

HUBUNGAN ANTARA *PROBLEM FOCUSED COPING* DAN EFIKASI DIRI TERHADAP STRES PRAKTIKUM PADA MAHASISWA FAKULTAS PSIKOLOGI UNISSULA

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *problem focused coping* dan efikasi diri terhadap stres praktikum pada mahasiswa Fakultas Psikologi UNISSULA. Penelitian ini menggunakan metode kuantitatif. Subjek penelitian 127 mahasiswa diambil dengan menggunakan *sampling jenuh*. Metode pengambilan data pada penelitian ini menggunakan skala, yaitu skala stres ($\alpha = 0,853$), skala *problem focused coping* ($\alpha = 0,730$), skala efikasi diri ($\alpha = 0,860$). Uji hipotesis menggunakan teknik regresi logistik multinomial. Hasil uji hipotesis pertama menunjukkan adanya hubungan yang signifikan antara *problem focused coping* dan efikasi diri terhadap stres praktikum $R_{y(1,2)} =$ sebesar 0,000 ($p < \text{Alpha } 5\%$). Uji hipotesis kedua menunjukkan bahwa tidak ada hubungan antara *problem focused coping* dengan stres praktikum $r_{1y} = 0,286$ ($p > \text{Alpha } 5\%$). Uji hipotesis ketiga menunjukkan bahwa ada hubungan antara efikasi diri dengan stres praktikum $r_{1y} = 0,000$ ($p < \text{Alpha } 5\%$).

Kata kunci: stres praktikum, *problem focused coping*, efikasi diri

**CORRELATION BETWEEN PROBLEM FOCUSED COPING AND SELF
EFFICACY WITH STRESS PRACTICUM AMONG PSYCHOLOGY
FACULTY STUDENTS OF UNISSULA**

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ABSTRACT

The study aimed to find out the correlation between problem focused coping and self efficacy with stress practicum among psychology faculty students of unissula. This research using quantitative method. This research using 127 students as sample research that piked up with population study. Methods of data collection in this study is using scales that is stress scale ($\alpha = 0,853,$) problem focused coping scale ($\alpha = 0,730,$) self efficacy scale ($\alpha = 0,860$). Hypothesis measurement did by using multinomial logistic regression technique. Te result of the first hypothesis showed that there is correlation between problem focused coping and self efficacy with stress practicum $R_{y(1,2)} = 0,000$ ($p < \text{Alpha } 5\%$). The results of the second hypothesis showed that there is no correlation between problem focused coping with stress practicum $r_{1y} = 0,286$ ($p > \text{Alpha } 5\%$). The third hypothesis showed that there is correlation between self efficacy with stress practicum $r_{1y} = 0,000$ ($p < \text{Alpha } 5\%$).

Keywords: stress practicum, problem focused coping, self efficacy.