full of change and uncertainty, the ability to cope becomes important among emerging adults. Previous studies show that achievement motivation as well as its two dimensions, which are hope of success (HS) and fear of failure (FF), can predict coping strategies. This study aims to examine the role of HS and FF, both simultaneously and partially, in coping strategies, namely problem-focused coping (PFC), emotion-focused coping (EFC), and avoidance-focused coping (AFC) among emerging adults in Indonesia. The research involved 321 Indonesian emerging adults who were pursuing higher education and were not married yet. Measurements of coping strategies were carried out using Brief COPE, while HS and FF were measured with AMS-R (Achievement Motives Scale-Revised). Multiple regression analysis shows that achievement motivation (HS and FF simultaneously) can predict all types of coping strategies positively and significantly ($F(2, 319) = 32,632$, $p < 0,05$, $R^2 = 0,170$; $F(2, 319) = 29,808$, $p < 0,05$, $R^2 = 0,158$; $F(2, 319) = 22,062$, $p < 0,05$, $R^2 = 0,122$). The research result also found that HS played a role on PFC and EFC, while FF contributed to EFC and AFC. Furthermore, HS played a greater role than FF in predicting EFC. Therefore, HS and FF are important in understanding the coping strategies that the emerging adults can choose when dealing with difficult situations.