

Abstrak

Mahasiswa perantau menghadapi berbagai tuntutan adaptasi terhadap lingkungan baru, kemandirian, serta tekanan akademik yang dapat memengaruhi *psychological well-being*. Salah satu faktor yang diduga berperan dalam menjaga *psychological well-being* adalah kemampuan *coping stress*. Penelitian ini bertujuan untuk mengetahui hubungan antara kemampuan *coping stress* dengan *psychological well-being* pada mahasiswa perantau di Kota Yogyakarta. Penelitian ini menggunakan pendekatan kuantitatif. Subjek penelitian berjumlah 183 mahasiswa perantau berusia 18–28 tahun yang dipilih menggunakan teknik *purposive sampling*. Pengumpulan data dilakukan menggunakan Skala *Psychological Well-Being* berdasarkan teori Ryff (1995) dan Skala *Coping Stress* berdasarkan teori Lazarus dan Folkman (1984). Analisis data menggunakan korelasi *Pearson Product Moment*. Hasil penelitian menunjukkan terdapat hubungan positif yang signifikan antara kemampuan *coping stress* dengan *psychological well-being* pada mahasiswa perantau di Kota Yogyakarta ($r = 0,198$; $p = 0,007$). Nilai koefisien determinasi ($R^2 = 0,039$) menunjukkan bahwa kemampuan coping stress memberikan sumbangan efektif sebesar 3,9% terhadap *psychological well-being*, sedangkan 96,1% dipengaruhi oleh faktor lain di luar penelitian. Hasil kategorisasi menunjukkan bahwa sebagian besar responden memiliki tingkat *coping stress* dan *psychological well-being* pada kategori sedang. Dengan demikian, semakin tinggi kemampuan coping stress yang dimiliki mahasiswa perantau, maka semakin tinggi pula *psychological well-being* yang dimilikinya.

Kata kunci: *coping stress*, mahasiswa perantau, *psychological well-being*.

Abstract

Out-of-town university students encounter various challenges related to adapting to a new environment, living independently, and coping with academic demands, all of which may affect their psychological well-being. One factor that is presumed to contribute to psychological well-being is stress coping ability. This study aimed to examine the relationship between stress coping ability and psychological well-being among out-of-town university students in Yogyakarta City. This study employed a quantitative correlational design involving 183 out-of-town university students aged 18–28 years selected through purposive sampling. Data were collected using the Psychological Well-Being Scale based on Ryff's (1995) theory and the Stress Coping Scale based on Lazarus and Folkman's (1984) theory. Data were analyzed using Pearson Product Moment correlation. The results revealed a significant positive relationship between stress coping ability and psychological well-being ($r = 0.198$, $p = 0.007$). The coefficient of determination ($R^2 = 0.039$) indicated that stress coping ability contributed 3.9% to psychological well-being, while the remaining 96.1% was explained by other variables outside the scope of this study. Furthermore, most participants demonstrated moderate levels of both stress coping ability and psychological well-being. These findings indicate that higher stress coping ability is associated with higher psychological well-being among out-of-town university students.

Keywords: *out-of-town university students, psychological well-being, stress coping.*