

## ABSTRACT

Nihayah, Millatin. 2013. Thesis. Role of Spiritual Intelligence (SQ) Againsts Stress *Coping* At Darul Ulum 1 Unggulan BPP-T Peterongan Jombang. Psychology Faculty of the Islamic University of Maulana Malik Ibrahim Malang.

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Stress is a condition that is often experienced by everyone. It is possible also happens to high school students of Darul Ulum 1 Unggulan BPP-T Peterongan Jombang. School system with full day and stay at the boarding school add to the density of the activities undertaken by the students. The stress conditions requires the students to be able to choose appropriate *coping* with stress to cope with stress, either with *problem-focused coping* and *emotion-focused coping*.

Living in the boarding school has its own benefits for the students because the schools are the institutions that are loaded with activities supports the formation of spiritual intelligence of students who live in it. As one of the factors that influence *coping* strategies, spirituality makes a person likely to use *problem-focused coping* in dealing with the problems it faces pressure. Therefore, the research objectives, namely (1) to determine the level of students' stress *coping* (2) to determine the level of students' spiritual intelligence (SQ), and (3) to determine a relationship between spiritual intelligence (SQ) with stress *coping* at SMA Darul Ulum 1 Unggulan BPP-T Peterongan Jombang.

This study is a quantitative correlation with spiritual intelligence (SQ) as the independent variable and stress *coping* as the dependent variable. Then the product moment correlation technique is used to examine the relationship between spiritual intelligence (SQ) with stress *coping*. Previous to categorize the level of spiritual intelligence (SQ) used the mean and standard deviation, while the categorization of stress *coping* was also performed using the mean value. Subjects were high school students Darul Ulum 1 Unggulan BPP-T Peterongan Jombang with a 25% sample obtained from random technique to randomize the students name. Total population of as many as 407 students a number of 105 samples were obtained so that the students.

The results showed a 47.6% high school students Darul Ulum 1 unggulan BPP-T Peterongan Jombang quite have the level of spiritual intelligence (SQ) high, and 52.4% lower. On the other hand as much as 56.2% students have *problem-focused coping* in the high category and 43.8% lower, while the students have *emotion-focused coping* in the high category as much as 45.7% and 54.3% in the low category. The analysis showed a significant correlation between spiritual intelligence (SQ) with *problem-focused coping*, whereas between spiritual intelligence with *emotion-focused coping* is not there a significant relationship.