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HUBUNGAN STRATEGI COPING DENGAN KECEMASAN PADA WABAH VIRUS CORONA DI KALANGAN MASYARAKAT YANG BERADA DI ZONA MERAH

Muhammad Iqbar¹, Muhammad Ali Adriansyah²

¹Department of Psychology, University of Mulawarman, Indonesia
²Department of Psychology, University of Mulawarman, Indonesia

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ABSTRACT

The COVID-19 pandemic has caused people to be afraid of the corona virus. People in the red zone tend to experience anxiety. Anxiety is related to the application of coping strategies used, so that these problems can be studied by research on the relationship between coping strategies and anxiety. The purpose of this study was to determine the relationship between coping strategies and anxiety about the corona virus among the red zone community, especially the Samarinda Ulu District. This research method is quantitative with 100 participants as research subjects with incidental sampling technique. Collecting data using a scale of coping strategies and an anxiety scale. The data collected was analyzed with the help of the Statistical Package for Social Science (SPSS) 21.0 for windows program. The results showed that there was a significant relationship between coping strategies and anxiety with p value = 0.020 ($p < 0.05$), correlation value $r = -0.537$. This means that the strength of the relationship between the two variables is in the medium category and the direction of the correlation is negative, the less management of coping strategies, the anxiety about the corona virus outbreak will increase, and vice versa.

ABSTRAK

Pandemi covid-19 mengakibatkan masyarakat menjadi ketakutan akan virus corona. Masyarakat di kalangan zona merah cenderung mengalami kecemasan. kecemasan tersebut berkaitan dengan penerapan strategi coping yang digunakan, sehingga permasalahan tersebut dapat dikaji penelitian mengenai keterkaitan strategi coping dengan kecemasan. Tujuan penelitian ini untuk mengetahui hubungan strategi coping dengan kecemasan terhadap virus corona di kalangan masyarakat zona merah khususnya wilayah Kecamatan Samarinda Ulu. Metode penelitian ini adalah kuantitatif dengan subjek penelitian sebanyak 100 partisipan dengan teknik incidental sampling. Pengumpulan data menggunakan skala strategi coping dan skala kecemasan. Data yang terkumpul dianalisis dengan bantuan program Statistical Package for Social Science (SPSS) 21.0 for windows. Hasil penelitian menunjukkan terdapat hubungan yang signifikan antara strategi coping dan kecemasan dengan nilai $p = 0.020$ ($p < 0.05$), nilai korelasi $r = -0.537$. Artinya kekuatan hubungan dua variabel tersebut masuk kategori sedang dan arah korelasinya negatif, semakin kurang pengelolaan strategi coping, kecemasan terhadap wabah virus corona akan semakin meningkat, begitupun sebaliknya.

Kata kunci

Kecemasan;
Strategi Coping;
Virus Corona;

Corresponding Author :

Muhammad Ali Adriansyah, S.Psi, M.Psi
Program Studi Psikologi
Fakultas Ilmu Sosial & Ilmu Politik
Universitas Mulawarman
Email: ali.adriansyah@fkip.unmul.ac.id