#### Tabel 1.1

**Data Deskriptif *Coping Stress***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Descriptive Statistics** | | | | | |
|  | N | Minimum | Maximum | Mean | Std. Deviation |
| Copping Stress | 100 | 128.00 | 172.00 | 148.6400 | 8.54757 |
| Aspek Emotion FC | 100 | 85.00 | 122.00 | 102.7600 | 7.12531 |
| Aspek PFC | 100 | 38.00 | 55.00 | 45.8800 | 3.61892 |
| Valid N (listwise) | 100 |  |  |  |  |

#### Tabel 1.2

***Coping Stress* Ditinjau dari Jenis Kelamin**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Kategori** | **Laki Laki** |  | **Perempuan** | |
| **Frekuensi** | **%** | **Frekuensi** | **%** |
| *Emotion Focused*  *Coping* | 25 | 39% | 30 | 83% |
| *Problem Focused*  *Coping* | 39 | 61% | 6 | 17% |
| **Total** | **64** | **100%** | **36** | **100%** |

|  |  |  |
| --- | --- | --- |
| **Aspek** | **Jumlah** | |
| **Frek** | **%** |
| *Seeking Social Emotional Support* | 13 | 16,6 |
| *Distancing* | 7 | 14,6 |
| *Escaping / Avoidance* | 24 | 16,8 |
| *Self Control* | 15 | 16,5 |
| *Accepting Responsibility* | 21 | 17,7 |
| *Positif Reappraisal* | 20 | 17,8 |
| **Jumlah** | **100** | **100%** |

#### Tabel 1.4

***Coping Stress* Aspek *Emotion Focused Coping* Ditinjau dari Jenis Kelamin**

|  |  |  |  |
| --- | --- | --- | --- |
|  | ***Emotion Focused Coping*** | **Frek** | **%** |
|  | *Seeking Social Emotional Support* (Mencari Dukungan Sosial Bersifat Emosional) | 3 | 14,09 |
|  | *Distancing* (Menjauh) | 5 | 14,69 |
| **Laki Laki** | *Escape atau Avoidance* (Melarikan Diri atau  Menghindar) | 20 | 19,36 |
|  | *Self Control* (Kontrol Diri) | 10 | 16,64 |
|  | *Accepting Responsibility* (Penerimaan  Tanggung Jawab) | 12 | 17,39 |
|  | *Positive Reappraisal* (Penilaian Kembali Secara  Positif) | 14 | 18 |
|  | **Total** | **64** | **100** |
|  | *Seeking Social Emotional Support* (Mencari Dukungan Sosial Bersifat Emosional) | 10 | 19,13 |
|  | *Distancing* (Menjauh) | 4 | 14,56 |
| **Perempuan** | *Escape atau Avoidance* (Melarikan Diri atau  Menghindar) | 2 | 14,28 |
|  | *Self Control* (Kontrol Diri) | 5 | 16,42 |
|  | *Accepting Responsibility* (Penerimaan Tanggung Jawab) | 9 | 18 |
|  | *Positive Reappraisal* (Penilaian Kembali Secara Positif) | 6 | 17,63 |
|  | **Total** | **36** | **100** |

#### Tabel 1.5

##### ***Coping Stress* Aspek *Problem Focused Coping***

|  |  |  |
| --- | --- | --- |
|  | **Jumlah** | |
| **Aspek** |
|  | **Frek** | **%** |
| *Seeking Social Support* | 45 | 35,4 |
| *Confrontative* | 15 | 29,3 |
| *Planful Problem Solving* | 40 | 35,3 |
| **Jumlah** | **100** | **100%** |

#### Tabel 1.6

##### **Coping Stress Aspek Problem Focused Coping Ditinjau dari Jenis Kelamin**

|  |  |  |  |
| --- | --- | --- | --- |
| **Jenis Kelamin** | ***Problem Focused Coping*** | **Frek** | **%** |
|  | *Seeking Social Support* (Pencarian Dukungan  Sosial) | 25 | 34,49 |
| **Laki Laki** | *Confrontative* (Konfrontasi) | 9 | 29,56 |
|  | *Planful Problem Solving* (Perencanaan  Penyelesaian Masalah) | 30 | 36 |
|  | **Total** | **64** | **100** |
| **Perempuan** | *Seeking Social Support* (Pencarian Dukungan  Sosial) | 20 | 36,3 |
|  | *Confrontative (Konfrontasi)* | 6 | 29 |
|  | *Planful Problem Solving (Perencanaan*  *Penyelesaian Masalah)* | 10 | 34,76 |
|  | **Total** | **36** | **100** |