THE CORRELATION BETWEEN STRESS LEVELS AND COPING STRATEGIES OF FULL DAY SCHOOL STUDENTS AT AL ABIDIN ISLAMIC MIDDLE SCHOOL IN SURAKARTA

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ABSTRACT

Background: The population of adolescents aged 15-19 years is 8.39% of the total population of Indonesia. Daily events can produce stress. The prevalence of adolescent mental emotional disorder is 9.8 / 1000 people. Phenomenon in the field of education is a full day school learning system. A full day school learning system can encourage various demands. Individual failure in making adjustments causes stress and how to deal with stress, namely coping. Objectives: To determine the relationship between stress levels and coping strategies of full day school students at Al Abidin Islamic Middle School in Surakarta. Method: Quantitative research is correlational analytic with Cross Sectional design. Sampling using the Stratified Random Sampling technique with a total sample of 79 respondents, and the research instrument using a questionnaire. Bivariate analysis using Chi Square test. Results: That the majority of full day school students have high stress levels of 60 respondents (75.9%), and use maladaptive coping strategies of 53 respondents (67.1%). The chi square test results obtained ρ value 0.068 greater than α of 0.05, so there no correlation between variables. Conclusion: There is no correlation between stress level and coping strategies of full day school students at Al Abidin Islamic Middle School in Surakarta.

Keywords: Adolescent, Stress Level, Coping Strategy, Full Day School Students.