

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *hardiness* dengan *coping stress* pada mahasiswa di Yogyakarta. Berdasarkan hasil analisis data menunjukkan bahwa hipotesis diterima yaitu ada hubungan positif antara *hardiness* dengan *coping stress* pada mahasiswa di Yogyakarta. Subjek penelitian berjumlah 55 mahasiswa. Penelitian ini menggunakan alat pengumpulan data berupa skala yaitu: Skala *Hardiness* dan Skala *Coping Stress*. Hasil analisis korelasi *product moment* dari Pearson menunjukkan koefisien korelasi $r_{xy} = 0,470$ ($p \leq 0,01$). Sumbangan *hardiness* terhadap *coping stress* sebesar 22,1%, sedangkan sumbangan sebesar 77,9% berasal dari faktor lain yang tidak dilibatkan dalam penelitian ini.

Kata Kunci : *Hardiness*, *Coping stress*, Mahasiswa di Yogyakarta.

ABSTRACT

This study aims to determine the relationship between hardiness and coping stress among students in Yogyakarta. Based on the results of data analysis, it shows that the hypothesis is accepted, that is, there is a positive relationship between hardiness and coping stress among students in Yogyakarta. The research subjects were 55 students. This study uses a data collection tool in the form of a scale, namely: Hardiness Scale and Coping Stress Scale. The results of Pearson's product moment correlation analysis showed the correlation coefficient $r_{xy} = 0.470$ ($p \leq 0.01$). The contribution of hardiness to stress coping was 22.1%, while the contribution of 77.9% came from other factors not involved in this study.

Keywords: Hardiness, Coping stress, Students in Yogyakarta.