



PERAN KUALITAS PERSAHABATAN TERHADAP *STRESS-RELATED GROWTH* PADA SISWA SEKOLAH BERASRAMA

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ABSTRAK

Kondisi di lingkungan sekolah berasrama memberikan pengalaman-pengalaman menekan dan menimbulkan stres yang dapat mendorong terjadinya perubahan positif pada siswa. Hal tersebut dikenal sebagai *stress-related growth* yaitu pertumbuhan yang diperoleh dari perjuangan individu dalam mengatasi situasi yang menekan. *Stress-related growth* dipengaruhi oleh banyak faktor, salah satunya yaitu hubungan persahabatan antara individu dan sahabatnya. Tujuan penelitian ini ialah mengetahui secara empiris peran kualitas persahabatan terhadap *stress-related growth* pada siswa sekolah berasrama. Data penelitian ini diambil menggunakan Skala Stress-Related Growth dan Skala Kualitas Persahabatan dengan melibatkan 134 siswa laki-laki dan perempuan di SMA Muhammadiyah Boarding School Yogyakarta. Analisis regresi linear sederhana menunjukkan bahwa kualitas persahabatan berperan positif dan signifikan terhadap *stress-related growth* pada siswa ($R = 0,429$; $p < 0,05$). Kualitas persahabatan memberikan sumbangan efektif sebesar 18,4% terhadap *stress-related growth* siswa ($R^2 = 0,184$). Selain itu, penelitian ini juga menunjukkan bahwa tidak ada perbedaan *stress-related growth* antara siswa laki-laki dan perempuan, tetapi terdapat perbedaan kualitas persahabatan antara siswa laki-laki dan perempuan.

Kata kunci : *stress-related growth*, kualitas persahabatan, sekolah berasrama



THE ROLE OF FRIENDSHIP QUALITY TO STRESS-RELATED GROWTH IN BOARDING SCHOOL STUDENTS

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ABSTRACT

The living condition in boarding school provides some stressful experiences that can bring positive changes among the students. The positive change is known as stress-related growth. It is a growth that someone gained from the struggles in coping with stressful events. One of many factors that affects student's stress-related growth is the friendship relation between student and his/her best friends. The aim of this study was to examine empirically the role of friendship quality to stress-related growth in boarding school students. The data was taken using Stress-Related Growth Scale and Friendship Quality Scale that involving 134 male and female students at SMA Muhammadiyah Boarding School Yogyakarta. Simple linear regression analysis showed that the friendship quality have positive and significant role to predict stress-related growth among the students ($R=0.429$; $p < 0.05$). Friendship quality contributes 18.4% to the stress-related growth ($R^2=0.184$). In addition, this study showed that there is no difference between male and female students at the level of stress-related growth, but the difference was found at the level of friendship quality.

Keywords: stress-related growth, friendship quality, boarding school