

ABSTRAK

HUBUNGAN KECERDASAN EMOSIONAL DAN *PROBLEM FOCUSED COPING* DENGAN STRES PADA WANITA *PRIMIGRAVIDA* DI PUSKESMAS OPHIR KABUPATEN PASAMAN BARAT

Penelitian ini bertujuan untuk mengetahui adanya hubungan antara kecerdasan emosional dan *problem focused coping* dengan stres pada wanita yang hamil anak pertama (*primigravida*) di Puskesmas Ophir Kabupaten Pasaman Barat. Teknik pengambilan sampel dalam penelitian ini menggunakan teknik *simple random sampling* dengan jumlah sampel sebanyak 122 orang wanita yang hamil anak pertama (*primigravida*) di Puskesmas Ophir Kabupaten Pasaman Barat dan teknik pengumpulan data dilakukan dengan penyebaran skala kecerdasan emosional, skala *problem focused coping* dan skala stres. Uji validitas dan reliabilitas pada penelitian ini menggunakan teknik *Alpha Cronbach*. Berdasarkan hasil analisis data, diperoleh nilai korelasi antara kecerdasan emosional dan stres sebesar -0,532 dengan taraf signifikansi 0,000 yang berarti hipotesis diterima, diperoleh nilai korelasi antara *problem focused coping* dan stres sebesar -0,588 dengan taraf signifikansi 0,000 yang berarti hipotesis diterima selanjutnya korelasi antara kecerdasan emosional, *problem focused coping* dan stres sebesar -0,595 dengan taraf signifikansi 0,000 yang berarti hipotesis diterima. Kesimpulan: terdapat hubungan yang signifikan antara kecerdasan emosional dengan stres pada wanita *primigravida* di Puskesmas Ophir, terdapat hubungan yang signifikan antara *problem focused coping* dengan stres pada wanita *primigravida* di Puskesmas Ophir dan terdapat hubungan yang signifikan antara kecerdasan emosional dan *problem focused coping* dengan stres pada wanita *primigravida* di Puskesmas Ophir Kabupaten Pasaman Barat.

Kata kunci : Kecerdasan emosional, *problem focused coping*, stres, wanita *primigravida*.

ABSTRACT

EMOTIONAL INTELLIGENCE RELATIONSHIP AND PROBLEM FOCUSED COPING WITH STRESS ON WOMAN'S PRIMIGRAVIDA IN THE OPHIR COUNTY OF WEST PASAMAN

The study aims to identify a link between emotional intelligence and the coping problem with the stress level of first child pregnant women (primigravida) in the Ophir health center, west Pasaman Regency. The technique for sampling in this study USES the simple random sampling technique with the number of samples of as many as 122 women pregnant with their first child (primigravida) in the ophir of western paste-district and data collection techniques done with the spread of a scale of emotional intelligence, a scale of problem focused coping and a stress level scale. Tests of validity and religious ability on this study using the alpha cronbach technique. Based on data analysis, there is a value of correlation between emotional intelligence and a level of stress of -0.532 with a degree of 0,000 that means hypotheses are accepted, there is a value of correlation between the problem focused coping and a degree of stress of -0.588 with a degree of 0,000 that means hypotheses are further correlated between emotional intelligence, coping problems and stress levels of -0.595 with a degree of 0,000 significance that means hypotheses are accepted. Conclusion: there is a significant link between emotional intelligence and the stress level of women's primigravida at the ophir health center, a significant link between the problem focused coping and the stress level of female primigravida at the ophir health center emotional intelligence and problem focused coping with the stress level of female primigravida in the Ophir health center, west Pasaman Regency.

Keywords : *Emotional intelligens, problem focused coping, stress, woman primigravida*