

HUBUNGAN TINGKAT RELIGIUSITAS DENGAN TINGKAT RESILIENSI PADA REMAJA DI PESANTREN NURUL UMMAH KOTAGEDE YOGYAKARTA

INTISARI

Latar Belakang: Gangguan mental seperti cemas dan depresi dapat dialami oleh setiap remaja, termasuk pada remaja yang belajar dan tinggal di pondok pesantren. Meskipun demikian, tidak semua santri remaja di pondok pesantren mengalami gangguan mental. Remaja yang mampu beradaptasi dengan baik tanpa mengalami problem perilaku yang serius, dapat dikatakan sebagai remaja yang memiliki resiliensi. Salah satu yang mempengaruhi resiliensi adalah religiusitas. Jika santri mempunyai resiliensi rendah akan berisiko mengalami cemas dan depresi sehingga dapat mengganggu proses belajar mengajar. Dengan demikian maka perlu diteliti apakah ada hubungan antara tingkat religiusitas dengan tingkat resiliensi pada santri remaja di pondok pesantren Nurul Ummah Kota Yogyakarta.

Tujuan: Untuk mengidentifikasi adanya hubungan antara tingkat religiusitas dengan tingkat resiliensi pada santri remaja di pondok pesantren Nurul Ummah Kotagede Yogyakarta.

Metode: Penelitian non-eksperimental deskriptif analitik dan merupakan penelitian kuantitatif dengan rancangan penelitian *cross-sectional* yang diolah dengan analisis Chi-Square. Jumlah subyek 62 santri remaja pondok pesantren Nurul Ummah Kotagede, Yogyakarta. Instrumen tingkat religiusitas dan tingkat resiliensi diukur dengan *The 14 Items Resilience Scale* (RS-14).

Hasil: Dari 62 remaja santri didapatkan tingkat religiusitas kategori tinggi 54 santri (87%) dan rendah 8 santri (13%). Kategori resiliensi tinggi sebanyak 55 santri (88%), dan kategori resiliensi rendah sebanyak 7 santri (12%). Hasil analisis bivariat diperoleh adanya hubungan bermakna antara tingkat religiusitas dengan tingkat resiliensi pada remaja pondok pesantren Nurul Ummah Kotagede Yogyakarta terlihat dari hasil uji *Chi square* (X^2 : 8,134; p :0,028; CI 95%: 1,612 - 64,556, CC: 0,341).

Kesimpulan: Terdapat hubungan yang bermakna secara statistik antara tingkat religiusitas dengan tingkat resiliensi remaja santri di pondok pesantren Nurul Ummah Kotagede, Yogyakarta.

Kata kunci: Resiliensi, religiusitas, remaja, pesantren

ASSOCIATION BETWEEN RELIGIOUSITY LEVEL AND RESILIENCY
LEVEL IN ADOLESCENTS IN NURUL UMMAH ISLAMIC BOARDING
SCHOOL KOTAGEDE YOGYAKARTA

Anlin Novita¹ *, Soewadi², Ronny², Budi Pratiti²

²Department of Mental Medicine, Faculty of Medicine, Public Health, and
Nursing, Gadjah Mada University, Yogyakarta, Indonesia

(1 *) Corresponding Author

ABSTRACT

Background: Mental disorders such as anxiety and depression can be experienced by every teenager, including teenagers who study and live in Islamic boarding schools. However, not all teenage students in Islamic boarding schools experience mental disorders. Adolescents who are able to adapt well without experiencing serious behavioral problems, can be said as adolescents who have resilience. One that affects resilience is religiosity. If students have low resilience there is a risk of experiencing anxiety and depression so that it can disrupt the teaching and learning process. Thus it is necessary to examine whether there is a association between the level of religiosity with the level of resilience of adolescent students in adolescents in the Islamic boarding school Nurul Ummah, Yogyakarta City.

Objective: The study to identify the association between the level of religiosity and the level of resilience of adolescent students in the boarding school Nurul Ummah Kotagede Yogyakarta.

Method: Non-experimental descriptive analytic study and is a quantitative study with a cross-sectional study design that is processed with Chi-Square analysis. The number of subjects was 62 young students of the Islamic boarding school Nurul Ummah Kotagede, Yogyakarta. The instrument of religiosity level and resilience level was measured by The 14 Items Resillience Scale (RS-14).

Results: From 62 teenage students the high level of religiosity was 54 students (87%) and low 8 students (13%). The high resilience category was 55 students (88%), and the low resilience category was 7 students (12%). Bivariate analysis results obtained a significant association between the level of religiosity with the level of resilience in adolescent boarding schools Nurul Ummah Kotagede Yogyakarta seen from the results of the Chi square test (X^2 : 8,134; p : 0.028; 95% CI: 1,612 - 64,556, CC: 0,341).

Conclusion: There is a statistically significant association between the level of religiosity and the level of resilience of young students in the Islamic boarding school Nurul Ummah Kotagede, Yogyakarta.

Keywords: Resilience, religiosity, adolescents, Islamic boarding school