

**UNIVERSITAS MUHAMMADIYAH TASIKMALAYA
FAKULTAS ILMU KESEHATAN
PROGRAM STUDI SARJANA KEPERAWATAN**

**Skripsi, Juli 2020
Sultan Rahadiyana**

**MEKANISME KOPING MAHASISWA SELAMA PENYUSUNAN
SKRIPSI PADA PROGRAM STUDI SARJANA KEPERAWATAN
DI UNIVERSITAS MUHAMMADIYAH TASIKMALAYA**

ABSTRAK

xiii bagian awal + 61 halaman + 11 tabel +1 bagan +11 lampiran

Mahasiswa yang sedang mengerjakan skripsi rentang mengalami stres dan depresi. Cara mengatasi stres tersebut perlu adanya mekanisme koping untuk mengatasi dan menyelesaikan masalah. Penelitian bertujuan untuk mengetahui gambaran mekanisme koping pada mahasiswa program studi ilmu keperawatan Universitas Muhammadiyah Tasikmalaya yang sedang menyusun skripsi. Penelitian ini menggunakan metode penelitian deskriptif kuantitatif. Sampel penelitian yang digunakan sebanyak 54 orang yang diperoleh menggunakan teknik *random sampling*. Data diperoleh dengan kuesioner tertutup dan data dianalisis dengan menggunakan distribusi frekuensi. Hasil menunjukkan mekanisme koping yang berfokus pada masalah (*problem-solving coping*) sebagian besar berada pada kategori adaptif yaitu *Confrontive coping* (55.6%), *Seeking social support* (63.0%) dan *Planful problem solving* (64.8%). Pada mekanisme koping yang berfokus pada emosi (*emotion-focused coping*) sebagian besar pula berada pada kategori adaptif yaitu *Self controlling* (51.9%), *Distancing* (64.8%), *Positive reappraisal* (63.0%), *accepting responsibility* (59.3%) dan *Escape-avoidance* (64.8%). Kesimpulan dari penelitian ini adalah sebagian besar mahasiswa tingkat akhir yang sedang mengerjakan skripsi masuk dalam kategori mekanisme kopingnya adaptif. Oleh karena itu diharapkan para dosen agar dapat membantu mahasiswa yang sedang menyusun skripsi dengan memikirkan dukungan seperti bimbingan dan motivasi dengan sebaik mungkin agar dapat mempertahankan mekanisme koping yang adaptif dalam menghadapi stresor selama penyusunan skripsi.

Kata Kunci : Mekanisme Koping, Mahasiswa, Skripsi
Pustaka : 49 (2007-2019)

**UNIVERSITY OF MUHAMMADIYAH TASIKMALAYA
FACULTY OF HEALTH SCIENCES
S1 NURSING STUDY PROGRAM**

**Thesis, July 2020
Sultan Rahadiyan**

**MECHANISM OF STUDENT PRIVATE VOCATIONAL SCHOOL DURING
THE THESIS OF THE STUDY PROGRAM IN NURSING SCHOOL OF
STUDENTS IN THE UNIVERSITY OF MUHAMMADIYAH TASIKMALAYA**

ABSTRACT

xiii initial section + 61 pages + 11 tables +1 chart +11 attachments

Students who are working on thesis ranges experience stress and depression. How to cope with stress is the need for coping mechanisms to overcome and resolve problems. The study aims to determine the description of coping mechanisms in nursing students of the University of Muhammadiyah Tasikmalaya who are writing a thesis. This study uses quantitative descriptive research methods. The research sample used was 54 people who were obtained using random sampling techniques. Data obtained by a closed questionnaire and data analyzed using frequency distribution. The results showed that coping mechanisms that focus on problems (problem-solving coping) were mostly in the adaptive categories namely Confrontive Coping (55.6%), Seeking social support (63.0%) and Planful problem solving (64.8%). The coping mechanism that focuses on emotions (emotion-focused coping) is also mostly in the adaptive category, namely Self controlling (51.9%), Distancing (64.8%), Positive reappraisal (63.0%), accepting responsibility (59.3%) and Escape- avoidance (64.8%). The conclusion of this study is that most of the final year students who are working on their thesis fall into the category of adaptive coping mechanisms. Therefore it is expected that lecturers can help students who are writing their thesis by thinking of support such as binbingan and motivation as well as possible in order to maintain an adaptive coping mechanism in dealing with stressors during thesis preparation.

Keywords: Koping Mechanism, Students, Thesis

Library: 49 (2007-2019)