

ABSTRAK

HUBUNGAN ANTARA OPTIMISME DENGAN *PROBLEM FOCUSED COPING* PADA SISWA SMAN 9 PADANG

Tujuan dari penelitian ini yaitu untuk mengetahui Hubungan Antara Optimisme dengan *Problem Focused Coping* pada Siswa di SMA N 9 Padang.. Alat ukur yang digunakan peneliti dalam penelitian ini adalah skala Optimisme dan skala *Problem Focused Coping*. Populasi dalam penelitian ini adalah siswa sebanyak 1225 orang siswa. Teknik yang digunakan *simple random sampling*, Maka jumlah sampel yang akan menjadi subjek dalam penelitian ini berjumlah 224 siswa di SMA N 9 Padang. Berdasarkan hasil uji korelasi *product moment pearson* yang dilakukan dengan bantuan IBM SPSS 21.0, Maka diperoleh koefisien korelasi antara optimisme dengan *problem focused coping* sebesar $r = 0,704$ dengan taraf signifikansi $p = 0,000$, maka dapat disimpulkan bahwa terdapat hubungan yang kuat dan sangat signifikan antara optimisme dengan *problem focused coping* pada siswa SMAN 9 Padang dimana arah hubungan kedua variabel yaitu positif, artinya apabila siswa memiliki optimisme yang tinggi, maka siswa tersebut memiliki *problem focused coping* yang tinggi, begitu juga sebaliknya apabila siswa memiliki optimisme yang rendah, maka siswa akan memiliki *problem focused coping* yang rendah. besar sumbangan efektif (*R square*) dari variabel optimisme terhadap variabel *problem focused coping* adalah sebesar 49% artinya variabel optimisme memiliki sumbangan sebesar 49% terhadap variabel *problem focused coping* sisanya 51% lagi dipengaruhi faktor lain *health and energy, positive beliefs, problem-solving skills, social skills, social support* dan *materials resources*.

Kata Kunci: optimisme, *problem focused coping*, siswa.

ABSTRACT

The Relationship Between Optimism And Problem Focused Coping In Students Of Sman 9 Padang

The aim of this research is to determine the relationship between optimism and problem focused coping among students at SMA N 9 Padang. The measuring instruments used by researchers in this research are the Optimism scale and the Problem Focused Coping scale. The population in this study was 1225 students. The technique used was simple random sampling, so the number of samples that would be subjects in this research was 224 students at SMA N 9 Padang. Based on the results of the Pearson product moment correlation test carried out with the help of IBM SPSS 21.0, the correlation coefficient between optimism and problem focused coping was obtained at $r = 0.704$ with a significance level of $p = 0.000$, so it can be concluded that there is a strong and very significant relationship between optimism and problem focused coping in students at SMAN 9 Padang where the direction of the relationship between the two variables is positive, meaning that if the student has high optimism, then the student will have high problem focused coping, and vice versa if the student has low optimism, then the student will have problem focused low coping. The effective contribution (R square) of the optimism variable to the problem focused coping variable is 49%, meaning that the optimism variable has a contribution of 49% to the problem focused coping variable. The remaining 51% is influenced by other factors, health and energy, positive beliefs, problem-solving skills, social skills, social support and materials resources.

Keywords: optimism, problem focused coping, students.