

THE RELATIONSHIP BETWEEN RELIGIOUS COPING TO STRESS RELATED GROWTH (SRG) OF DHUAFA STUDENTS IN THE ISLAMIC BOARDING SCHOOL DEPOK, WEST JAVA

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ABSTRACT

Stress is something that often occurs in human life today. Stress is often considered something that should be avoided, but stressful conditions can become an individual's personal growth, this is what is called stress related growth (SRG). This research aims to look at the relationship between religious coping and stress related growth (SRG) in needy students at the Islamic Boarding School, Depok. Dhuafa in the Indonesian dictionary are people who are economically weak and so on. Meanwhile, a santri is someone who studies at an Islamic boarding school. So that poor students are students who are less prosperous economically. The data used in this research is primary data collected from questionnaires given to poor students, a total of 64 students who were selected purposively. Data processing was carried out quantitatively using JASP. The measuring instruments used in this research were the Stress-Related Growth Scale and the Religious-Islamic Coping Scale. Apart from that, interviews were also conducted to explore aspects of these two variables. The data analysis used is the Product Moment correlation technique from Pearson. From this analysis, this research shows that there is a significant positive relationship between religious-Islamic coping and SRG, with $r = 0.568$ at a significance level of $p < 0.05$. The results of this study show that religious coping has a significant relationship to stress related growth of students.

Keywords: Stress Related Growth, Religious Coping, Dhuafa, Islamic Boarding School.