

HUBUNGAN STRATEGI KOPING RELIGI DENGAN KECEMASAN PADA REMAJA DI SMA STELLA DUCE I YOGYAKARTA

INTISARI

Latar Belakang: Remaja putri merupakan kelompok yang berisiko mengalami gangguan kecemasan. Koping religi merupakan suatu mekanisme adaptif individu yang memanfaatkan keyakinan dan praktik keagamaannya dalam merespons situasi yang menimbulkan stres, yang secara klinis terbukti dapat menurunkan intensitas kecemasan yang dialami. Strategi-strategi ini dapat bersifat positif atau negatif. *Positive religious coping* berhubungan positif dengan kesehatan fisik dan dapat menurunkan kecemasan sehingga penting untuk memahami strategi koping yang digunakan oleh remaja putri SMA sebagai upaya tatalaksana komprehensif.

Tujuan: Penelitian ini bertujuan menganalisis hubungan strategi koping religi dan kecemasan pada remaja di SMA Stella Duce I Yogyakarta.

Metode: Penelitian ini termasuk studi analitik observasional dengan rancangan *cross-sectional*. Subjek penelitian adalah 79 siswa di SMA Stella Duce I Yogyakarta dengan *simple random sampling*. Pengukuran kecemasan dilakukan dengan instrumen *Revised Children's Manifest Anxiety Scale* (RCMAS) versi Bahasa Indonesia, dan pengukuran strategi koping religi digunakan instrumen *The Adolescence Religious Coping Scale* (ARCS) versi bahasa Indonesia. Uji statistik yang digunakan adalah *Chi square* dan uji regresi logistik, dengan tingkat kemaknaan signifikan secara statistik ditetapkan pada $p < 0,05$.

Hasil: Jumlah responden penelitian ini sebanyak 79 subjek. Terdapat hubungan yang signifikan antara strategi koping religi dengan kecemasan pada remaja di SMA Stella Duce I Yogyakarta ($p = 0,030$, $C = 0,237$). Terdapat faktor lain selain strategi koping religi yang berpengaruh terhadap kecemasan pada remaja di SMA Stella Duce I Yogyakarta, yaitu status pernikahan orang tua.

Kesimpulan: Terdapat hubungan antara strategi koping religi dengan kecemasan pada remaja di SMA Stella Duce I Yogyakarta.

Kata kunci: cemas, remaja, strategi koping religi

RELATIONSHIP BETWEEN RELIGIOUS COPING STRATEGIES AND ANXIETY AMONG ADOLESCENTS AT SMA STELLA DUCE I YOGYAKARTA

ABSTRACT

Background: Female adolescents are a group at risk for anxiety disorders. Religious coping is an individual adaptive mechanism through which utilizing their beliefs and religious practices in responding to situations that precipitate stress, and has been clinically proven to reduce the intensity of experienced anxiety. These strategies can be either positive or negative. Positive religious coping is positively associated with physical health and can decrease anxiety; thus it is important to understand the coping strategies used by female high school students as part of a comprehensive management effort.

Objective: This study aims to analyze the relationship between religious coping strategies and anxiety among adolescents at SMA Stella Duce I Yogyakarta.

Methods: This research is an analytical observational approach with a cross-sectional design. The subjects were 79 students at SMA Stella Duce I Yogyakarta selected by simple random sampling. The measurement of anxiety was carried out using the Indonesian version of the Revised Children's Manifest Anxiety Scale (RCMAS), and the measurement of religious coping strategies was carried out using the Indonesian version of The Adolescence Religious Coping Scale (ARCS). Statistical tests employed were Chi-square and logistic regression, with statistical significance set at $p < 0.05$.

Results: There were 79 respondents in this study. A significant relationship was found between religious coping strategies and anxiety among adolescents at SMA Stella Duce I Yogyakarta ($p = 0.030$, $C = 0.237$). Other factors influencing anxiety included parental marital status.

Conclusion: There is a relationship between religious coping strategies and anxiety in adolescents at SMA Stella Duce I Yogyakarta.

Keywords: anxiety, adolescents, religious coping strategies