

ABSTRAK

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER
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Hubungan Manajemen Stres Dengan Rasa Percaya Diri Santri Pada Kegiatan *Muhadoroh* Di Pondok Pesantren Al Ishlah Jenggawah

xiv + 112 hal + 13 tabel + 3 gambar + 9 lampiran

Abstrak

Kegiatan muhadoroh di pondok pesantren bertujuan melatih kemampuan berbicara di depan umum sekaligus membentuk karakter santri. Namun, kegiatan ini juga dapat menjadi stresor yang memengaruhi rasa percaya diri apabila santri belum mampu mengelola stres secara adaptif. Penelitian ini bertujuan menganalisis hubungan manajemen stres dengan rasa percaya diri santri pada kegiatan muhadoroh di Pondok Pesantren Al Ishlah Jenggawah. Penelitian ini menggunakan desain kuantitatif korelasional dengan pendekatan *cross-sectional*. Populasi sekaligus sampel berjumlah 89 santri kelas VIII yang dipilih menggunakan teknik *probability sampling* melalui *total sampling*. Data dikumpulkan menggunakan kuesioner *The Brief COPE* untuk mengukur manajemen stres dan *GSES-12* untuk mengukur rasa percaya diri. Analisis data dilakukan menggunakan uji korelasi Spearman rho dengan tingkat signifikansi 0,05. Sebagian besar responden memiliki manajemen stres kategori sedang sebanyak 76 santri (85,4%), sedangkan rasa percaya diri didominasi kategori sedang sebanyak 43 santri (48,3%). Hasil uji Spearman rho menunjukkan terdapat hubungan yang signifikan antara manajemen stres dan rasa percaya diri ($p=0,000$; $r=0,439$), dengan kekuatan korelasi sedang dan arah hubungan positif. Semakin baik manajemen stres, semakin tinggi rasa percaya diri santri dalam mengikuti kegiatan muhadoroh. Manajemen stres berhubungan positif dengan rasa percaya diri santri pada kegiatan muhadoroh. Penguatan kemampuan manajemen stres melalui program pembinaan kesehatan mental di lingkungan pesantren diharapkan dapat meningkatkan rasa percaya diri santri dalam berbicara di depan umum.

Kata Kunci : Manajemen Stres, Rasa Percaya Diri, *Muhadoroh*

Daftar Pustaka : 46 (2021-2025)

ABSTRACT

Abstract

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The Relationship Between Stress Management and Self-Confidence Among Islamic Boarding School Students During Muhadoroh Activities at Al Ishlah Islamic Boarding School, Jenggawah

xiv + 112 pages + 13 tables + 3 figures + 9 appendices

Abstract

Muhadoroh activities in Islamic boarding schools are intended to develop public speaking skills while fostering students' character. However, these activities may also become a source of stress that affects students' self-confidence if they are unable to manage stress adaptively. This study aimed to analyze the relationship between stress management and self-confidence among students during muhadoroh activities at Al Ishlah Islamic Boarding School, Jenggawah. This study employed a quantitative correlational design with a cross-sectional approach. The population and sample consisted of 89 eighth-grade students selected using probability sampling with a total sampling technique. Data were collected using the Brief COPE questionnaire to measure stress management and the General Self-Efficacy Scale-12 (GSES-12) to assess self-confidence. Data were analyzed using Spearman's rho correlation test with a significance level of 0.05. The results showed that most respondents had a moderate level of stress management (76 students; 85.4%), while self-confidence was predominantly at a moderate level (43 students; 48.3%). Spearman's rho test revealed a significant positive correlation between stress management and self-confidence ($p = 0.000$; $r = 0.439$), indicating a moderate correlation strength. Better stress management was associated with higher self-confidence during muhadoroh activities. Therefore, strengthening stress management skills through mental health development programs in Islamic boarding schools is expected to enhance students' self-confidence in public speaking.

Keywords: *Stress Management, Self-Confidence, Muhadoroh*

References: *46 (2021–2025)*