

**Peran Koping Religius dan Dukungan Sosial terhadap *Stress-Related Growth* pada
Mahasantri**

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Abstrak

Stress-related growth merupakan aspek penting dalam perkembangan mahasantri agar dapat bertumbuh secara psikologis, sosial, dan spiritual sebagai respons terhadap pengalaman hidup yang menantang. Meskipun penting, pemahaman mengenai faktor-faktor yang memengaruhi *stress-related growth* pada mahasantri masih terbatas. Penelitian ini bertujuan untuk menganalisis peran koping religius dan dukungan sosial terhadap *stress-related growth* pada mahasantri. Studi ini menggunakan pendekatan kuantitatif dengan metode survei daring melalui tiga skala, yaitu Skala *Stress-Related Growth*, Skala Koping Religius Islami, dan *Multidimensional Scale of Perceived Social Support (MSPPS)*. Partisipan dalam penelitian ini adalah 122 mahasantri berusia 18-25 tahun. Hasil penelitian ini di analisis dengan metode analisis regresi linier berganda. Penelitian menemukan bahwa koping religius dan dukungan sosial secara bersama-sama berperan positif signifikan terhadap *stress-related growth* pada mahasantri ($R^2 = 0,246$; $F(2,119) = 19,4$; $P < ,001$). Selain itu, dukungan sosial ditemukan tidak berperan signifikan secara independen ($p = 0,051$). Temuan ini menekankan bahwa koping religius berperan lebih dominan dalam membentuk *stress-related growth* pada mahasantri ($p = <,001$) dibandingkan dukungan sosial. Implikasi penelitian ini menekankan pada pentingnya koping religius untuk meningkatkan *stress-related growth* pada mahasantri.

Kata kunci: koping religius, dukungan sosial, stress-related growth, mahasantri



Abstract

Stress-related growth is a crucial aspect of mahasantri development ini in order to grow psychologically, socially, and spiritually in response towards challenging life experiences. Despite its importance, understanding the factors influence stress-related growth in mahasantri remains limited. This study examines the role of religious coping and social support on stress-related growth of mahasantri. This study employed a quantitative approach with an online survey method using three scales, the Stress-Related Growth Scale, the Islamic Religious Coping Scale, and the Multidimensional Scale of Perceived Social Support (MSPPS). Participants in this study consisted of 122 mahasantri aged 18-25 years. The result were conducted using multiple linear regression. Result found that religious coping and social support simultaneously have a significant positive role in mahasantris' stress-related growth ($R^2 = 0,246$; $F(2,119) = 19,4$; $P < ,001$). Furthermore, social support does not have a significant independent effect ($p = 0,051$). These findings highlight that religious coping plays a more dominant role in shaping mahasantris' stress-related growth ($p = <,001$) compared to social support. The implications of this study suggest the essential role of religious coping in enchancing stress-related growth of mahasantri.

Keywords: religious coping, social support, stress-related growth, mahasantri