

Strategi Problem-Focused Coping Sebagai Moderator pada Hubungan Korelasional antara Perceived Social Support dengan Distres Psikologis pada Mahasiswa = Problem focused Coping Strategyas Moderator on the Correlational Relation Between Perceived Social Supportand Psychological Distressamong College Students

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Abstrak

ABSTRAK

Mahasiswa menerima dukungan sosial yang berasal dari berbagai sumber, seperti lingkungan sosial maupun orang terdekat. Bentuk dukungan sosial yang diterima dapat berupa dukungan materi, bantuan, dan fasilitas yang disediakan oleh pihak universitas. Meskipun demikian, gejala distres psikologis pada mahasiswa masih kerap ditemukan dan bahkan menjadi suatu hal yang memiliki urgensi tinggi untuk diperhatikan.

Berdasarkan studi yang sudah ada, ditemukan fakta adanya pengaruh strategi problem focused coping terhadap distres psikologis serta dukungan sosial pada mahasiswa. Penelitian ini bertujuan untuk melihat pengaruh problem focused coping kepada hubungan antara dukungan sosial yang dipersepsikan dalam mengurangi resiko distres psikologis. Sebanyak 780 mahasiswa dari berbagai perguruan tinggi di Indonesia menjadi partisipan dalam penelitian ini. Alat ukur yang digunakan dalam penelitian ini adalah Multidimensional Scale of Social Support (MSPSS), Hopkins Symptom Checklist 25 (HSCL-25), dan Coping Strategy Inventory (CSI). Hasil penelitian menunjukkan bahwa perceived social support berkorelasi negatif dengan distres psikologis. Melalui analisis lebih lanjut, ditemukan bahwa strategi problem-focused coping memoderasi hubungan perceived social support dengan distres psikologis.

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<i>ABSTRACT</i>

College students received social support from various sources, such as social environments or the people closest to them. Social support could be provided in the form of material, assistance, help, and facilities that were accommodated by the university. Nevertheless, the problem of psychological distress among students was still easily to be found and brought concern to students well being. Based on previous studies, it was found that there was a relation between problem focused coping strategy with psychological distress and social support in students. This study aimed to look at the impact of problem-focused coping strategy on the relationship between perceived social support and psychological distress. A total of 780 students from various universities in Indonesia participated in this study. Measuring instruments used in this research are Multidimensional Social Support Scale (MSPSS), Hopkins Symptom Checklist-25 (HSCL-25), and Coping Strategy Inventory (CSI). The results showed that perceived social support was negatively correlated with psychological distress. Through further analysis, problem focused coping strategy was found that focus on perceived social support with psychological distress.<i>