

ABSTRACT (INTISARI)

Abstract. The reality of growing and developing in the positive direction of stress is an interesting thing to study. In the study of psychology, especially positive psychology, this is called stress-related growth (SRG). Stress-related growth is a concept that describes the condition of an individual growing and developing in a positive direction from the difficulties or stresses that are experienced. This study aims to examine and analyze in depth the form of growth from stress or difficulties experienced by Seminary students (Seminaris). The qualitative method with the phenomenology approach was used in this study. The analysis technique used is interpretative phenomenological analysis (IPA). The research participants were four Seminary students and the process of collecting data was done through in-depth interviews. The results of the study show that in the process of education and coaching, Seminary students experience positive development and growth from the difficulties and pressures experienced during their stay at the Seminary. The forms of growth found in this study are: growth in the realm of spirituality, growth of academic, growth of life orientation, and growth of self-transcendence.

Keywords: Seminari Students (Seminaris), Stress-Related Growth,

Intisari. Fenomena bertumbuh ke arah positif dari stres merupakan hal yang menarik untuk dikaji. Dalam ranah ilmu psikologi, khususnya psikologi positif, fenomena ini dinamakan *stress-related growth (SRG)*. *Stress-related growth* merupakan konsep yang menggambarkan kondisi individu bertumbuh dan berkembang ke arah positif dari kesulitan atau tekanan (*stressor*) yang dialami. Penelitian ini bertujuan untuk mengkaji dan menganalisis secara mendalam bentuk *growth* dari stres atau kesulitan yang dialami oleh para siswa Seminari (Seminaris). Metode kualitatif dengan pendekatan fenomenologi digunakan dalam penelitian ini. Teknik analisis yang digunakan adalah *interpretative phenomenological analysis (IPA)*. Partisipan penelitian berjumlah empat orang siswa Seminari dan proses pengumpulan data dilakukan melalui wawancara mendalam. Hasil penelitian menunjukkan bahwa dalam proses pendidikan, siswa Seminari mengalami pertumbuhan ke arah positif dari kesulitan yang dialami. Bentuk *growth* yang ditemukan dalam penelitian ini terjabarkan dalam empat tema utama yaitu: pertumbuhan spiritual, perkembangan akademik, pertumbuhan filosofi hidup dan pertumbuhan transendensi diri.

Kata Kunci: Siswa Seminari (Seminaris), *Stress-Related Growth*