

Optimism with Coping Stress in Nomads College Students

Puspa Setyaningrum Weny¹, M. Dinah Charlota Lerik², M. K. P. Abdi Keraf³

^{1,2,3}Department of Psychology, University of Nusa Cendana

e-mail: ¹puspa023ningrum@gmail.com, ²mdinah.lerik@staf.undana.ac.id,

³mcharryt4s@yahoo.com

Abstract. Nomad students as foreigners from different environments are required to be able to adapt to their new environment, which can be a source of stress. Individuals who experience stress will be encouraged to do coping. Individuals who have an optimistic attitude tend to see problems as natural and can solve their problems. The purpose of this study was to determine the relationship between optimism and coping stress in nomad students of The Primary School Teacher Education Department of the University of Muhammadiyah Kupang. The sampling technique used convenience sampling with a total sample of 92 people. Data analysis in this study used Pearson product-moment correlation analysis. The result got 0,238 and $p = 0,022$ indicates that there is a positive relationship between optimism and coping stress in nomad students in The Primary School Teacher Education Department of the University of Muhammadiyah Kupang.

Keywords: *coping stress, nomad students, optimism*

Abstrak. Mahasiswa perantau sebagai pendatang dari lingkungan yang berbeda dituntut untuk dapat menenysuaikan diri dengan lingkungan barunya, dapat menjadi sumber stress. Individu yang mengalami keadaan stress akan terdorong melakukan coping. Individu yang memiliki sikap optimisme cenderung melihat masalah sebagai hal yang biasa dan dapat menyelesaikan masalahnya. Tujuan penelitian ini untuk mengetahui hubungan antara optimisme dengan coping stress pada mahasiswa perantau Program Studi Pendidikan Guru Sekolah Dasar Universitas Muhammadiyah Kupang. Metode dalam penarikan sampel menggunakan *convenience* sampling dan jumlah sampel dalam penelitian ini berjumlah 92 orang. Analisis data dalam penelitian ini menggunakan korelasi Pearson Product Moment. Hasil dari uji hipotesis yang dilakukan mendapat hasil r sebesar 0,238 dan $p = 0,022$ menunjukkan bahwa terdapat hubungan positif antara optimisme dengan coping stress pada mahasiswa perantau di Program Studi Pendidikan Guru Sekolah Dasar Universitas Muhammadiyah Kupang.

Kata kunci: *Mengatasi Stress, Mahasiswa Perantau, Optimisme*

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Introduction

Nomad students have become usual. Nomad students are young people who continue their education outside of their areas of residence and birth to get better education services and quality education compared to their home area (Saputri, Rahman & Kurniadewi, 2012). For example, this phenomenon can be seen in universities in Kupang, where many students come from outside the region. The pressure to adapt to the many changes that going on can be the beginning of stress for nomad students. Stress can gradually trigger a sense of loneliness due to separation from parents, relatives, and friends, and also bring a feeling of being excluded from new friends for fear that there will be differences in economic strata (Saputri, Rahman & Kurniadewi, 2012). According to Nevid & Rathus (2003), stress is pressure experienced by an individual so that they can do adaptations.

As stated by Greenberg (Lubis et al, 2015) when an individual is faced with a stressful situation, the individual is stimulated to perform coping behaviors. Carr (2004) says that coping is an attempt to manage a situation in which there is a perceived difference between stressful demands and the available ability to meet those demands.

Factors that influence individuals to cope are creating a positive view (Lazarus and Folkman, 1984), such as finding problem-solving to get the best result without fear of failure, and this positive view expresses the same meaning as optimism (Ginting in Kurniawan, Priyatama and Karyanta, 2015). Seligman (2002) states that optimism is the belief that bad events are seen as temporary, do not affect other activities, and are not caused by the individual but can be from circumstances or other people.

As a student, having an optimistic outlook is important. Research conducted by Brissette, Scheier, and Carver (2002) on first-semester students, shows that optimistic students have a good adjustment to stressful events. Interview conducted with five nomad students in the Primary School Teacher Education Study Program at the University of Muhammadiyah Kupang that they do feel pressured when got a lot of assignments, financial problems, and tuition fees. The purpose of this study was to determine the relationship between optimism and coping stress in nomad students of The Primary School Teacher Education Department of the University of Muhammadiyah Kupang.

Method

This study uses a quantitative approach, where in analyzing research data a lot of numbers are processed by statistical methods (Arikunto, 2013). The data was obtained, collected, and analyzed in the form of numbers in the final result. The research method used is correlational. This research was conducted on students ages 17 to 25 who are active students from the Primary School Teacher Education Study Program at the University of Muhammadiyah Kupang, coming from outside Kupang City and living in dormitories or boarding houses. Data were collected by using Google Form and through a data cleansing process according to the criteria.

The population in this study was 126 students from the Primary School Teacher Education Study Program at the University of Muhammadiyah Kupang. The sampling process in this study used the *Krejcie Morgan* table and get 92 students for the sample. The sampling technique used was convenience sampling. Convenience sampling is a sampling technique based on the availability of the subject and the ease of obtaining and providing the information needed (Sarwono, 2012).

The data collected in this research uses two scales, The Brief Cope scale by Carver (1997) to measure coping stress in students and the optimism scale made by the author based on the aspects of optimism, permanence, pervasiveness, and personalization. Data processing in this study uses the Pearson product-moment correlation technique with the help of the SPSS for Windows version 16.0.

Result

Table 1. *Categorization of Optimism*

Category	Frequency	Percentage
Low	14	15,2%
Moderate	49	53,3%
High	29	31,5%
Total	92	100%

The level of optimism in the nomad students from the Primary School Teacher Education Study Program, Muhammadiyah University of Kupang, which was in the low

category is 14 people (15,2%), the moderate category with 49 people (53,3%) and 29 people (31,5%) in the high category.

Table 2. *Categorization of Coping Stress*

Category	Frequency	Percentage
Low	9	9,8%
Moderate	62	67,4%
High	21	22,8%
Total	92	100%

The level of coping with stress in nomad students from the Primary School Teacher Education Study Program, at the Muhammadiyah University of Kupang was in the low category with 9 people (9,8%), the moderate category with as many as 62 people (67,4%) and 21 people (22,8%) in the high category.

Table 3. *Hypothesis test*

Correlations			
		opti	cope
Optimism	Pearson Correlation	1	.238*
	Sig. (2-tailed)		.022
	N	92	92
Coping stress	Pearson Correlation	.238*	1
	Sig. (2-tailed)	.022	
	N	92	92

*. Correlation is significant at the 0.05 level (2-tailed).

Data analysis was carried out using the Pearson Product Moment correlation technique through the SPSS for Windows version 16 to see the relationship between two or more variables. The results of the hypothesis test carried out got the results of $r = 0.238$ and $p = 0.022$ so the correlation was declared significant for a significance level of 5%. These results indicate that there is a positive and significant relationship between optimism and coping with stress in nomad students in the Primary School Teacher Education Study Program, University of Muhammadiyah Kupang.

Discussion

The purpose of this study was to determine the relationship between optimism and coping stress in nomad students of The Primary School Teacher Education Department of the University of Muhammadiyah Kupang. Based on hypothesis testing using Person Product Moment, it is shown that there is a relationship between optimism and coping with stress. This relationship is indicated by the r value obtained by 0.238 and a significant value of $p = 0.022$, meaning that there is a positive and significant relationship between optimism and coping with stress. The result shows that most of the participants had a moderate level of optimism, which was 53,2%, and a moderate level of coping stress, which was 67,4%. Based on the results of these studies, the higher the optimism, the higher the coping stress. The lower the optimism then the lower the coping stress someone has.

These results are in line with research from Ningrum (2011), by obtaining statistical analysis results of 0.987 with $p = 0.000$. These results indicate that there is a positive relationship between optimism and coping with stress in students. Students who have high optimism will have high coping stress as well, on the contrary, the lower the optimism in students, the lower the coping stress.

The result shows that there is a relationship between optimism and coping in nomad students of The Primary School Teacher Education Department of the University of Muhammadiyah Kupang. It means that the higher optimism, the coping stress will increase, and vice versa the lower the optimism the student's coping stress will weaken. According to Chang (in Masithoh and Hidayat, 2018), optimism enables a person to assess stressful events more positively and helps mobilize resources to take steps to deal with stressors. In nomad students pressure to adapt to the many changes that going on can be the beginning of stress. If they don't have good expectations, they are not wholehearted to study which can be the beginning of stress. That is different from students who have a good expectation, they will think it is just a while.

Research from Suwarsi and Handayani (2017) obtained a proxy result of 0.908 with a p -value of 0.000. These results indicate a significant positive relationship between optimism and problem-focused coping. This means that the higher the optimism, the higher the

problem-focused coping of the students who are preparing the thesis, on the contrary, the lower the optimism, the lower the problem-focused coping of the students who are compiling the thesis.

Research from Ramadhani (2014), found that there is a positive and significant relationship between optimism and coping with stress. The study obtained the results of $\beta = 0.726$, $t = 6.235$, $R^2 = 0.483$ and $p = 0.000$. The results of this study indicate that the higher the coping stress, the higher the coping stress for nursing students who are writing a thesis at STIKES Muhammadiyah Samarinda.

The data obtained in this study indicate that overseas students from the Primary School Teacher Education Study Program at the Muhammadiyah University of Kupang have an optimism level in the low category of 15%, moderate by 55%, and 30% in the high category. This means that the optimism possessed by overseas students from the Primary School Teacher Education Study Program at the University of Muhammadiyah Kupang is mostly in the moderate category. The moderate optimism of the nomad students from the Primary School Teacher Education Study Program at the Muhammadiyah University of Kupang makes them feel they can overcome the problems they are facing. The level of optimism possessed by overseas students is in the moderate category because of the idea that the problems experienced by overseas students are only temporary and do not last for a long time. Then there is also the idea that the problem that occurs only affects one incident and does not affect all events in lectures, and there is a feeling that it is not only the individual who wanders and there are friends from the same area of origin.

Optimism will encourage students to be more positive in seeing problems, and instill the ability to survive in facing problems (Khoirunnisa and Ratnaningsih, 2016). Reina (in Indawati and Kholofah, 2017) said that optimistic people are better able to cope with stress than pessimistic people. So from the failures experienced, students who have high optimism do not necessarily give up but try to overcome stress. The results of research from Perera and McIlveen (2014), found that with an optimistic attitude a person can adapt better to college as part of coping with stress and be able to manage stress better. Optimism is very important for individuals who are under stress, such as foreign students.

The level of coping with stress in nomad students from the Primary School Teacher Education Study Program, Muhammadiyah University of Kupang, which is in the low category is 9%, the moderate category is 70% and 21% is in the high category. Based on these data, it is known that most of the overseas students from the Elementary School Teacher Education Study Program, at the Muhammadiyah University of Kupang, have moderate coping stress. Lazarus and Folkman (1984) define coping as a cognitive effort and ever-changing behavior to manage external and/or internal demands that are considered to exceed the individual's abilities.

Conclusion

Based on the research results that have been described previously, the conclusions in this study are there is a relationship between optimism and coping with stress as seen by the results of the Pearson product-moment correlation test with an R-value of 0.221 and a significant value of $p = 0.027$. These results indicate that there is a significant relationship between optimism and coping with stress, where the higher the optimism, the coping stress will increase, and vice versa the lower the optimism the student's coping stress will weaken.

Suggestion

Based on the research results that have been described previously, the researchers propose suggestions for further researchers, it is hoped that they will be able to pay attention to the weaknesses in this study. Students are also expected to increase optimism by determining obligations so that they can focus and not be influenced by other things.

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