

Hubungan antara tingkat stres dengan strategi koping pada remaja korban bullying di SMPN 2 Depok = The relationship between stress level and coping strategy among adolescent as bullying victims of SMPN 2 Depok

Risza Farah Ramadhina, author

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Abstrak

Kejadian bullying di Indonesia sudah menjadi fenomena yang sangat umum terutama di kalangan remaja. Remaja yang menjadi korban bullying menggunakan berbagai jenis strategi koping dalam menghadapi stres yang dirasakan. Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat stres dengan strategi koping pada remaja korban bullying di SMPN 2 Depok. Penelitian kuantitatif dengan jenis deskriptif korelasi dengan menggunakan pendekatan cross-sectional ini melibatkan 125 siswa, yang didapatkan melalui screening bullying, dengan teknik total sampling. Hasil analisis penelitian dengan menggunakan uji kai kuadrat menunjukkan bahwa ada hubungan positif antara tingkat stres dengan strategi koping p value: 0.013 . Penelitian ini merekomendasikan pada institusi pendidikan, institusi kesehatan, dan orang tua untuk lebih memperhatikan kejadian bullying di usia remaja.

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The occurrence of bullying in Indonesia has become a very common phenomenon, mainly among adolescence. Adolescence who become victims of bullying apply different types of coping strategies on dealing with perceived stress. This research aimed to determine the relationship between stress level and coping strategy in adolescence victims of bullying in SMPN 2 Depok. This quantitative research with descriptive correlation is used with cross sectional approach involve 125 students, that obtained through screening bullying, with total sampling as a technique. The result from chi square test as research analysis showed that there is a positive relationship between stress level and coping strategy p value 0.013 . This research is recommended to educational institution, health institutions, and parents to pay more attention to the occurrence of bullying in adolescence.