

## **Abstrak**

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Skripsi, Agustus 2022  
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Hubungan *Self Efficacy* dan Ideal Diri dengan *Coping Stres* pada Siswa di SMKN 1 Pujer.

xv + 66 hal + 17 tabel + 1 bagan + 12 lampiran

### Abstrak

*Self efficacy* merupakan penilaian terhadap kemampuan diri seseorang dan juga harapan yang dipelajari oleh seseorang bahwa dirinya mampu melakukan suatu. Kemampuan siswa dalam melakukan suatu perilaku juga dipengaruhi oleh ideal diri. Tujuan penelitian adalah mengetahui hubungan *self efficacy* dan idela diri dengan *coping stres* pada siswa di SMKN 1 Pujer. Penelitian ini menggunakan penelitian kuantitatif dengan pendekatan *crossectional*. Populasi pada penelitian ini siswa kelas 12 SMKN 1 Pujer dengan jumlah sampel 109 responden. Menggunakan teknik *simple random sampling* dengan Instrumen skala Likert. Analisis Bivariat uji *chi-square*. Pada penelitian ini didapatkan hasil  $\rho$  value 0,000 dimana  $\alpha \leq 0,05$  sehingga  $H_0$  ditolak, yang artinya terdapat hubungan yang signifikan antara *Self Eficacy* dan Ideal Diri dengan *Coping Stres* Siswa SMKN 1 Pujer. Berdasarkan hasil penelitian diketahui bahwa sebagian besar ditemukan bahwa responden memiliki *self efficacy* dan ideal diri negatif dengan *coping stres* negatif, sehingga terdapat hubungan *self efficacy* dan ideal diri dengan *coping stres* siswa di SMKN 1 Pujer. Penggunaan coping stres yang baik dalam situasi yang tepat agar dapat menyelesaikan suatu masalah atau tekanan yang dihadapi dengan cara meningkatkan *self efficacy* dan ideal diri agar membantu sisa dalam mengelola stres.

**Kata Kunci :** *Self Efficacy*, Ideal Diri, *Coping stres*, siswa SMK.

**Abstract**

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*Thesis, August 2022*

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*Relationship between Self Efficacy and Ideal Self with Coping Stress in Students at SMKN 1 Pujer.*

*xv + 66 pages + 17 tables + 1 drawing + 12 appendices*

**Abstract**

*Self-efficacy is an assessment of one's own abilities and also the expectations learned by a person that he is able to perform a behavior or produce something that is expected in certain situations. The ability of students to perform a behavior is also influenced by the ideal self. The purpose of the study was to determine the relationship between self-efficacy and self-ideal with coping with stress in students at SMKN 1 Pujer. This study uses quantitative research with a cross-sectional approach. The population in this study was the 12th grade students of SMKN 1 Pujer with a total sample of 109 respondents. Using a simple random sampling technique with a Likert scale instrument. Bivariate analysis of chi-square test. in this study, the results obtained value 0.000 where 0.05 so that H0 was rejected, which means that there is a significant relationship between Self-Efficacy and Self-Ideal with Stress Coping in SMKN 1 Pujer. Based on the results of the study, it was found that most of the respondents had negative self-efficacy and ideal self with negative stress coping, so that there was a relationship between self-efficacy and self-ideal with stress coping of students at SMKN 1 Pujer. The use of good stress coping in the right situation in order to solve a problem or pressure faced by increasing self-efficacy and self-ideal in order to help the rest in managing stress.*

**Keywords:** *Self Efficacy, Ideal Self, Coping stress, SMK students.*