

## KATA PENGANTAR

Puji syukur kepada Tuhan yang Maha Esa atas segala berkat yang telah diberikan-Nya, sehingga Tugas Akhir ini dapat diselesaikan.

Tugas Akhir dengan judul *“Relationship between Coping Strategies and Psychological Well-being of Adolescents with Divorced Parents.”* ini ditujukan untuk memenuhi sebagian persyaratan akademik guna memperoleh gelar Sarjana Psikologi Strata Satu, Universitas Pelita Harapan, Tangerang.

Penulis menyadari bahwa tanpa bimbingan, bantuan, dan doa dari berbagai pihak, Tugas Akhir ini tidak akan dapat diselesaikan tepat pada waktunya. Oleh karena itu, penulis mengucapkan terima kasih yang sebesar-besarnya kepada semua pihak yang telah membantu dalam proses pengerjaan Tugas Akhir ini, yaitu kepada:

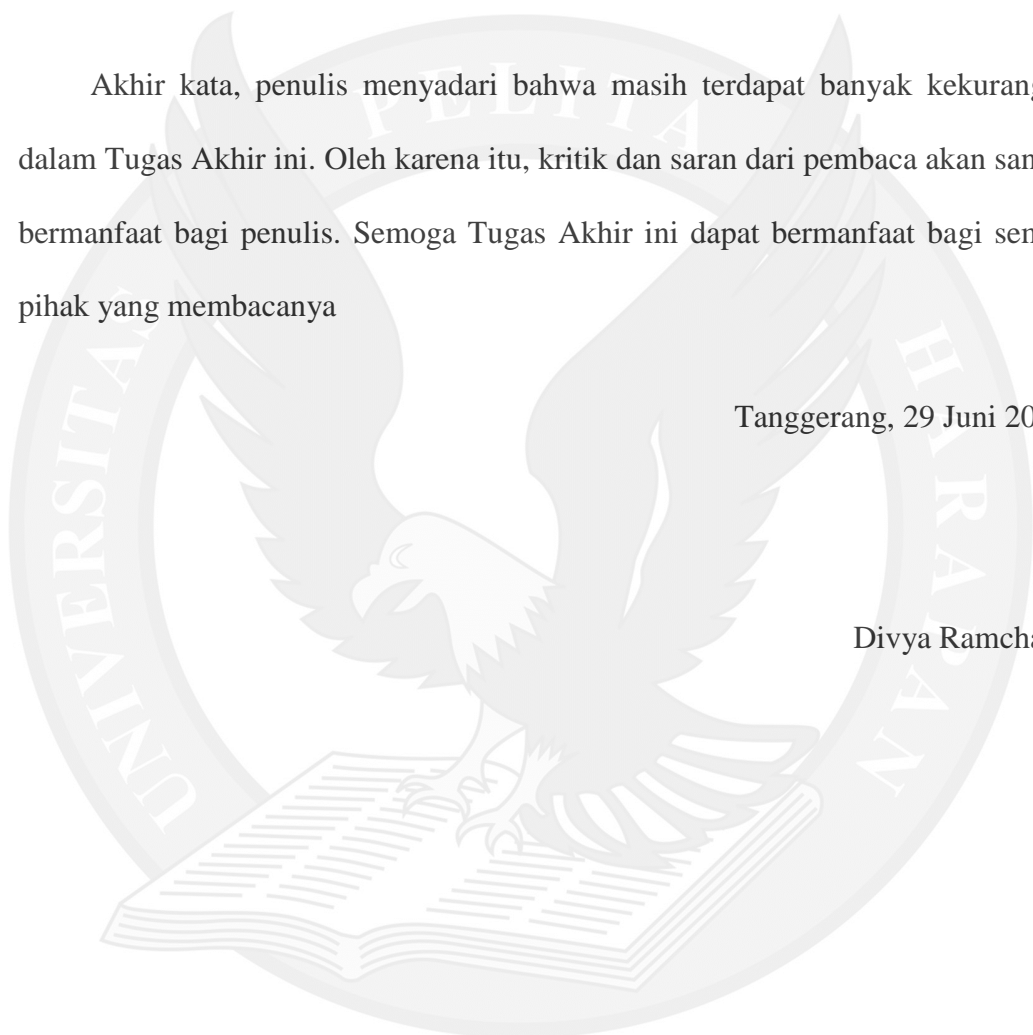
1. Bapak Yonathan Aditya, Ph. D., selaku Dekan Fakultas Psikologi Universitas Pelita Harapan.
2. Ibu Ruth Sumule, S. Psi., M. A., selaku Ketua Program Studi sekaligus Dosen Pembimbing Utama yang telah memberikan waktu, perhatian dan tenaganya untuk membantu menyelesaikan skripsi ini.
3. Mira Damayanti, M. Psi., selaku Co- Pembimbing yang telah memberikan bimbingan dan banyak memberikan masukan kepada penulis.
4. Seluruh dosen dan staff Fakultas Psikologi Universitas Pelita Harapan.

5. Seluruh anggota keluarga yaitu Mama dan Aneshya yang senantiasa memberikan dukungan dan doa pada penulis.
6. Seluruh pihak yang ikut serta dalam pemberian dukungan dalam mengerjakan skripsi ini.

Akhir kata, penulis menyadari bahwa masih terdapat banyak kekurangan dalam Tugas Akhir ini. Oleh karena itu, kritik dan saran dari pembaca akan sangat bermanfaat bagi penulis. Semoga Tugas Akhir ini dapat bermanfaat bagi semua pihak yang membacanya

Tangerang, 29 Juni 2015.

Divya Ramchand



## TABLE OF CONTENTS

Page

<b>COVER PAGE</b>	
<b>PERYATAAN KEASLIAN TUGAS AKHIR</b>	
<b>PERSETUJUAN DOSEN PEMBIMBING</b>	
<b>PERSETUJUAN TIM PENGUJI TUGAS AKHIR</b>	
<b>ABSTRACT</b> .....	v
<b>KATA PENGANTAR</b> .....	vi
<b>TABLE OF CONTENTS</b> .....	vii
<b>LIST OF DIAGRAMS</b> .....	viii
<b>LIST OF TABLES</b> .....	x
<b>LIST OF ATTACHMENTS</b> .....	vi
<b>CHAPTER I</b>	<b>INTRODUCTION</b>
1.1 Background information .....	1
1.2 Research Problem .....	1Error! Bookmark not defined.
1.3 Purpose of Research.....	1Error! Bookmark not defined.
1.4 Benefit of Research.....	13
<b>CHAPTER II</b>	<b>THEORETICAL FRAMEWORK</b>
2.1 Psychological Well-being .....	14
2.1.1 Definition of Psychological well-being.....	14
2.1.2 Formation of dynamics that construct psychological well-being.....	15
2.1.3 Dimensions of Psychological well-being.....	17
2.1.4 Factors influencing Psychological well-being.....	18
2.1.5 Development of Psychological well-being in Adolescents.....	19

2.2	Coping Strategies .....	21
2.2.1	Defining Coping Strategies .....	21
2.2.2	Types of Coping Strategies .....	21
2.2.3	Dimensions of Coping Strategies .....	23
2.3	Adolescents .....	26
2.3.1	Developmental tasks of Adolescents .....	28
2.4	Family .....	29
2.4.1	Family Structure .....	29
2.5	Divorce.....	<b>Error! Bookmark not defined.</b> 0
2.5.1	Causes of Divorce .....	31
2.5.2	Positive effects of Divorce .....	32
2.5.3	Negative effects of Divorce .....	34
2.5.4	Characteristics of Children of Divorce .....	36
2.6	Stressors .....	40
2.7	Conception .....	42
2.8	Hypothesis.....	46
 <b>CHAPTER III RESEARCH METHODOLOGY</b>		
3.1	Research Design.....	50
3.2	Sample and Population .....	50
3.2.1	Population.....	50
3.2.2	Sample.....	51
3.3	Operational Definitions.....	51
3.4	Research Procedure.....	52

3.4.1 Preparation.....	52
3.4.2 Data Collection.....	52
3.4.3 Data Report.....	53
3.5 Data Management .....	53
3.6 Measuring Instruments.....	54
<b>CHAPTER IV ANALYSIS AND DISCUSSION</b>	
4.1 Analysis Results.....	58
4.1.1 Analysis of Demographic data.....	58
4.1.1.1 Gender.....	58
4.1.1.2 Age.....	59
4.1.1.3 Religion.....	59
4.1.1.4 Living Arrangement.....	60
4.2 Analysis of Descriptive Variables.....	60
4.3 Analysis of Normality Test.....	62
4.4 Relationship Analysis and Hypothesis testing.....	63
4.5 Analysis of Correlation Test.....	<b>6Error! Bookmark not defined.</b>
4.6 Additional Analysis .....	68
4.1.6.1 Difference in Psychological well-being according to demographic data.....	69
4.1.6.2 Correlation between dimensions of coping strategies and dimensions of psychological well-being.....	70
4.2 Discussion .....	71

**CHAPTER V CONCLUSION AND SUGGESTIONS**

5.1 Conclusion ..... 85

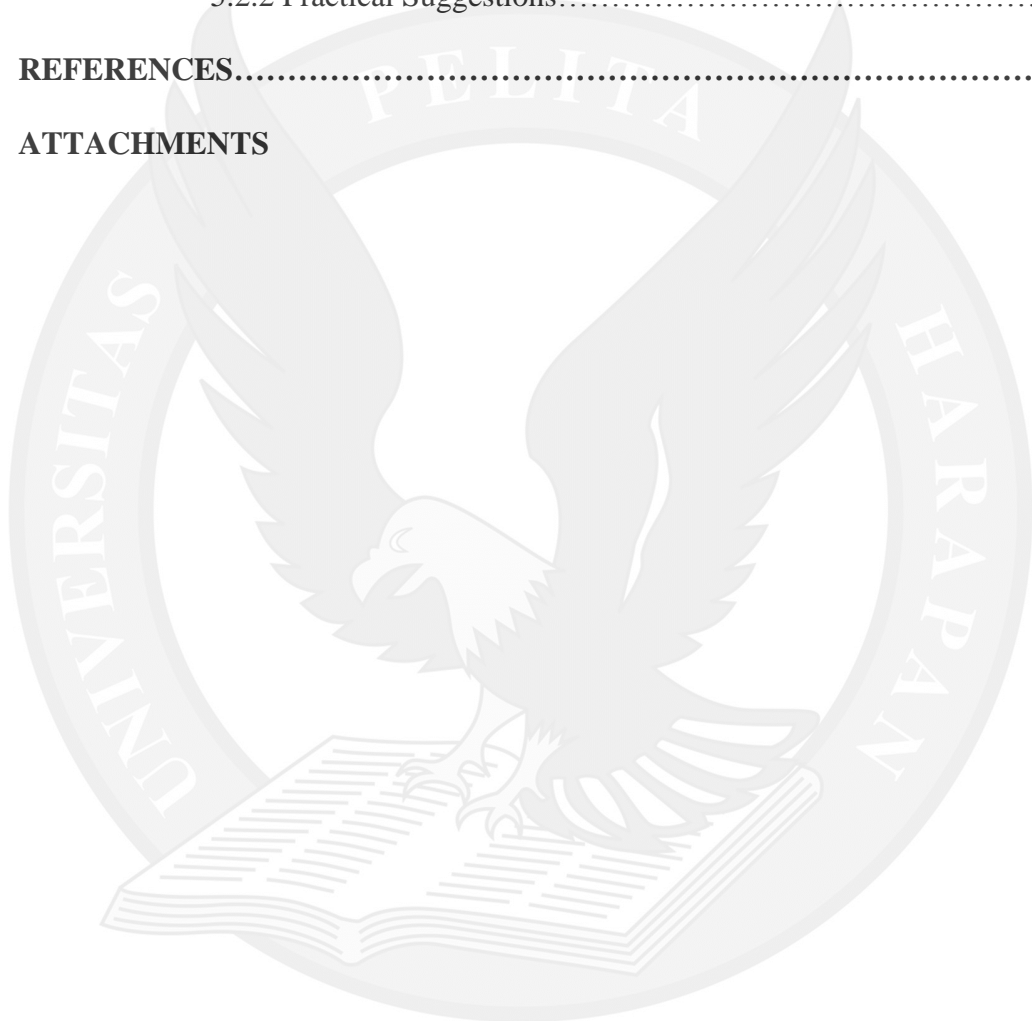
5.2 Suggestions ..... 86

    5.2.1 Theoretical Suggestions.....86

    5.2.2 Practical Suggestions.....87

**REFERENCES.....89**

**ATTACHMENTS**



## LIST OF DIAGRAMS

	Page
<b>Diagram 2.2.3</b> .....	23
<b>Diagram 2.7</b> .....	42



## LIST OF TABLES

Table 3.6.1 Blueprint of the questionnaire before validity and reliability.....	55
Table 3.6.2 Blueprint of the questionnaire before validity and reliability test.....	56
Table 3.6.3 Result of validity and reliability test on Ryff's psychological well-being.....	57
Table 4.1.1.1 Analysis of Gender.....	58
Table 4.1.1.2 Analysis of Age.....	59
Table 4.1.1.3 Analysis of Religion.....	59
Table 4.1.1.4 Analysis of Living arrangements.....	60
Table 4.1.2 Variable Coping strategies (Independent Variable).....	61
Table 4.1.2 Variable of Psychological well-being (Dependent Variable).....	61
Table 4.1.3 Hypothesis of Normality Test.....	62
Table 4.1.5.1 Results of the correlation test between the dimensions of coping strategies and psychological well-being.....	63
Table 4.1.5.2 Results of the fourteen hypothesis of the research.....	64
Table 4.1.6.2 Correlation between dimensions of coping strategies and dimensions of psychological well-being .....	70



## LIST OF ATTACHMENTS

	Page
<b>ATTACHMENT A</b>	
ABSTRACT.....	A
<b>ATTACHMENT B</b>	
B.1 Informed consent.....	B
B.1.1 Ryff's Scale of Psychological well-being .....	B
B.1.2 Brief Cope Scale.....	B
B.2 Demographic Data.....	B
B.3 Questionnaire .....	C
B.1.1 Ryff's Scale of Psychological well-being .....	C
B.1.2 Brief Cope Scale.....	E
<b>ATTACHMENT C</b>	
C.1 Validity and Reliability test.....	G
C.1.1Autonomy .....	G
C.1.2 Environmental Mastery .....	H
C.1.1 Personal Growth.....	H
C.1.2 Positive Relations.....	H
C.1.1 Purpose in life.....	I
C.1.2 Self- acceptance.....	I
C.2 Coping Strategies .....	G
C.2.1Active coping .....	J
C.2.2 Planning.....	K
C.2.3 Positive reframing .....	K
C.2.4 Acceptance .....	L
C.2.5 Humor.....	L
C.2.6 Religion .....	M
C.2.7 Seeking for emotional support .....	M
C.2.8 Seeking for instrumental support .....	N
C.2.9 Self-distraction .....	N
C.2.10 Denial .....	O

C.2.11 Venting of emotions .....	O
C.2.12 Substance use .....	P
C.2.13 Behavioral disengagements.....	P
C.2.14 Self-blame .....	Q

**ATTACHMENT D**

D.1 Normality test.....	R
D.2 Spearman’s Rho correlation test .....	R
D.2.1 PWB and Active coping.....	R
D.2.2 PWB and Planning .....	S
D.2.3 PWB and Positive reframing.....	S
D.2.4 PWB and Acceptance.....	S
D.2.5 PWB and Humor .....	T
D.2.6 PWB and Religion .....	T
D.2.7 PWB and Seeking for emotional support.....	T
D.2.8 PWB and Seeking for instrumental support.....	U
D.2.9 PWB and Self-distraction.....	U
D.2.10 PWB and Denial.....	U
D.2.11 PWB and Venting of emotions .....	U
D.2.12 PWB and Substance use.....	V
D.2.13 PWB and Behavioral disengagements .....	V
D.2.14 PWB and Self-blame.....	V
D.3 Correlation between dimensions of coping strategies and dimensions of psychological well-being .....	W

**ATTACHMENT E**

E.1 Analysis of Descriptive data.....	Y
E.1.1 Gender .....	Y
E.1.2 Age .....	Y
E.1.3 Living arrangements.....	Z
E.1.4 Number of siblings .....	AA
E.1.5 Religion .....	BB