

ABSTRACTION

Walida, Nur Aini Dwi. 2013. The Relation Among Self Effication With Stress On Retired in RW XIV sub district of Kebonsari Kulon Distric of Kanigaran, Probolinggo city. Skripsi.Faculty Of Psychology, University Of Islam State (UIN) Maulana Malik Ibrahim.

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Keyword : Self Efication, Stress

A retire period is new life that must be passed by every worker so that they have big risk to get stress. Some causes that pensioners feel stress are the changing of physical, emotional, intellectual and interpersonal. Beside that stress has closed relation with concept of self efication, the concept is trust or believe that someone can act according to requirement to yield something that he want. As for aims of this research are 1. Knowing the self effication level of retired, 2. Knowing the stress level of retired, 3. Knowing the relation among self effication and stress of retired.

The method of taking the sample that used is purposive sampling by exerting 33 retired. They get stress symptom and self efication living in RW XIV sub district of Kebonsari Kulon Distric of Kanigaran, Probolinggo city. The method of collecting data by using inquiry scale Likert is 20 questions while to look for scale of validity is used calculation technique of product moment, searching scale of reliability use technique of alpha chronbach and method analyze data use correlation analysis of product moment Pearson constructively program computer of SPSS.

After analyze by testing statistic of correlation product moment pearson, can be known that 33 retired show the effication level. The result is, in high level category 6% (2 peoples), in medium level category 79% (26 peoples), and in low level category 15% (5 people). It means that most of the retired is in medium stress level. While the stress level to the retired in high level category 15% (5 peoples) in medium level is 79% (26 peoples), and in low category is 6% (2 peoples). It means that most of the retired have stress in medium level category. The result of research both of them show result of correlation ($r = 0,696$) with $p = 0.000$ ($p < 0.005$) showing negative direction. It means that, when they are in high self effication they will have low stress level on the contrary when they are in low self effication they will have high stress level. This proves that hypothesis in this research can be accepted.