

## Abstrak

Mahasiswa yang lulus cepat (3,5 tahun) dan mendapat nilai *cumlaude* dapat dikatakan masih sedikit, begitu juga pada Fakultas Psikologi UIN Bandung. Keterlambatan waktu pengerjaan skripsi berdampak pada waktu kelulusan sehingga menjadi tuntutan tersendiri dalam menyelesaikan skripsi. Tuntutan yang tidak terkendali akan menjadi sumber stres sehingga perlu cara untuk menanggapi stres dengan baik. Atribut *coping stress* akan berperan dalam keberhasilan menyelesaikan tuntutan tersebut. Atribut *adversity quotient* dan *hope* pada penelitian ini dijadikan variabel bebas yang dikaitkan dengan *coping stress*. Tujuan penelitian ini untuk mengetahui apakah ada pengaruh *adversity quotient* dan *hope* terhadap *coping stress* pada penulis skripsi di Fakultas Psikologi UIN Bandung. Penelitian ini merupakan penelitian kuantitatif dengan desain penelitian prediktif/kausalitas dengan menggunakan analisis regresi linier berganda. Subjek sebanyak 205 penulis skripsi semester 7-13. Hasil penelitian menunjukkan bahwa hipotesis diterima yang menyatakan adanya pengaruh *adversity quotient* dan *hope* terhadap *coping stress* pada penulis skripsi di Fakultas Psikologi UIN Bandung baik secara parsial maupun simultan, dengan kuat pengaruh moderat sebesar 38% terhadap *problem-focused coping* dan 46% terhadap *emotion-focused coping*. Dinyatakan variabel bebas mampu memberikan pengaruh yang bersifat positif artinya jika *adversity quotient* dan *hope* meningkat maka *coping stress* baik *problem-focused coping* maupun *emotion-focused coping* juga akan meningkat. Penulis skripsi dapat mengatasi stres dengan meningkatkan daya juang dan harapan.

**Kata Kunci :** *adversity quotient, hope, coping stress, penulis skripsi*



## **Abstract**

*Students who graduate fast (3.5 years) and get cum laude scores can be said to be still few, as well as at the Faculty of Psychology UIN Bandung. The delay in the thesis work has an impact on the time of graduation so that it becomes a separate requirement in completing the thesis. Uncontrolled demands will be a source of stress so we need a way to respond to stress well. Coping stress attributes will play a role in the success of completing these demands. The adversity quotient and hope attributes in this study were used as independent variables associated with coping stress. The purpose of this study was to determine whether there is an influence of adversity quotient and hope on coping stress in thesis writers at the Faculty of Psychology, UIN Bandung. This research is a quantitative research with a predictive or causality research design using multiple linear regression analysis. Subjects were 205 semester 7-13 thesis writers. The results showed that the hypothesis was accepted which stated that there was an influence of adversity quotient and hope on coping stress in thesis writers at the Faculty of Psychology UIN Bandung both partially and simultaneously, with a strong moderate effect of 38% on problem-focused coping and 46% on emotion-focused coping. It is stated that the independent variables are able to have a positive influence, meaning that if the adversity quotient and hope increase, coping stress, both problem-focused coping and emotion-focused coping will also increase. Thesis writer can overcome stress by increasing fighting spirit and hope.*

**Keywords:** *adversity quotient, hope, stress coping, thesis writer*

