

Hubungan antara jenis goal orientation dan gaya coping adaptif terhadap stres terkait sekolah = The relationship between type of goal orientation and adaptive coping style to school related stress

Vinesia Febrianti, author

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Abstrak

Saat duduk di kelas 12 SMA, siswa akan mendapatkan banyak tuntutan akademis yang dapat menyebabkan stres. Untuk mengatasi stres tersebut, diperlukan penggunaan coping yang tepat. Salah satu hal yang berhubungan dengan penggunaan coping adalah goal orientation yang dimiliki individu tersebut. Penelitian ini bertujuan untuk melihat hubungan antara jenis goal orientation dengan gaya coping adaptif terhadap stres terkait sekolah pada siswa kelas 12 SMA. Adapun partisipan ini berjumlah 284 partisipan yang berasal dari SMA di Jabodetabek. Pengukuran dilakukan dengan Achievement Goal Questionnaire-Revised dan Coping Across Situation Questionnaire-Revised. Berdasarkan analisis, ditemukan bahwa terdapat hubungan yang signifikan antara mastery-approach goal $r=0,219$.

.....12th graders can have academic demands that will result in stress. A suitable coping style is needed to manage that stress. One of the factors that relate to an individuals coping style is their goal orientation. This study aims to find the relationship between type of goal orientation and adaptive coping style related to school related stress among 12 th graders. The participants of this study were 284 students from high schools in Greater Jakarta Area. The measurements used were Achievement Goal Questionnaire Revised and Coping Across Situation Questionnaire Revised. Based on this study, a significant relationship was found between mastery approach goal $r 0,219$, $p 0,05$ and performance approach goal $r 0,147$, $p 0,05$ with active coping. Thus, no relationship was found between mastery avoidance goal $r 0,036$, ns and performance avoidance goal $r 0,092$, ns with active coping, as well as between mastery approach goal $r 0,046$, ns , mastery avoidance goal $r 0,010$, ns , performance approach goal $r 0,031$, ns , and performance avoidance goal $r 0,081$, ns with internal coping.