

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara spiritualitas dengan *coping stress*. Hipotesis dalam penelitian ini adalah terdapat hubungan positif antara spiritualitas dengan *coping stress* pada usia dewasa awal. Subyek penelitian sebanyak 81 orang, yakni rentang usia 20-30 tahun. Data dikumpulkan menggunakan *The Brief Cope* dan *The Spirituality Scale*. Data dianalisis menggunakan korelasi *product moment* dengan program SPSS. Berdasarkan hasil analisis, diperoleh koefisien korelasi $r = 0,555$ ($p < 0.05$). Hasil tersebut menunjukkan bahwa terdapat hubungan positif yang signifikan antara spiritualitas dengan *coping stress*. Koefisien determinasi (R^2) sebesar 0,309 yang berarti spiritualitas memberikan sumbangan terhadap *coping stress* sebesar 30,9% dan sisanya sebesar 69,1% dipengaruhi faktor lain di luar penelitian ini.

Kata Kunci : Spiritualitas, *Coping Stress*, Usia Dewasa Awal

ABSTRACT

This study aims to determine the relationship between spirituality and stress coping. The hypothesis in this study is that there is a positive relationship between spirituality and coping stress in early adulthood. The research subjects were 81 people, namely the age range of 20-30 years. Data were collected using The Brief Cope and The Spirituality Scale. Data were analyzed using product moment correlation with the SPSS program. Based on the results of the analysis, the correlation coefficient $r = 0.555$ ($p < 0.05$) was obtained. These results indicate that there is a significant positive relationship between spirituality and coping stress. The coefficient of determination (R^2) is 0.309 which means that spirituality contributes to stress coping by 30.9% and the remaining 69.1% is influenced by other factors outside of this study.

Keywords: Spirituality, Coping Stress, Early Adult Age