

# HUBUNGAN ANTARA *EMOTION FOCUS COPING* DENGAN MOTIVASI BELAJAR PADA MAHASISWA PERANTAUAN FAKULTAS PSIKOLOGI UNISSULA

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## ABSTRAK

Motivasi belajar adalah proses internal yang mendorong, menggerakkan dan mengarahkan perilaku individu dalam kegiatan belajar demi mencapai tujuan tertentu. Faktor emosi memengaruhi motivasi belajar. Pengalaman individu selama proses belajar memengaruhi emosi individu sehingga menimbulkan perilaku tertentu. *Emotion focus coping* adalah strategi coping yang digunakan untuk mengurangi tekanan dengan mengelola tekanan emosional.

Tujuan penelitian untuk mengetahui hubungan *emotion focus coping* dengan motivasi belajar pada mahasiswa perantauan. Populasinya adalah seluruh mahasiswa perantauan Strata-1 yang sedang menempuh pendidikan di Fakultas Psikologi Universitas Islam Sultan Agung. Sampel penelitian berjumlah 92 mahasiswa perantauan. Teknik pengambilan sampel menggunakan teknik *cluster random sampling*. Data penelitian diperoleh dengan skala. Data dianalisis dengan teknik korelasi *product moment Pearson*, dengan hasil, terdapat hubungan negatif ( $r=-508$ ) antara *emotion focus coping* dan motivasi belajar dengan interpretasi *emotion focused coping* cenderung tidak efektif digunakan dalam meningkatkan motivasi belajar.

Kata kunci: motivasi belajar, *emotion focus coping*, mahasiswa perantauan.

***CORRELATION BETWEEN EMOTION FOCUSED COPING WITH  
MOTIVATION TO STUDY ON NOMADIC STUDENTS AT FACULTY OF  
PSYCHOLOGY, SULTAN AGUNG ISLAMIC UNIVERSITY***

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***ABSTRACT***

*Motivation to study is an internal process that encourages, moves, and directs the behavior of individuals in studying activities in order to achieve certain goals. Emotional factors affect motivation to study. Individual experience during the studying process influences the emotions of individuals, and cause certain behaviors. Emotion focused coping is coping strategies used to reduce the pressure by managing emotional distress.*

*This study aims to determine correlation between emotion focus coping with motivation to study of nomad students. The population is all undergraduate nomadic students who are studying at Faculty of Psychology, Sultan Agung Islamic University. There were 92 nomadic students became the research samples. The sampling technique used was cluster random sampling technique. The research data were obtained by scale. Data were analyzed by using product moment Pearson correlation technique, with the result, there was a negative correlation ( $r = -508$ ) between emotion focused coping and motivation to study with interpretation that emotion focused coping tends to be ineffective to be used to improve motivation to study.*

*Keywords: motivation to study, emotion focused coping, nomadic student.*