

ABSTRAK

Nabila Rofiqoh. 190541100146. Hubungan Optimisme Dengan *Stress-related Growth* Santri Di Pondok Pesantren Al Amien Prenduan, Program Studi Psikologi. Fakultas Ilmu Sosial dan Ilmu Budaya, Universitas Trunojoyo Madura 2023

Santri Al Amien Prenduan Ma'had Tahfidz Al Qur'an adalah santri yang menghafal Al Qur'an yang mana santri harus menjalankan beberapa aturan pondok, santri tinggal jauh dari orang tuanya, adanya persyaratan hafalan di pondok, peraturan yang ketat, santri harus mengikuti kursus tiap minggu yang meliputi (kursus qira'ah, kursus sholawat, jurnalistik, dan kaligrafi), santri harus mengikuti muhadloroh 3 bahasa (pidato bahasa Indonesia, bahasa inggris dan bahasa arab), santri tidak diperbolehkan memegang alat elektronik serta bullying antar santri yang membuat santri tertekan dan stres. Tekanan yang ada justru membuat para santri berkembang dan tumbuh secara positif. Perubahan positif yang dialami seseorang karena pengalaman hidup yang penuh tekanan disebut *stress-related growth*, untuk mencapai *stress-related growth* memerlukan optimisme. Penelitian ini bertujuan untuk mengetahui hubungan optimisme dengan *stress-related growth*, santri di Pondok Pesantren Al Amien Prenduan. Penelitian ini menggunakan metode penelitian kuantitatif dengan jenis penelitian korelasional. Subjek dalam penelitian ini adalah santri kelas 3 SMA yakni sebanyak 200 santri Ma'had Tahfidz Al Qur'an Al amien Prenduan. Teknik pengambilan sampel dalam penelitian ini menggunakan *simple random sampling*. Instrumen penelitian ini menggunakan skala optimisme yang mengacu pada aspek optimisme menurut Seligman (2006) dengan reliabilitas 0,809 dan skala *stress-related growth* yang mengacu pada aspek *stress-related growth* menurut Park, Cohen dan Murch (1996) dengan reliabilitas 0,863. Teknik analisis dalam penelitian menggunakan *spearman rho* dengan bantuan *software SPSS 25.0 for windows*, hasil yang diperoleh koefisien korelasi $r = 0,471$ dengan signifikansi 0,00 ($p < 0,05$) artinya hipotesis diterima. Penelitian menunjukkan terdapat terdapat hubungan positif yang signifikan antara optimisme dengan *stress-related growth* pada santri di Pondok Pesantren Al amien Prenduan, semakin tinggi optimisme maka semakin tinggi *stress-related growth*, dan sebaliknya semakin rendah optimisme maka semakin rendah *stress-related growth* pada santri di pondok pesantren Al Amien Prenduan..

Kata kunci : Optimisme, *Stress-related Growth*, Santri Al Amien Prenduan.

ABSTRACT

Nabila Rofiqoh. 190541100146. *The Relationship between Optimism and Stress-Related Growth of Student at the Al Amien Prenduan Islamic Boarding School, Psychology Study Program. Faculty of Social and Cultural Sciences, Trunojoyo University Madura 2023*

Student Al Amien Prenduan Ma'had Tahfidz Al Qur'an are students who memorize the Qur'an where students must carry out several boarding rules, students live far from their parents, there are memorization requirements in the cottage, strict regulations, students must take courses every week which includes (qira'ah courses, prayer courses, journalism, and calligraphy), students must attend muhadloroh 3 languages (speech in Indonesian, English and Arabic), students are not allowed to hold electronic devices and bullying between students makes students depressed and stressed. Existing pressure actually makes the students develop and grow positively. Positive changes experienced by a person due to stressful life experiences are called stress-related growth to achieve stress-related growth requires optimism. This study aims to determine the relationship between optimism and stress-related growth for students at the Al Amien Prenduan Islamic boarding school. This research uses quantitative research methods with correlational research types. The subjects in this study were 3rd grade high school students, namely 200 students of Ma'had Tahfidz Al Qur'an Al amien Prenduan. The sampling technique in this study used simple random sampling. The research instrument uses an optimism scale that refers to aspects of optimism according to Seligman (2006) with a reliability of 0.809 and a scale of stress-related growth that refers to aspects of stress-related growth according to Park, Cohen and Murch (1996) with a reliability of 0.863. The analysis technique in this study used spearman rho with the help of SPSS 25.0 software for windows, the results obtained were a correlation coefficient of $r = 0.471$ with a significance of 0.00 ($p < 0.05$) meaning that the hypothesis was accepted. Research shows that there is a significant positive relationship between optimism and stress-related growth in students at the Al Amien Prenduan Islamic Boarding School, the higher the optimism, the higher the stress-related growth, and conversely, the lower the optimism, the lower the stress-related growth in students at Islamic boarding school Al Amien Prenduan.

Keywords: Optimism, Stress-related Growth, Santri Al Amien Prenduan