

HUBUNGAN MEKANISME KOPING DENGAN PERKEMBANGAN SOSIAL EMOSIONAL PADA REMAJA DI SMA N I NGAGLIK SLEMAN YOGYAKARTA

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INTISARI

Latar Belakang: Remaja adalah masa peralihan dari masa kanak-kanak menuju masa dewasa yang memerlukan penyesuaian terhadap perubahan yang terjadi dalam dirinya. Ketidakberhasilan remaja dalam perkembangan sosial emosional akan membuat kurangnya kepekaan terhadap lingkungan, adaptasi dengan teman sehingga timbul ketegangan yang bisa mengakibatkan perilaku pemecahan masalah (mekanisme koping).

Tujuan : Mengetahui hubungan antara mekanisme koping dengan kemampuan perkembangan sosial emosional pada remaja di SMA N I Ngaglik Sleman Yogyakarta.

Metode Penelitian : Desain penelitian menggunakan pendekatan *diskriptif korelasi* dengan desain penelitian *cross sectional*. Populasi siswa kelas XI SMA N I Ngaglik Sleman Yogyakarta dengan tehnik pengambilan sampel *cluster random sampling*, dengan jumlah sampel 128 siswa. Pengumpulan data dengan menggunakan kuisioner perkembangan sosial emosional dan kuisioner mekanisme koping. Uji statistik bivariat yang digunakan adalah uji *chi square*.

Hasil Penelitian : Mayoritas responden adalah perempuan yaitu 89 siswa (69,5%). Mekanisme koping mayoritas dalam kategori *emotion focused coping* yaitu 69,5% dan perkembangan sosial emosional cukup yaitu 91,7%. Analisis uji korelasi diperoleh *p-value* 0,317.

Kesimpulan : Tidak ada hubungan antara mekanisme koping dengan perkembangan sosial emosional pada remaja di SMA N I Ngaglik Sleman Yogyakarta.

Kata kunci : Mekanisme koping, Perkembangan sosial emosional, Remaja

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The Relationship between Coping Mechanism and the Adolescents' Social & Emotional Development in SMAN 1 Ngaglik, Sleman, Yogyakarta

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Abstract

Background: Adolescence is a transition period from childhood towards adulthood that needs adjustment to the changes happened in their life. Teenagers' failure in their social & emotional development will result in their lack of sensitivity towards the environment and their ability in adapting among their friends. Thus, a tension will occur and it will result in problem solving behavior (coping mechanism).

Objectives of the Research: this research attempts to figure out the relationship between the coping mechanism and adolescents' social & emotional development in SMAN 1 Ngaglik, Sleman, Yogyakarta

Research Methods: This research was carried out by using descriptive correlation approach and cross sectional research design. The research population are class XI students of SMA N 1 Ngaglik, Sleman, Yogyakarta. There are 128 students taken as samples by applying cluster random sampling as sample collection technique. The data were collected through social and emotional development questionnaire and coping mechanism questionnaire. Then, the bivariat statistical test utilizes chi square test.

Results: the majority of the respondents are female with 89 female students (69.5%) as respondents. The coping mechanism under *emotion focused coping* category is 69.5% and the social & emotional development is adequate, reaching 91.7%. According to the analysis of the correlation test, the p-value is 0.317.

Conclusion: there is no relation between coping mechanism and the the adolescents' social & emotional development in SMAN 1 Ngaglik, Sleman, Yogyakarta

Key Words: Coping mechanism, adolescents' social & emotional development, adolescents

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