

ABSTRAK

Risma Rahmaniah. 210541100052. Pengaruh *Coping Stress* terhadap *Psychological well-being* pada Mahasiswa Penghafal Al Qur'an. Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya, Universitas Trunojoyo Madura. 2025.

Penelitian ini dilakukan karena adanya fenomena yang dialami mahasiswa penghafal Al Qur'an dalam pemahaman strategi *coping stress* dalam dirinya yang berakibat pada kurangnya mahasiswa penghafal Al Qur'an dalam mengatasi permasalahan sehari-hari sehingga berakibat pada *psychological well-being*. Penelitian ini bertujuan untuk mengetahui pengaruh *coping stress* terhadap *psychological well-being* mahasiswa penghafal Al Qur'an. Penelitian ini menggunakan pendekatan kuantitatif dengan teknik *purposive sampling* menggunakan analisis uji regresi linear sederhana dengan bantuan *SPSS 25 for Windows*. Penelitian ini dilakukan pada 131 mahasiswa penghafal Al Qur'an yang berada di Universitas Trunojoyo Madura dengan menggunakan dua skala yang meliputi skala *coping stress* dan skala *psychological well-being*. Pada distribusi penelitian ini nilai aspek *coping stress* ditemukan *problem focused coping* memperoleh nilai sebesar 49,5% dan *emotion focused coping* memperoleh nilai distribusi sebesar 50,5%. Hasil menunjukkan terdapat pengaruh *coping stress* terhadap *psychological well-being* dengan nilai sebesar signifikan 0,000 ($p < 0,05$). Regresi linear sederhana memperoleh *problem focused coping* dapat memprediksi *psychological well-being* sebesar 0.600 (60%) dan *emotion focused coping* dapat memprediksi sebesar 0.583 (58,3%). Penelitian ini mendapatkan temuan dari uji R^2 yang menunjukkan bahwa terdapat pengaruh positif variabel *coping stress* (X) terhadap variabel *psychological well-being* (Y) sebesar 65,3%. Hasil penelitian menunjukkan bahwa semakin tinggi *coping stress* mahasiswa penghafal Al Qur'an maka *psychological well-being* meningkat.

Kata kunci : *coping stress*, *psychological well-being*, mahasiswa penghafal Al Qur'an

ABSTRACT

Risma Rahmaniah. 210541100052. The Influence of Coping Stress on Psychological well-being among Qur'an Memorizing Students. Psychology Study Program, Faculty of Social and Cultural Sciences, Universitas Trunojoyo Madura. 2025.

This study was conducted due to the phenomenon experienced by Quran memorizers in understanding their stress coping strategies, which affects their ability to solve daily problems and consequently impacts their psychological well-being. The purpose of this study is to determine the influence of coping with stress on the psychological well-being of students who memorize the Quran. The study used a quantitative approach with a purposive sampling technique and analyzed the data using a simple linear regression test with the help of SPSS 25 for Windows. The study was conducted with 131 Quranic students at Trunojoyo University in Madura, using two scales: one for coping with stress and the other for psychological well-being. In this study, the problem-focused coping scale received a score of 49.5%, and the emotion-focused coping scale received a score of 50.5%. The results showed that there was an effect of coping stress on psychological well-being, with a significant value of 0.000 ($p < 0.05$). Simple linear regression shows that problem-focused coping can predict psychological well-being by 0.600 (60%), and emotion-focused coping can predict it by 0.583 (58.3%). The study found that, according to the R^2 test, there is a positive influence of the coping stress (X) variable on the psychological well-being (Y) variable, with an influence of 65.3%. The results of the study show that the higher the coping stress of the Quranic memorizers, the higher their psychological well-being.

Keywords: coping stress, psychological well-being, Qur'an memorizing students