

**GAMBARAN *COPING STRESS* PADA SANTRI  
(SURVEI TERHADAP SANTRI JENJANG MADRASAH TSANAWIYAH,  
PONDOK PESANTREN AL-MU'MINIEN INDRAMAYU)  
(2016)**

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**ABSTRAK**

Penelitian ini bertujuan untuk mengetahui gambaran coping stress pada santri jenjang Madrasah Tsanawiyah di Pondok Pesantren Al-Mu'minien, Lohbener Indramayu. Metode yang digunakan adalah deskriptif. Populasi dalam penelitian ini adalah siswa kelas VII, VIII dan IX jenjang Madrasah Tsanawiyah, diperoleh sampel sebanyak 177 santri dari 317 santri dengan menggunakan teknik *proportionate stratified random sampling*. Pengumpulan data dilakukan dengan menggunakan instrumen *coping stress* berdasarkan teori Charles S.Carver & Michael F.Sheier,M, & J.K.Weintraub. Instrumen *coping stress* ini telah di uji validitas dan reliabilitasnya dan menghasilkan 52 butir pernyataan yang valid dari 78 butir pernyataan. Teknik analisis data pada penelitian menggunakan skor z dengan kriteria  $\geq 0,50$ . Penelitian ini menggunakan bantuan *software SPSS V.20.0*. Hasil penelitian menunjukkan bahwa kecenderungan *coping stress* pada santri Madrasah Tsanawiyah di Pondok Pesantren Al-Mu'minien Indramayu, pada dimensi *problem focused coping* sebesar 28% (49 santri), pada dimensi *emotion focused coping* 46% (81 santri), *maladaptive coping* 24% (43 santri), dan yang tidak terklasifikasikan sebanyak 2% (4 santri). Implikasinya adalah diketahui gambaran *coping stress* santri yang menggunakan *coping* maladaptif memerlukan bimbingan dan bantuan dari orang tua, ustadz/ustadzah dan guru BK khususnya agar kemampuan *coping stress* santri meningkat. Saran bagi guru BK untuk meningkatkan pemahaman mengenai kondisi stres santri serta memberikan layanan konseling pada santri yang cenderung menggunakan *coping* maladaptif.

Kata kunci : *Stress, Coping stress, Santri, Pondok Pesantren Al-Mu'minien Indramayu*

**COPING STRESS PROFILE OF SANTRI  
(SURVEY OF JUNIOR HIGH SCHOOL SANTRI IN PONDOK PESANTREN  
AL-MU'MINIEN BOARDING SCHOOL INDRAMAYU)  
(2016)**

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**ABSTRACT**

*The purpose of this research was to give an idea of coping stress in students grade junior high school in Al-Mu'minien boarding school Indramayu. The method was descriptive survey research that conducted to 177 respondents as the sample, that selected by using proportionate stratified random sampling technique, of 317 population students that consist of random students of VII, VIII and IX class in grade junior high school. Data were collected by using coping stress instrument made based on Charles S.Carver & Michael F.Sheier,M, & J.K.Weintraub theory. The validity and reliability of instrument have been tested and has 52 valid questions of 78 questions. The data analysis used z score criteria  $\geq 0,50$ . The research was using SPSS v.20.0 software. The data analysis concluded that coping stress of students junior high school in Pondok Pesantren Al-Mu'minien was dominant on problem focused coping 28% (49 students), emotion focused coping 46% (81 students), maladaptive coping 24% (43 students), and unclassified 2% (4 students). The implication of the research indicated the profile of coping stress students grade junior high school used on maladaptive coping need for guidance from parents, ustadz/ustadzah and counselor to helping student's coping stress improved. Suggestions for counselor to improve comprehension about students stress condition and provide responsive service as group counseling or individual counseling.*

*Keywords : stress, coping stress, students, Al-Mu'minien boarding school Indramayu*