

ABSTRAK

Mahasiswa program studi Teknik Industri Universitas Trunojoyo Madura menjalani tiga kegiatan utama pada saat semester 5 yaitu praktikum terintegrasi, praktikum PTLF, dan kelas mata kuliah. Pelaksanaan ketiganya secara bersamaan menyebabkan stres bagi mahasiswa. Berdasarkan kondisi tersebut, penelitian ini bertujuan untuk merancang pengelolaan *workplace stress* berdasarkan *strategi coping* dan tingkat stres menggunakan *ABC model*. Responden penelitian merupakan mahasiswa Teknik Industri UTM angkatan 2022. Data dikumpulkan melalui *Google Form* yang berisi kuesioner *brief COPE* dengan 14 indikator, *Perceived Stress Scale* (PSS-10) terdiri dari 2 indikator, dan kuesioner identifikasi *ABC model* terdiri dari 3 indikator. Hasil penelitian menunjukkan bahwa 63,24% mahasiswa mengalami stres dalam kategori tinggi. Penggunaan strategi *coping* tergolong sedang yaitu sebesar 69,12%. Uji Mann Withney U menunjukkan tidak terdapat perbedaan tingkat stres antara mahasiswa laki-laki dan perempuan (Asymp. Sig (2-tailed) = 0,966; $p > 0,05$). Penggunaan *problem focused coping* juga tidak menunjukkan perbedaan yang signifikan (Asymp. Sig (2-tailed) = 0,725; $p > 0,05$), sedangkan pada *emotion focused coping* terdapat perbedaan antara mahasiswa laki-laki dan perempuan (Asymp. Sig (2-tailed) = 0,003; $p < 0,05$). Hasil klasifikasi *ABC model* menunjukkan bahwa perilaku yang sering dilakukan tergolong dalam indikator *active coping, planning, using instrumental support, self-distraction, acceptance* dan *positive reframing*. Berdasarkan temuan tersebut, dirancang buku panduan pengelolaan *workplace stress* dengan media desain Canva.

Kata kunci: Teknik industri, *workplace stress*, *strategi coping*, *ABC model*

ABSTRACT

Students in the Industrial Engineering programme at Trunojoyo University Madura undertake three main activities during their fifth semester: integrated practical training, PTLF practical training, and lectures. The simultaneous implementation of these three activities causes stress for students. Based on these conditions, this study aims to design workplace stress management based on coping strategies and stress levels using the ABC model. The research respondents were Industrial Engineering students at UTM from the 2022 cohort. Data was collected through a Google Form containing the brief COPE questionnaire with 14 indicators, the Perceived Stress Scale (PSS-10) with 2 indicators, and the ABC model identification questionnaire with 3 indicators. The results of the study indicate that 63.24% of students experienced high levels of stress. The use of coping strategies was moderate at 69.12%. The Mann-Whitney U test indicated no significant difference in stress levels between male and female students (Asymp. Sig (2-tailed) = 0.966; $p > 0.05$). The use of problem-focused coping also did not show a significant difference (Asymp. Sig (2-tailed) = 0.725; $p > 0.05$), while emotion-focused coping showed a difference between male and female students (Asymp. Sig (2-tailed) = 0.003; $p < 0.05$). The results of the ABC model classification indicate that the behaviours frequently exhibited fall under the indicators of active coping, planning, using instrumental support, self-distraction, acceptance, and positive reframing. Based on these findings, a workplace stress management guidebook was designed using Canva.

Keywords: *Industrial engineering, workplace stress, coping strategies, ABC model*