

ABSTRAK

Fenomena kuliah ganda di dua universitas sudah tidak asing lagi di kalangan mahasiswa. Banyak. Mahasiswa, sebagai insan akademik, dalam kegiatannya juga tidak terlepas dari stress. Stresor atau penyebab stres pada mahasiswa dapat bersumber dari kehidupan akademiknya, terutama dari tuntutan eksternal dan tuntutan dari harapannya sendiri. Penelitian ini bertujuan untuk mengetahui apa saja sumber stress dan gambaran strategi koping pada mahasiswa yang kuliah ganda di dua universitas.

Jenis Penelitian ini adalah deskriptif kualitatif dengan metode studi kasus, pengumpulan datanya dengan wawancara dan analisis datanya secara kualitatif. Dalam penelitian ini ada tiga subjek penelitian yaitu PR, FN & SY. Ketiga subjek tersebut merupakan mahasiswa yang kuliah ganda di dua universitas. Hasil penelitian ini menunjukkan bahwa stressor yang dialami oleh ketiga subjek yaitu faktor eksternal banyaknya tugas individu/kelompok yang ada di kedua jurusan, sulitnya mengatur waktu antara kuliah di jurusan yang satu dengan yang lain. Sumber stress karena nilai IPK yang tidak sesuai dengan harapan dan sikap *under estimate* dari orang lain dialami dua dari tiga subjek. Sedangkan sumber stress faktor internal ditunjukkan seperti sifat *moody* pada subjek SY, dan juga sifat perfeksionis pada subjek FN. Reaksi atau gejala-gejala stress yang dialami oleh ketiga subjek muncul dalam empat bentuk yaitu gejala fisik, kognitif, emosional dan sosial.

Strategi koping stress yang dilakukan oleh partisipan dalam penelitian ini adalah dengan *problem focused coping* dan *emotional focused coping*. Pada *problem focused coping* partisipan lebih cenderung menggunakan *planful problem-solving* dan *seeking emotional social support*. Kemudian pada strategi *emotional focused coping* partisipan menggunakan *distancing*, *positive reappraisal*, *self-control*, dan *religious*. Dengan melakukan strategi koping tersebut, ketiga subjek dapat bertahan menghadapi stress dampak aktivitas kuliah di dua jurusan bersamaan, serta dapat berhasil lulus setidaknya salah satu dari pilihan jurusan kuliah yang diambil.

Kata kunci: *Problem focused coping*, *Emotional focused coping*, kuliah, ganda, mahasiswa kuliah ganda

ABSTRACT

The phenomenon of studying at two universities with different majors at the same time is no stranger to students. College students, as academic people, in their activities can not be separated from stress. Stressors or stressors in college students can come from their academic lives, especially from external demands and demands from their own expectations. This study aims to know what are the sources of stress and the description of coping strategies for College students studying at two universities with different majors at the same time..

This researches belongs to descriptive qualitative with a case study method, data collection with interviews and qualitative data analysis. In this study there were three research subjects namely PR, FN & SY. The three subjects are college students who studying at two universities with different majors at the same time. The results of this study indicate that the stressors experienced by the three subjects are external factors, the number of individual / group assignments that exist in both majors, the difficulty of arranging the time between lectures in one department and another. The source of stress is because the IPK value that is not in line with expectations and attitudes under estimate from others is experienced by two of the three subjects. Whereas the source of stress on internal factors is shown as the moody nature of the SY subject, and also the perfectionist nature of the FN subject. The reactions or symptoms of stress experienced by the three subjects appear in four forms, physical, cognitive, emotional and social symptoms.

Stress coping strategies carried out by participants in this research are with problem focused coping and emotional focused coping. On problem focused coping participants are more likely to use functional problem solving and seeking emotional social support. Then in the emotional focused coping strategy participants use distancing, positive reappraisal, self-control, and religious. The three subjects used a combination of problem focused coping and emotional focused coping methods. By carrying out this coping strategy, the three subjects were able to withstand the stress of the impact of lecture activities in two concurrent majors, and were able to successfully pass at least one of the well-chosen courses.

Keywords: Problem focused coping, Emotional focused coping, dual college students