

HUBUNGAN ANTARA RELIGIUSITAS DENGAN *STRESS-RELATED GROWTH* PADA SANTRI

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INTISARI

Penelitian ini bertujuan untuk mengetahui hubungan antara religiusitas dengan *stress-related growth* pada santri. *Stress-related growth* merupakan perubahan positif yang dialami individu sebagai hasil dari perjuangannya dalam menghadapi permasalahan dalam kesehariannya.

Subjek dalam penelitian ini berjumlah 78 orang yang berusia 12-15 tahun, dan bersekolah, tinggal serta mengikuti kegiatan dalam pondok pesantren. Alat pengukur data yang digunakan dalam penelitian ini adalah Skala *Stress-Related Growth* dan Skala Religiusitas. Data yang terkumpul dalam penelitian ini dianalisis menggunakan uji korelasi *product moment* Pearson. Hasil analisis menunjukkan adanya hubungan positif antara religiusitas dengan *stress-related growth* pada santri ($r=0,414; p<0,01$).

Kata kunci: Religiusitas, *Stress-Related Growth*, Santri

THE RELATIONSHIP BETWEEN RELIGIOSTY AND STRESS-RELATED GROWTH OF SANTRI

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ABSTRACT

The aim of this research was to examine the relationship between religiosity and stress-related growth among santri. Stress-related growth is a positive change that happen to someone as the result of his struggle cofronting his daily problems.

The subjects of this research were 78 people who were 12-15 years old, studying, staying also following the activities in the Islamic boarding school. The instruments used to collect data in this research were Stress-Related Growth Scale and Religiosity Scale. The data were analyzed using Pearson's product moment correlation. The research result showed that there was a significant positive correlation between religiosity and stress-related growth among santri ($r=0,414;p < 0,01$).

Keywords: *Religiosity, Stress-Related Growth, Santri*