

ABSTRACT

Maulinawati, Amalia, 2010 : The influence types of stresor against proactive coping of Freshmen 2013 Faculty of Psychology Islamic State University of Maulana Malik Ibrahim Malang

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Keyword : type of stresor, proactive coping

Students are academicians who have diverse demands and problems must be faced. It could cause a pressure for students so that the stress response occurs. Various existing problems can be caused by many things, including individuals, objects and particular situation. All of them can create unusual or excessive demands, feeling depressed and unable to adapt for the individual, so it is called as stresor (Encyclopedia of Social Problems, 2008: 2). Stresor can relate to the students' developmental tasks as a teenager. Types of stresor require the student able to address it proactively or do proactive coping. Proactive coping is a process where individuals anticipating potential stresor and act first to prevent stresor happens (Greenglass, 2009: 30). Types of stresor associated with proactive coping were frustrating and annoying demands as well as characterize the deals daily with the environment. This research aims to know the mapping of stressor types, level of proactive coping and influence the types of stresor to proactive coping on freshman Faculty of psychology 2013.

Type of this research is quantitative korelasional. Sampling simple random sampling is carried out on subjects, number of 71 people. Data collection is done using questionnaire method with the scale of stresor type totalling 25 items with reliability $\alpha = 0.762$ and scale proactive coping totalling 45 items with reliability $\alpha = 0.931$. Analytical techniques used is multiple regression analysis.

Based on the results, this study found the R Square value 0.480, means variable types of stresor able to affect variable proactive coping by 48% and the F value = 12,014 with $p = 0.000$. It also showed the influence types of stresor to proactive coping partially. Higher stresor of physiological and identity then higher of the proactive coping. While on higher stresor of academic and religious then lower the proactive coping.