



Analysis of the Context of Coping Mechanisms

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ABSTRACT

ARTICLE INFO

Article history:

Received

September 21,
2022

Revised

Oktober 01, 2022

Accepted

Oktober 16,
2022

Coping mechanisms are methods or steps used by individuals to solve problems, adapt, tolerate, accept, and overcome changes that occur in their lives in situations that threaten or exceed their psychological and behavioral abilities. They indicate a major part of dealing with one's stress. Come through interventions and techniques. This research aims to examine and analyze the command regarding coping mechanisms in Indonesia in the last decade to show its novelty. This Content analysis is used as an analysis method. The examples used are articles published on Google Scholar and Research Gate. Data searches are based on reviewing research titles, techniques, and results. The research results show that coping mechanisms affect personal, academic, professional, nursing, athletic, and national defense. Methodologically, descriptive analysis techniques and univariate data are the methods most widely used to determine relationships. It is desired that research on coping mechanisms can help future researchers study coping mechanisms with other psychological aspects using different research methods.

Keywords: *Coping Mechanism, Content Analysis*

How to cite

Amalia, P., Sari, I. P., Rohmah, U. N., Muslimin, Yasmin, A. & Wisma, N. (2024). Analysis of the Context of Coping Mechanisms. *Journal Society of Counseling*. 2(2).

Journal Homepage

<https://journal.scidacplus.com/index.php/josc>

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Published by

ScidacPlus

INTRODUCTION

Coping mechanisms are an important psychological dimension. Although Sigmund Freud never made a complete list of defense mechanisms, his concept has become part of psychology. Freud argued that the mind consists of three components: ideas, ego, and superego (Rennison, 2015). The id accommodates needs and desires, the id acts to satisfy basic needs and drives. The ego is responsible for how a person behaves and thinks. While the superego accommodates all the rules we have learned throughout life and its use is to control the ego.

Specifically, Freud (in Baumeister, et al., 1998) suggested that when a person's self-esteem and self-image are challenged or threatened, they will rely on certain cognitive or mental strategies to protect their self-esteem. Thus, Sigmund Freud argued that when placed in a

psychologically dangerous or threatening situation, a person is likely to use defense mechanisms for self-protection.

A coping mechanism is a mental and behavioral effort to master, tolerate, reduce, and minimize a stressful situation or event. In addition, coping mechanisms can be defined as problem-solving behavior. Problem-solving behavior is a behavioral tendency used by individuals in dealing with problems that can cause stress in avoiding, avoiding, and reducing stress or resolving and seeking social support.

According to Folkman and Lazarus (in Safarino, 2006) in general, there are two types of coping mechanisms: problem-solving-focused and emotion-focused. The factor that determines which strategy is most or often used depends on a person's personality and the level of stress from a condition or problem they are experiencing. Someone who uses problem-solving-focused coping in dealing with problems that they think can be controlled, such as problems related to school or work. On the other hand, they will tend to use emotion-focused coping strategies when faced with problems that they think are difficult to control. Problem-solving-focused coping functions to change the relationship between individuals and problematic environments by taking direct action on the environment or the individual concerned. Stress is a condition that indicates physical and psychological pressure due to demands on oneself and the environment.

Each individual does not cope with stress alone and does not only use one strategy but can do it in a variety of ways, depending on the individual's abilities and conditions so that psychological problems can be resolved positively.

Coping mechanisms have also been studied in Indonesia through quantitative and qualitative descriptive studies using univariate data analysis (descriptive analysis), bivariate (analytical analysis), Pearson product-moment, Mann-Whitney, independent t-test, and Pearson correlation.

Based on the description above, in the last section, we review the literature on coping mechanisms in the last 9 years (2014-2022) in the context of Indonesia to see the direction of research on the problem of coping mechanisms in Indonesia. The results of this study are expected to provide references for further researchers to find novelty and innovation in the problem of coping mechanisms.

METHODOLOGY

This study uses a quantitative approach, while the research methods used are descriptive analysis and univariate data. Data was obtained from twenty national journal articles on self-defense mechanisms published in the last 9 years (2014-2022) through Google Scholar <https://scholar.google.com> and Research Gate. Journal articles are grouped according to predetermined topics, and reviewed, and analyzed to conclude. In the aspect of content analysis which includes titles, methods, results, and discussions.

Descriptive analysis and univariate data were carried out by descriptive statistical means using Microsoft Excel. At the end of the study, a summary and various findings were taken that were discussed with previous research that had been conducted.

Table 1. Research Study Materials

No.	Year of Publication and author	Journal Title	Sample	Research Focus	Research result
1.	2014	Differences in Athlete Recurrent Injury		This research uses a quantitative	The results of the analysis show a bivariate relationship between the

	Sonia Marcellina & Herdian Maulana	Anxiety Based on Stress Coping Strategies in Those Who Have Been Injured		approach and this research is comparative.	relationship between coping mechanisms and stress levels in Indonesian Army soldiers with significant results or a p-value of 0.000 where (p <0.005) and a coefficient correlation value of 0.614.
2.	2015 Muhammad Agung Krisdianto, Mulyanti	Coping Mechanisms Related to Depression Levels in Final Year Students	Final-year students	Inductive Quantitative Research, with cross-sectional design	The results showed that there was a significant relationship between coping mechanisms and depression levels (p<0.05), but there was no significant relationship between coping mechanisms and age, gender, and place of residence (p>0.05).
3.	2017 Dodik Limansyah, Jamel Djawi, Ummi Wardaniatun Masithah	The Incident of Depression with Coping Mechanisms in Students of SMAN 1 Simpang Hilir, North Kayong Regency	High School Students	A correlative analytical method using a cross-sectional design. The data analysis used is the Chi-Square statistical test.	The results showed that students who used the Problem-Solving Focused Coping coping mechanism numbered 222 respondents (97.4%) and those who used the Emotion Focused Coping coping mechanism numbered 6 respondents (2.6%).
4.	2017 Herman Beni	The Role of Community Counselors in Developing Mature Self-Defense Mechanisms for Drug-Using Clients	Drug Users	Qualitative descriptive methodology research	Clients can develop their defense mechanisms in society in the field of work, can interact with society, are not inferior, reduce fear in facing social life, and are able to adapt to their current situation.
5.	2018 Rinny, Zakiyah, Sari	The Relationship between Coping Mechanisms and Stress Levels of Indonesian Army Soldiers	Indonesian Army Soldiers	This study uses a descriptive correlative design with a cross-sectional approach.	The results of the study showed that the coping mechanisms of soldiers in the 17th Infantry Brigade Unit had destructive coping mechanisms (73.7%), and experienced severe stress (48.9%).
6.	2019 Ahmad Wahyu Rasyidi, Riana Sahrani	The Role of Social Support and Coping Strategies on Self-Efficacy in Cyberbullying Victims	Teenager	This type of research is quantitative with descriptive statistical methods.	The results of the study showed that there was a significant role between cyber victimization and Based on the data analysis that has been carried out regarding the role of social support and coping strategies on self-efficacy, the results obtained showed that there was a positive and significant role emotional focus on self-efficacy.
7.	2019 Ertanti Rizky Nur Rachmah, Teti Rahmawati	Relationship between Stress Knowledge and Adolescent Coping Mechanisms	Junior High School Students	Quantitative descriptive method using a cross-sectional approach	The results showed that 84 (56%) adolescents used adaptive coping and 66 (44%) adolescents used maladaptive coping.

8.	2019 Khamida, Siti Rabiatul Zulfah	Description of Coping Mechanisms in Dealing with Stress in Al-Quran Memorizing Students at Islamic Boarding Schools.	Student	This research is a descriptive quantitative research, Probability Sampling method with a Simple Random Sampling Technique.	Of the 155 respondents, the majority (61.3%) had adaptive coping mechanisms and almost half (38.7%) had maladaptive coping mechanisms.
9.	2019 Nadhila Safitri dan Marsilia Arianti	Self-Defense Forms and Coping Strategies for College Students Who Are Victims of Dating Violence	Student	This study uses a qualitative, phenomenological approach and data collection methods through interviews.	From the results of the data collection that has been carried out, this study produced several findings related to the phenomenon of violence in dating.
10.	2019 Stefanus Lio, Kristinus Sembiring	Coping Strategies for Final Project Students of Guidance and Counseling Study Program	Student	Quantitative descriptive method. Research instrument Coping Responses Inventory Adult Form (CRI-Adult)	The results show that in general students use various coping strategies to deal with stress problems, one of which is Problem Focused Coping (PFC) and also Emotion Focused Coping (EFC).
11.	2020 Agung Handalan, M., Herlina, & Hasanah, O.	Relationship between Knowledge and Coping Mechanisms to Bullying in School-Age Children	Student	Quantitative, Correlation research with cross-sectional approach	Based on the research results, it is known that: 1.) Knowledge about bullying is related to bullying actions 2.) There is no relationship between coping mechanisms and bullying actions
12.	2020 Angelia Friska Tandean	Stress and Coping Mechanism Among Profession Students of Klabat University	Student	This study uses a cross-sectional study methodology with a descriptive correlation design.	The research results show that most respondents 56.3% have mild stress and 100% use adaptive coping mechanisms.
13.	2020 Ihsan, Jalil, A., Dewi, Y., & Wahyuni, S.	Coping Mechanisms and Learning Achievement of Students Who Join and Do Not Join Organizations	Student	Quantitative, comparative research with a cross-sectional approach	Based on the research results, it is known that: 1.) There is no significant difference in coping mechanisms between students who join organizations and those who do not. 2.) There is a difference in learning achievement between students who join organizations and those who do not.
14.	2020 Marliyani, L., Mariyati, & Tamrin	The Relationship Between Bullying Incidents and Coping Mechanisms in Adolescents	Junior High School Students	Quantitative, descriptive correlation with cross-sectional approach	There is a relationship between bullying and coping mechanisms.
15.	2020 Rachmat Putro Ferdiawan,	Coping Strategies in Working Students	Data from electronic documents	The method in this research is a literature study.	Working and studying are two heavy roles that require a lot of sacrifice such as time, energy, and

	Santoso Tri Raharjo, Hadiyanto A. Rachim				finances. So, it causes stress. Therefore, individuals need effective coping strategies to be able to tolerate stressful situations.
16.	2021 Fathul Khoir, Tutur Kardiatur, Cici Ultari, Parliani, Lidia Hastuti	Body Shaming with Self-Esteem and Coping Mechanisms of Adolescents	Student	Quantitative research, descriptive correlation research design type, using cross-sectional research design, total sampling technique.	The majority of women experience body shaming in the form of skin color and the majority of men experience body shaming in the form of fat shaming and thin shaming with the same percentage.
17.	2020 Ihsan, Jalil, A., Dewi, Y., & Wahyuni, S.	Coping Mechanisms and Learning Achievement of Students Who Join and Do Not Join Organizations	Student	Quantitative, comparative research with a cross-sectional approach	Based on the research results, it is known that: 1.) There is no significant difference in coping mechanisms between students who join organizations and those who do not. 2.) There is a difference in learning achievement between students who join organizations and those who do not.
18.	2021 Irwansyah, M., Andayani, S. A., & Khotimah, H.	The Relationship between Social Support and Coping Mechanisms with Stress Levels of Students at the Nurul Paiton Islamic Boarding School, Probolinggo	Student	Quantitative, Analytical correlation with cross-sectional approach	Based on the research results, it is known that the more social support and adaptive coping mechanisms, the lower the stress level, and the less social support and maladaptive coping mechanisms, the higher the stress level.
19.	2021 Murfika, Hartati Bahar, Sitti Mikarna Kaimuddin	Self-Efficacy with Coping Strategies of Students Who Are Writing Their Thesis	Student	Quantitative methods using correlational design	The results showed that there was no relationship between self-efficacy variables and coping strategies in students who were writing their theses due to the presence of other variables that could not be controlled by the researcher.
20.	2021 Nurrahmasia, Emmy Amalia. Dian Puspita Sari	The Relationship Between Coping Mechanisms and Anxiety Scores in Facing Medical Skills Exams in Medical Education Study Program Students at the University of Mataram	Student	This study used a cross-sectional design.	Coping mechanism data were obtained using the Brief COPE instrument. The use of problem-focused coping was significantly associated with lower anxiety scores ($p=0.032$). There was no relationship between anxiety scores and skill test results.

21.	2022 Cahyani, R. D., Dewi, E. I., & K, E. H.	The Relationship between Self- Efficacy and Students' Coping Mechanisms in Facing Assignments at SMA Negeri 1 Jember	High School Students	Quantitative, Analytical correlation with cross-sectional approach	There is a relationship between self-efficacy and students' coping mechanisms in facing tasks
22.	2022 Khodijatus Surur, Fajar Kawuryan, Rr. Dwi Astuti	Coping with Stress in Mothers with Special Needs Children	Mother with special needs child	This study uses qualitative research with a phenomenological approach that refers to interviews and observations to collect data naturally.	The results of the study showed that the three informants had different stress-coping strategies.
23.	2022 Nita Astuti Suryana	Students Coping Strategies in Completing Final Assignments During the COVID-19 Pandemic	Student	This research uses a qualitative- descriptive approach.	Based on the research results and discussions that have been explained previously, researchers can conclude that final-year students who complete their theses during the COVID-19 pandemic tend to use both forms of coping, namely problem-focused coping and emotion-focused coping.
24.	2022 Nurul Laili	Model of Self- Defense Mechanism and Quality of Life in Post-Stroke Patients	Post-Stroke Patients at Amelia Pare Hospital	The type of research uses correlation, the research design is cross-sectional, and the population in this study is all post- stroke patients.	The relationship between the self- defense mechanism model and quality of life in post-stroke patients at Amelia Pare Hospital.
25.	2022 Velisia, Ririn, Agrina	Stress Levels and Coping Mechanisms of Adolescents in Prison	Juvenile detainees at Class II Pekanbaru Penitentiary.	The research is a simple descriptive research, sampling techniques using accidental sampling. Using the depression anxiety and stress scale questionnaire research instrument (DASS 42) and the COPE Brief questionnaire and using univariate analysis.	The majority of coping mechanisms used by adolescents in LKPA were emotion-focused coping, with as many as 23 respondents (51.1%), while those who used problem-focused coping were 22 respondents (48.9%).

RESULTS AND DISCUSSION

Psychology, academics, and careers are not something new because it has been widely carried out by academics, practitioners, and writers who have realized this in the form of theses, books, and journals. Coping mechanisms aim to overcome situations and demands that are felt to be pressing, challenging, burdensome, and exceed the resources owned. The coping resources owned by a person will influence the coping strategies that will be carried out in solving various problems.

Types of coping strategies According to Stuart and Sundeen (1991) there are two types of coping mechanisms carried out by individuals, namely problem-focused coping or problem-focused form of coping mechanism/direct action and emotion-focused coping (emotion-focused coping/palliative form). In coping mechanisms, there are two general steps taken to overcome problems, namely problem-based and emotion-based solving. In problem-based solving, individuals will observe the root cause of the problem to determine what the right action is for the problem at hand, while emotion-based solving, is done by reducing negative responses to things that cause problems and shifting focus to other things. The use of both is neither better nor worse but more appropriate or not.

Coping strategies proposed by Stuart and Sundeen (1991) and Lazarus and Folkman (1984) have several similarities, namely that in general, coping strategies are carried out in two ways, namely focusing on problems and focusing on emotions. Problem-focused coping according to Stuart and Sundeen (1991) can be done by confrontation and compromise, the same thing was said by Lazarus and Folkman (1984) that problem-focused coping can be done by confrontative and seeking social support. Both types of coping strategies have the same meaning. In addition to similarities, there are also differences between the two opinions, namely in problem-focused coping proposed by Stuart and Sundeen (1991) adding isolation and Lazarus and Folkman (1984) including playful problem solving, both of these coping strategies have opposite meanings.

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Research related to coping mechanisms in the last 9 years (2014-2022) shows mixed results about how coping mechanisms experienced by the community include coping mechanisms for social life, education, and physical and mental health. The impact of coping mechanisms experienced by individuals is the ability to adapt to the environment, the ability to accept pressure, and the ability to accept reality.

Coping mechanisms in social life play an important role in life, especially for people with different backgrounds. The form of coping mechanisms in social life is the individual's ability to adapt to the environment, interact, and reduce feelings of inferiority. Herman & Beni (2017) support the statement in their research showing that people who have coping mechanisms can adapt to the environment, have the belief that individuals can interact with other humans, and are able to adjust to environmental conditions.

Coping mechanisms in physical and mental health play an important role for individuals who experience events that affect physical conditions and circumstances beyond their control.

Nurul Laili (2022) explains in her research that there is a relationship between coping mechanisms and physical health events. Individuals who experience events can accept the situation and adapt well.

The tendency of self-defense mechanisms in the world of Indonesian education is seen from an academic perspective. Coping mechanisms in education are very important because they have a positive impact on students. Especially the Guidance and Counseling services that have been provided in the school environment. Thus, students who have coping mechanisms can adapt and accept the situation well. Students with coping mechanisms can adapt to the tasks given by the teacher well. Stefanus's research (2019) which supports this statement, shows that students can adapt to tasks by forming coping mechanisms that focus on problems and coping that focuses on emotions. Meanwhile, in Murfika's research (2021) on final semester students, students must make efforts to be able to overcome the various demands faced while compiling a thesis, this effort is usually called a coping strategy.

The benefits of implementing coping mechanisms in counselees are to be able to develop their defense mechanisms, be able to interact with society, not be inferior, and reduce fear in facing social life. They can adjust to their current situation. Research between 2014-2019, most of the research used quantitative descriptive methods with various types of data analysis of *Chi-Square* statistical tests, frequency distributions, statistical analysis, *Sperm Rank* (rho) correlation tests.

In addition, between 2020-2022, many studies still use quantitative methods with univariate data analysis (descriptive analysis), bivariate (analytical analysis), Pearson Product Moment, Mann-Whitney, Independent T-test, and Pearson Correlation.

In Tendean's (2020) study, the CRI-Adult Test was used to measure 8 different types of coping strategies, namely Logical Analysis (LA), Positive Reappraisal (PR), Seeking Guidance and Support (SG), Problem-Solving (PS), Cognitive Avoidance (CA), Acceptance or Resignation (AR), Seeking Alternative Rewards (SR), and Emotional Discharge (ED). The things studied in this study were the coping strategies used by Guidance and Counseling study program students in overcoming or handling stress when they work on and complete their final assignments.

Other Coping Strategies are also measured by the Coping Strategy Inventory (CSI) scale adapted from the Lazarus "Ways of Coping" questionnaire (Tobin, 2001). Coping strategies are strategies that lead to what individuals do to overcome stressful situations or demands that are emotionally burdensome (Folkman and Lazarus, 1984). Each individual has a variety of coping strategies and does not always give in to solutions to problems that cause stressful situations. Individuals carry out the process of coping with stress through the process of transactions with the environment, behaviorally and cognitively.

Coping strategies used by students can foster an optimistic attitude in students that they can reduce the stress that occurs (Blake & Vandiver, 1988), and can motivate and improve student skills (Ragheb & McKinney, 1993). This is in line with what Donaldson & Prinstein (2000) expressed that coping strategies can be beneficial for students and help them overcome the stress they experience.

The results of the study showed that the stages of developing a mature coping mechanism began with identifying problems, implementing guidance programs, to the evaluation stage which included spiritual, mental, and social guidance. The impact of the guidance carried out, namely, the counselee was able to develop coping mechanisms in the community in the field of work, was able to interact with the community, was not inferior, and reduced fear in facing social life (Beni, 2020).

CONCLUSION

Based on the results of the research that has been done, researchers can conclude that coping mechanisms have been widely discussed in the academic field, especially in the world of higher education in the last ten years of research. Although using methods that are generally the same, broad research subjects help to understand more about coping mechanisms heterogeneously. This study aims to be a guide for further research on coping mechanisms. It is hoped that coping mechanisms can be re-examined using more diverse methods and can be studied using other psychological variable methods.

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