

## Hubungan Religious Coping dan Subjective Well Being Pada Emerging Adulthood = The Relationship between Religious Coping and Subjective Well Being in Emerging Adulthood

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### Abstrak

Religious coping pada penelitian sebelumnya menunjukkan efikasi dan peran yang berbeda-beda dalam hal signifikansi hubungannya dengan subjective well being. Penelitian ini bertujuan untuk menguji kembali hubungan religious coping dengan subjective well being pada populasi emerging adulthood, dengan metode korelasional. Instrumen yang digunakan Brief RCOPE dan The PERMA Profiler. Partisipan penelitian berjumlah 278 partisipan, yang berusia 18-25 tahun ( $M = 21.48$ ,  $SD = 1.714$ ) dan berkewarganegaraan Indonesia. Hasil penelitian menunjukkan bahwa hipotesis peneliti diterima. Pertama, didapatkan bahwa penggunaan positive religious coping berasosiasi dengan subjective well being yang lebih tinggi pada emerging adulthood. Kedua, negative religious coping berasosiasi dengan subjective well being yang lebih rendah pada emerging adulthood. Hasil ini dapat menjadi bahan pertimbangan intervensi maupun prevensi untuk emerging adult yang menggunakan negative religious coping.

.....Religious coping in previous studies showed different efficacy and roles in terms of the significance of the relationship with subjective well being. This study aims to re-examine the relationship between religious coping and subjective well-being among emerging adults, using the correlational method. The instruments used were Brief RCOPE and The PERMA Profiler. There were 278 participants in the study, aged 18-25 years ( $M = 21.48$ ,  $SD = 1.714$ ) and Indonesian citizens. The results showed that the research hypothesis was accepted. First, it was found that the use of positive religious coping was associated with higher subjective well being in emerging adulthood. Second, negative religious coping is associated with lower subjective well being in emerging adulthood. These results can be used as material for consideration of interventions and prevention for emerging adults who use negative religious coping.