

ABSTRAK

Wulandari Setyowati. 220541100050. Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya, Universitas Trunodjoyo Madura. Pengaruh Dukungan Sosial terhadap Strategi Koping Berfokus Masalah pada Siswa yang Gagal Seleksi TNI AD

Kegagalan dalam seleksi TNI AD dapat menimbulkan tekanan psikologis sehingga individu memerlukan strategi koping yang adaptif. Penelitian ini bertujuan mengetahui pengaruh dukungan sosial terhadap strategi koping berfokus masalah pada calon siswa yang gagal seleksi TNI AD. Metode Penelitian menggunakan pendekatan kuantitatif dengan metode survei terhadap 100 responden yang dipilih menggunakan teknik *purposive sampling*. Data dikumpulkan menggunakan skala dukungan sosial berdasarkan teori Sarafino dan Smith (2011) serta skala strategi koping berfokus masalah berdasarkan teori Lazarus dan Folkman (1984). Analisis data dilakukan menggunakan regresi linier sederhana dengan bantuan IBM SPSS Statistics versi 25. Hasil penelitian menunjukkan bahwa dukungan sosial berpengaruh positif dan signifikan terhadap strategi koping berfokus masalah ($R^2 = 0,510$; $p < 0,05$). Dukungan sosial memberikan kontribusi sebesar 51% terhadap strategi koping berfokus masalah, sedangkan 49% dipengaruhi oleh faktor lain. Semakin tinggi dukungan sosial yang diterima, semakin tinggi kecenderungan calon siswa menggunakan strategi koping berfokus masalah dalam menghadapi kegagalan seleksi TNI AD.

Kata Kunci: dukungan sosial, komunitas daring, strategi koping berfokus masalah, calon siswa TNI AD.

ABSTRACT

Wulandari Setyowati. 220541100050. Psychology Study Program, Faculty of Social and Cultural Sciences, Trunojoyo University of Madura. *The Influence of Social Support on Problem-Focused Coping Strategies among Candidates Who Failed the Indonesian Army Recruitment Selection*

Failure in the Indonesian Army (TNI AD) selection process may cause psychological distress, requiring individuals to adopt adaptive coping strategies. This study aimed to examine the influence of social support on problem-focused coping strategies among candidates who failed the TNI AD selection. This research employed a quantitative approach using a survey method involving 100 respondents selected through purposive sampling. Data were collected using the Social Support Scale based on the theory of Sarafino and Smith (2011) and the Problem-Focused Coping Scale based on the theory of Lazarus and Folkman (1984). Data were analyzed using simple linear regression with IBM SPSS Statistics version 25. The results showed that social support had a positive and significant influence on problem-focused coping strategies ($R^2 = 0.510$; $p < 0.05$). Social support accounted for 51% of the variance in problem-focused coping strategies, while the remaining 49% was explained by other factors outside the scope of this study. Higher levels of social support were associated with greater use of problem-focused coping strategies among candidates who failed the TNI AD selection.

Keywords: social support, online community, problem-focused coping, TNI AD candidates, selection failure.