

ABSTRAK

Mas'udah, Rina. 2014. *Relation between coping stress strategy and freshman of UIN Maliki Malang Psychology stress form*. Dosen Pembimbing: Dr. H. Achmad Khudori Soleh, M. Ag

Key Word : *Problem Focused Coping, Emotional Focused Coping, Too Little Stres, Optimum Stres, Too Much Stres, Breakdown Stres.*

Human's life exchange is one of the factor incidence of pressure for human. In which the human trying to adjust themselves into the new environment that can causing appearance of pressure in human mind. That also happened on new high school student. They were charge to be autonomous in everyway that can be stressing. So, in order to decrease stress, there is different method in coping strategy. on of the factor that affect stress is coping strategy. coping strategy is on way to decrease pressure that individual facing when stress happened. There are 2 coping strategy which is problem focused coping and emotional focused coping. In this matter they have different way to facing stress.

Question formula in this research is how the freshman high school student coping strategy taking place and the relation between coping strategy and their stress's form. The goal of this research is to knowing how the freshmen of high school student, and how their stress's form, and to knowing the relation between stress coping strategy and psychology student stress's form.

This research is quantitative correlational research using spearman's correlation to test the correlation between to variable. As for the subject of this research is 60 freshman of psychology high school students.

The result of this research is showing that the focused problem copping strategy is 53,3% of total students and emotional focused coping about 46,7% meanwhile the freshman student;s stress form in too little stress level about 28,3% students . optimum stress student about 28,3% and too much stress at problem coping with too little stress. With correlation coeificience value -0,5. There is no relation between problem focused coping and optimum stress with correlation coefisien value -0,076. There is relation between problem focused coping with too much stress with correlation coefisien value 0,051. There is relation between problem focused and breakdown stress with negative correlation coeificience value -0, 378. meanwhile at emotional focused coping, there is no relation between emotional focused coping with too little stress with correlation coefficient value 0,104. There is relation between emotional focused coping with optimum stress with correlation coefficient value 0,892. There is no relation between emotional focused coping with too much stress with correlation coefficient value 0,272. Lastly, there is no relation between emotional focused coping with breakdown stress with correlation coefficient value -0,053.