

## ABSTRAK

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### **HUBUNGAN *SELF EFFICACY* DAN *COPING STRATEGY* PADA KARYAWAN USIA DEWASA AWAL YANG MENGALAMI PHK SELAMA MASA PANDEMIK COVID-19 DI JAKARTA.**

Penelitian ini mengangkat pembahasan mengenai hubungan *self efficacy* dan *coping strategy* pada individu *emerging adulthood* yang menganggur akibat mengalami PHK selama masa pandemik COVID-19. Penelitian ini di mulai karena angka pengangguran telah menjadi masalah sosial sejak awal masa pandemik COVID-19 di Indonesia. Berdasarkan data BPS, mayoritas pengangguran berusia 18 hingga 25 tahun yang mana individu pada usia ini berada pada tahapan *emerging adulthood*. Kedua variabel *self efficacy* dan *coping strategy* di ukur dengan kusioner *general self efficacy* yang terdiri dari 10 soal dan *ways of coping* yang terdiri dari 64 soal pertanyaan. Penyebaran kusioner dilakukan secara daring dan diikuti oleh 100 orang partisipan pengangguran *emerging adulthood* yang mengalam PHK selama masa pandemik COVID-19. Hasil penelitian menemukan terdapatnya hubungan antara *self efficacy* dan *emotion focused coping* dengan signifikansi sebesar .364 ( $p > .05$ ) dan terdapat hubungan antara *self efficacy* dan penggunaan *problem focused coping* .440 ( $p > .05$ ). Terdapatnya hubungan korelasi antara *self efficacy* dan penggunaan *coping strategy* menunjukkan bahwa hipotesis alternatif diterima dan hipotesis nul ditolak. Secara praktis penelitian ini bermanfaat bagi karyawan usia dewasa awal untuk dapat memahami *coping strategy* yang tepat dalam menghadapi stress dan secara teoritis penelitian ini di harapkan dapat bermanfaat bagi pengembangan penelitian selanjutnya terkait *coping strategy* dan *self efficacy* pada kalangan individu *emerging adulthood*.

Kata kunci :

*Self efficacy*, *Emotion focused coping*, *Problem focused coping*, *Coping strategy*, *Emerging adulthood*, karyawan, Pandemi, COVID-19.

## ABSTRACT

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### ***THE RELATIONSHIP OF SELF EFFICACY AND COPING STRATEGY IN EARLY ADULT EMPLOYEES WHO EXPERIENCED PHONE DURING THE COVID-19 PANDEMIC IN JAKARTA.***

*This study discusses the relationship between self-efficacy and coping strategies in unemployed emerging adulthood individuals due to having been laid off during the COVID-19 pandemic. This research was started because the unemployment rate has become a social problem since the beginning of the COVID-19 pandemic in Indonesia. Based on BPS data, the majority of unemployed are aged 18 to 25 years, where individuals at this age are at the stage of emerging adulthood. Both self-efficacy and coping strategy variables were measured by a general self-efficacy questionnaire consisting of 10 questions and ways of coping consisting of 64 questions. The questionnaire was distributed online and was attended by 100 emerging adulthood unemployed participants who had been laid off during the COVID-19 pandemic. The results of the study found that there was a relationship between self-efficacy and emotion focused coping with a significance of .364 ( $p > .05$ ) and there was a relationship between self-efficacy and the use of problem focused coping .440 ( $p > .05$ ). The existence of a correlation between self-efficacy and the use of coping strategies shows that the alternative hypothesis is accepted and the null hypothesis is rejected. Practically, this research is useful for early adult employees to be able to understand appropriate coping strategies in dealing with stress and theoretically this research is expected to be useful for the development of further research related to coping strategies and self-efficacy among emerging adulthood individuals.*

*Keywords:*

*Self efficacy, Emotion focused coping, Problem focused coping, Coping strategy, Emerging adulthood, karyawan, Pandemi, COVID-19.*