

**THE CORRELATION BETWEEN EMOTION-FOCUSED COPING
AND STRESS-RELATED GROWTH
AMONG *SANTRI PONDOK PESANTREN***

ABSTRACT

Stress is a common thing happened in anyone's life. Eventhough stress is generally known as a problem to an individual, but it actually can also be a good thing if treated correctly. If an individual can cope with his/her stress correctly, he/she can grow in many ways to be a better person. Growth that occurs is called stress-related growth. Stress-related growth is a positive growth experienced by an individual as a response to stress of daily life. Stress-related growth can be experienced by anyone, including students from islamic boarding school (*santri pondok pesantren*). There are several factors that affect stress-related growth. One of them is emotion-focused coping. This study was conducted to determine the relationship between emotion-focused coping and stress-related growth.

The study involved a total of 365 students of islamic boarding school (*santri pondok pesantren*) which includes male and female. This study used two instruments, specifically Stress-Related Growth Scale and Emotion-Focused Coping Scale. In addition, interviews were conducted to find out more about these two variables. The data were analyzed using the Pearson's Product Moment Correlation technique. This result of the study showed that there was a positive relationship between stress-related growth and emotion-focused coping significantly to the value of $r = 0.594$ and $p = 0,000$ ($p < 0,01$).

Keyword : stress-related growth, emotion-focused coping, *santri*

**HUBUNGAN ANTARA *EMOTION-FOCUSED COPING*
DENGAN *STRESS-RELATED GROWTH*
PADA SANTRI PONDOK PESANTREN**

ABSTRAK

Stres adalah sesuatu yang terjadi dalam kehidupan sehari-hari. Secara umum, stres yang dialami oleh seorang individu dapat menjadi masalah. Namun mengalami stres bisa berubah menjadi pertumbuhan ketika ditangani dengan tepat. Pertumbuhan yang terjadi disebut dengan *stress-related growth*. *Stress-related growth* adalah pertumbuhan positif yang dialami oleh individu yang merupakan respon terhadap stres dari peristiwa sehari-hari. *Stress-related growth* bisa dialami oleh siapa saja termasuk santri pondok pesantren. Terdapat beberapa faktor yang mempengaruhi *stress-related growth*. Salah satunya adalah *emotion-focused coping*. Penelitian ini dilakukan untuk mengetahui hubungan antara *emotion-focused coping* dengan *stress-related growth* pada santri pondok pesantren.

Penelitian ini melibatkan 365 santri pondok pesantren yang mencakup laki-laki dan perempuan. Penelitian ini menggunakan dua instrumen, yakni Skala *Stress-Related Growth* dan Skala *Emotion-Focused Coping*. Selain itu, wawancara dilakukan untuk mengetahui lebih lanjut tentang kedua variabel. Analisis data dilakukan dengan teknik korelasi *Product Moment* dari Pearson. Penelitian ini menunjukkan bahwa ada hubungan positif antara *stress-related growth* dengan *emotion-focused coping* secara signifikan dengan nilai $r = 0,594$ dan nilai $p = 0,000$ ($p < 0,01$).

Kata Kunci : *stress-related growth*, *emotion-focused coping*, santri