

# Pengaruh jenis strategi koping terhadap kesejahteraan subjektif pada pekerja masa Quarter Life Crisis = The influence of types of coping strategies on subjective Well-being in workers during the Quarter Life Crisis

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## Abstrak

Masa quarter life crisis yang terjadi pada usia 20-29 tahun menjadi tantangan bagi kesejahteraan subjektif pekerja dewasa muda. Tantangan dapat diatasi apabila individu memiliki kemampuan menyelesaikan masalah dengan baik yaitu dengan strategi koping. Strategi koping terdiri atas tiga jenis, yaitu problem focused, emotion focused, dan dysfunctional. Penelitian ini melihat pengaruh jenis strategi koping terhadap kesejahteraan subjektif pada 86 pekerja berusia 20-29 tahun di Indonesia. Data dikumpulkan melalui kuesioner dengan alat ukur the PERMA-Profiler yang mengukur kesejahteraan subjektif dan Brief COPE yang mengukur strategi koping. Hasil penelitian menggunakan analisis regresi linear berganda dengan metode stepwise menunjukkan bahwa strategi koping jenis emotion focused memiliki pengaruh positif dan signifikan terhadap kesejahteraan subjektif sebesar 35,8% ( $R = 0,358$ ;  $p < 0,05$ ), one-tailed. Adapun jenis strategi koping problem focused dan dysfunctional tidak memiliki pengaruh signifikan terhadap kesejahteraan subjektif. Temuan ini menekankan pentingnya jenis strategi koping emotion focused, seperti dukungan emosional, penilaian positif, penerimaan, dan agama untuk meningkatkan kesejahteraan subjektif pekerja di masa quarter life crisis.

.....The quarter life crisis period that occurs at the age of 20-29 years is a challenge for the subjective well-being of young adult workers. Challenges can be overcome if individuals have the ability to solve problems well, namely with coping strategies. Coping strategies consist of three types, namely problem focused, emotion focused, and dysfunctional. This research looked at the influence of types of coping strategies on subjective well-being in 86 workers aged 20-29 years in Indonesia. Data was collected through a questionnaire with the PERMA-Profiler measuring tool which measures subjective well-being and Brief COPE which measures coping strategies. The results of research using multiple linear regression analysis with the stepwise method show that emotion focused coping strategies have a positive and significant influence on subjective well-being by 35.8% ( $R = 0.358$ ;  $p < 0.05$ ), one-tailed. The types of problem focused and dysfunctional coping strategies do not have a significant influence on subjective well-being. These findings emphasize the importance of emotion focused coping strategies, such as emotional support, positive appraisal, acceptance, and religion to improve workers' subjective well-being during the quarter life crisis.