

**Journal Universitas Muhammadiyah Gresik Engineering, Social Science, and Health
International Conference (UMGESHIC)**

UMGCINMATIC : 1st Rethinking Education during Covid-19 Era: Challenge and Innovation

The Effect Of Peer Social Support And Optimism On Problem Focused Coping

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ABSTRACT

The problems experienced by students will certainly have an impact on the daily activities of these students. In overcoming problems, students apply the strategies they have to be able to overcome existing problems (problem focused coping). One of the internal factors that influence problem-focused coping is positive belief, while one of the external factors that influence the focus of coping is social support. The purpose of this study was to determine: (1) the effect of peer social support and optimism on problem focused coping, (2) the effect of peer social support on problem focused coping, and (3) the effect of optimism on problem focused coping. This study uses a predictive correlational quantitative approach. With a population of 56 students, the researcher used a total sampling technique. The method of collecting data from the third variable was support. peer social, optimism, and problem focused coping using a questionnaire compiled in the form of a Likert scale. The data of the three variables were process using multiple linear regression techniques. Based on the results obtained, there is an influence of peer social support and optimism on problem focused coping. There is an influence of peer social support on problem focused coping. There is an effect of optimism on problem focused coping. The benefit of this research is to add information on the development of psychology regarding the variables of problem focused coping, peer social support, and optimism. Limitations in this study are the minimum subject, so that for further researchers are expected to add research subjects and can add independent variables.

Keywords: Social Support, Optimism, and Problem Focused Coping

1. INTRODUCTION

When working on a thesis, students often encounter various obstacles, namely the difficulty of finding literature, the difficulty of meeting supervisors, the difficulty of analyzing data, and so on. Giyarto's research (2018) shows that the obstacles experienced by thesis writing students are the difficulty of students in finding literature books, the difficulty of meeting with supervisors who hinder the completion of the thesis as well as the lack of knowledge about a research and also difficulties in analyzing data that can prevent students from writing a thesis. Graduated. Research conducted by Mu'tadin (2002) also shows that students are hampered from graduating because students are not able to overcome the difficulties encountered in the thesis preparation process.

A student must be able to deal with the burden of his studies well. This ability will help students to face and solve problems actively, not only emotionally oriented when facing various obstacles in the demands of study and their environment. In psychology, this ability is known as problem focused coping, which is a strategy that is directly directed at a problem experienced by a person as well as efforts to solve problems or efforts made by individuals in overcoming a problem that is faced directly (Carver, Scheier, and Weintraub). , 1989).

Lazarus and Folkman (1984) also mention that problem focused coping is used more by individuals than emotion focused coping during the preparation period for academic exams. According to Dodds (1993), problem focused coping is one of the skills that must be possessed to be successful as a student who has the power of thought. Effendi and Tjahyono (1999) add that problem focused coping has an influence on individuals, namely the change or increase in individual knowledge about the problems at hand, by knowing the problems being faced, it is hoped that individuals will be able to find the best solution for the problem.

According to Lazarus and Folkman (1984) there are six factors that influence a person's tendency to use problem focus coping, namely health and energy factors, positive beliefs, problem solving abilities, social skills, social support, and material resources. Social support factors contribute to students' problem solving strategies.

Research by Smith and Rank (2007) proves that the perceived constraint of academic burden will be reduced if there is support from important people around them. Social support can improve a person's way of dealing with or solving problems and reducing problems through coping strategies (Prayascitta, 2010). The results of research by Astuti and Hartati (2013) show that the support provided by people who are meaningful to individuals can prevent students from problems and also help students to find their own way out of the problems they face.

Sarafino (1994) explains that social support can come from people around the individual such as family, peers, or colleagues. According to Hasan and Rufaidah (2013) the existence of social support from the environment will make individuals more confident, accept reality, and think positively.

Cutrona (1986) states that people who receive social support will be better able to complete difficult tasks compared to people who do not receive social support. Corsini (2005) argues that individuals who have close relationships with other individuals such as family or close friends will increase their ability to manage the problems they face every day, both at school and in the surrounding environment.

Based on the results of interviews with several Informatics engineering students who are working on their thesis, that external factors that influence them to solve the problems they are facing are due to the support of their peers. Peer social support is the provision of support given by friends who are relatively the same age as him, who have the same interests and the same views as him so that individuals who are given support feel loved, cared for and loved.

Research conducted by Sakti (2015) shows that there is a positive relationship between social support and coping with stress. Putra's research (2015), shows that peer support has a relationship with problem focused coping at SMPN 11 Pekanbaru. This is in line with research conducted by Sari and Aviani (2020), which states that peer social support contributes to problem focused coping in overseas students who are working on a thesis in Bukit Tinggi.

One of the other factors of problem focused coping is positive belief. Positive belief is also very important for students who are working on their thesis. Positive beliefs with general expectations of individuals about positive things in solving a problem and in achieving life in the future. This is in line with the definition of optimism according to Seligman (1991) which is a belief that bad events are only temporary, do not completely affect all activities, and do not entirely occur because of oneself, but can be caused by situations, fate, and other people. Erteka's research (2018) shows that optimistic personality is one of the factors that influence coping strategies. Therefore, it can be said that optimism is a factor that influences individuals to do problem focused coping.

Students who are optimistic in writing a thesis want to find solutions to problems, stop negative thinking, feel confident that they have abilities, and so on. When facing difficulties or obstacles in compiling a thesis, students will try to face these difficulties or obstacles and not let these difficulties or obstacles drag on. It is different with students who are less optimistic in writing a thesis, when facing difficulties or obstacles, there are students who react to avoid, ignore, and so on so that these difficulties or obstacles cannot be resolved (Feist and Gregory, 2010).

Based on the results of interviews with several Informatics engineering students who are working on theses, that the internal factors that influence them to solve the problems they are facing are because they believe in themselves, consider problems as learning, believe that tomorrow will come happiness, believe that trials are only temporary and the spirit to face problems. This can indicate that they are optimistic in dealing with the problems at hand.

Research conducted by Erteka (2018) shows that there is a positive relationship between optimism and coping with stress. The results of the research by Suwarsi and Handayani (2017), show that there is a correlation between optimism and problem focused coping in students who are writing thesis. This is in line with the research conducted by Valentsia and Wijono (2020), which showed that there was a positive relationship between optimism and problem focused coping in students working on theses.

The results obtained from interviews conducted by researchers and previous research, it was found that social support and optimism were one of the factors of problem focused coping. The existence of social support is a driving force for students to solve the problems they face when working on their thesis, researchers want to examine social support more specifically, namely peer social support. Optimism also makes students able to solve problems that are being faced when working on a thesis. This is the reason why researchers are interested in bringing up the title of the study "The Effect of Peer Social Support and Optimism Levels on the Level of Focused Coping Problems in Students Working on Thesis of Informatics Engineering Study Program, Muhammadiyah Gresik University".

2. METHODS

This study uses a quantitative approach because in this study using research data in the form of numbers and data analysis using statistics. Quantitative research is used to examine certain populations or samples, data collection uses research instruments, with the aim of testing predetermined hypotheses (Sugiyono, 2018:16).

This research is a predictive correlational study. Correlational research is a type of research design that aims to determine the pattern of a relationship between variables that can be mutual, predictive, or causal (Rahman, 2016:91). The predictive relationship itself shows that knowledge about a variable (independent or predictive) can be used to predict other variables (dependent or criteria) (Rahman, 2016: 91).

According to Sugiyono (2018:130) population is defined as a generalization area consisting of subjects/objects that have certain qualities and characteristics determined by researchers to be studied and then drawn conclusions. The population of this research is students who are working on the thesis of the 2017 Informatics Engineering Study Program, Universitas Muhammadiyah Gresik: 56 students. The sampling technique used in this research is total sampling or census. Total sampling technique is a sampling technique where all members of the population are used as samples. This is done if the population is small, less than 100 (Sugiyono, 2018:134).

The data collection technique used in this study was scale distribution using an online survey google form, due to the covid-19 outbreak that hit the research location which made it impossible to meet directly with respondents. The problem focused coping scale was compiled by researchers based on the aspects proposed by Lazarus and Folkman. The peer social support scale was prepared by the researcher based on the aspects proposed by Sarafino and Smith. The optimism scale was prepared by the researcher based on the aspects proposed by Seligman.

The data analysis technique used in this research is quantitative data analysis technique. Quantitative analysis technique using SPSS software version 16.0 for windows. Hypothesis testing conducted in this study using multiple linear regression analysis because the type of data used is interval data and has met the parametric assumption test (normality test, linearity test, multicollinearity test and heteroscedasticity test).

3. DISCUSSION

The hypothesis test using multiple linear regression analysis techniques to test the three hypotheses in this study. The first hypothesis reads that there is an influence between the level of peer social support and the level of optimism on the level of problem focused coping students who are working on the thesis of the Informatics Engineering Study Program, University of Muhammadiyah Gresik, a significance value of $0.000 < 0.05$ is obtained. Which means, there is a significant influence between the level of peer social support and the level of optimism on the level of problem focused coping of students who are working on the thesis of the Informatics Engineering Study Program, University of Muhammadiyah Gresik, thus the first hypothesis is accepted.

The second hypothesis reads that there is an influence between the level of peer social support on the level of problem focused coping of students who are working on the thesis of the Informatics Engineering Study Program, University of Muhammadiyah Gresik, obtained a significance value of $0.036 < 0.05$ and a regression coefficient value of 0.316 which is positive. Which means, there is a significant positive effect on the level of peer social support on the level of problem focused coping students who are working on the thesis of the Informatics Engineering Study Program, University of Muhammadiyah Gresik, thus the second hypothesis is accepted.

The third hypothesis reads that there is an influence between the level of optimism on the level of problem focused coping of students who are working on the thesis of the Informatics Engineering Study Program, Muhammadiyah University of Gresik, a significance value of $0.001 < 0.05$ and a regression coefficient value of 0.763 is positive. Which means, there is a significant positive effect of the level of optimism on the level of problem focused coping of students who are working on the thesis of the Informatics Engineering Study Program, University of Muhammadiyah Gresik, thus the third hypothesis is accepted.

Category By Norm:

Problem Focused Coping Norm

Category	Categorization	Frequency	Percent
Low	$X \leq 74,061$	11	19,6%

Medium	$74,061 \leq X < 115,179$	39	69,6%
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High	$X \geq 115,179$	6	10,8%

Based on the table above, it can be seen that the majority of subjects are in the medium category, as many as 39 subjects with a percentage of 69.6%. Meanwhile, in the high category there were 6 subjects with a percentage of 10.8%. In the low category there are 11 subjects with a percentage of 19.6%. Through this normalization, it can be seen that the subject does not significantly have a high problem focused coping score, but the subject tends or the majority has moderate problem focused coping.

Peer Social Support Norm

Category	Categorization	Frequency	Percent
Low	$X \leq 75,639$	11	19,6%
Medium	$75,639 \leq X < 114,761$	34	60,8%
High	$X \geq 114,761$	11	19,6%

Based on the table above, it can be seen that the majority of the subjects were in the moderate category, as many as 34 subjects with a percentage of 60.8%. Meanwhile, in the high category there were 11 subjects with a percentage of 19.6%. In the low category there are 11 subjects with a percentage of 19.6%. Through this normalization, it can be seen that the subject does not significantly have a high peer social support score, but the subject tends or the majority has moderate peer social support.

Optimism Norm

Category	Categorization	Frequency	Percent
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Low	$X \leq 48,32$	7	12,5%
Medium	$48,032 \leq X < 73,508$	41	73,2%
High	$T \geq 73,508$	8	14,3%

Based on the table above, it can be seen that the majority of subjects are in the moderate category, namely 41 subjects with a percentage of 73.2%. Meanwhile, in the high category there were 8 subjects with a percentage of 14.3%. In the low category there are 7 subjects with a percentage of 12.5%. Through this normalization, it can be seen that the subject does not significantly have a high optimism score, but the subject tends or the majority has moderate optimism.

This means that peer social support and optimism both have a contribution in helping to achieve problem focused coping. Thus, it can be said that students who have social support from friends and high optimism will have high problem focused coping as well. On the other hand, students who have low social support and optimism will have low problem focused coping as well.

According to Lazarus & Folkman (1984), one of the factors that influence problem focused coping is the social support provided by someone. This social support can come from the closest people to the individual in its scope, namely peers. With the social support from peers provided, it can be said that students who get social support will be easier to cope with compared to students who do not or do not get good social support from peers.

According to Sarafino and Smith (2011) social support affects coping strategies because social support improves the individual's way of dealing with or solving problems that is focused on reducing stress reactions through attention, information, and self-confidence. Individual social support from others is a motivation so that the individual is better able to control himself. There will be many effects of social support that can positively restore a person's physical and psychological condition, either directly or indirectly (Sarafino and Smith, 2011).

In addition, Baron and Bryne (2005) suggest that social support has a very significant effect on individual stress coping. Even family and other closest people can help individuals to solve the problems they are facing (problem focused coping). This is in line with Fitriyah Qurrotul Ayni's research (2017) which shows that there is a relationship between social support and problem focused coping for mothers in SLB N Semarang. This means that the higher the social support provided, the higher the problem focused coping mothers in SLB N Semarang have. On the other hand, the lower the social support provided, the lower the problem focused coping.

The social support aspect has a relationship with the problem focused coping aspect of

students who are working on their thesis. The first is social support from other people who are considered important (significant other), social support from family and social support from friends with aspects of coping with stress in the form of seeking instrumental support (looking for advice, help, or information that can solve a problem). A student who is working on a thesis who does not feel any support or assistance from the source of support in his family or friends will make the student lose someone to receive the advice or information he needs to solve a problem. The results of research conducted by Cevik and Yilzid (2017) show that there is a positive relationship between social support and seeking help (seeking instrumental support). This shows that the higher the social support felt by a person, the more assistance, advice and information obtained to solve problems.

The results of this study also obtained a significance value of $0.001 < 0.05$ and a regression coefficient value of 0.763 which was positive. Which means, there is a significant positive effect of the level of optimism on the level of problem focused coping of students who are working on the thesis of the Informatics Engineering Study Program, University of Muhammadiyah Gresik. According to Scheier & Carver, (1987) optimism affects coping strategies because optimism helps a person to be able to overcome the obstacles that arise in achieving an individual's goals or targets. Students with high optimism have confidence that there will be success in the future and try to face all obstacles as a challenge to achieve what they want. On the other hand, students with low optimism are not so sure of their future success and are less willing to try to overcome the problems that arise (Carver and Scheier, 2003).

According to Seligman (2005) a positive perspective on an event will lead to a sense of being able to deal with the event. Optimistic people focus on solving problems, such as making and setting plans in overcoming problems that arise, and seeking social support (Carver and Scheier, 2003). The relationship between optimism and problem focused coping which is explained through Ellis' ABC theory developed by Seligman (2005) shows that when someone has high optimistic belief, the tendency to do problem focused coping will be higher than someone who has low optimistic belief. According to Carver and Scheier (2003), individuals who have positive beliefs and ways of thinking in viewing a problem use more active coping when facing a problem (problem focused coping).

Research conducted by Sri Suwarsi and Agustin Handayani (2017) also shows that there is a very good correlation between optimism and problem focused coping of students who are working on their thesis. This means that the higher the student's optimistic attitude, the higher the problem focused coping owned by students who are working on their thesis. On the other hand, the lower the student's optimistic attitude, the lower the student's problem focused coping. The results of this study are supported by Carver and Scheier (2003) which states that optimistic individuals are more likely to use problem focused coping when facing problems.

An optimistic person will be open to new experiences, not afraid of failure, trying to make dreams come true, and seeing a problem as something that can be solved well (Franken, 2002). This is evident in the research conducted by Listiana (2009) where high student optimism is followed by high use of problem focused coping when facing a problem. In addition, research conducted by Valentsia and Wijono (2020) shows that there is a very good correlation between optimism and problem focused

coping of students who are working on their final project. Passer and Smith (2007) say that someone who has optimism has good adjustment, has low anxiety and depression, has self-control, a high immune system, good physical health, and a good mood when facing a problem.

Based on the results of the R2 test, the value of R2 is 0.523. This means that 52.3% of the variation in problem focused coping can be explained by variations in peer social support and optimism. While 46.7% is explained by other factors. According to Lazarus & Folkman (1984), the factors that influence problem focused coping in addition to optimism and social support are health and energy (health and energy), problem solving skills (problem solving skills), social skills (social skills), and material resources. (material resources).

4. CONCLUSION

Based on the ANOVA table, a significance value of $0.000 < 0.05$ was obtained, which means that there is an influence of the level of peer social support (X1) and the level of optimism (X2) on the level of problem focused coping (Y). Thus, the first hypothesis is accepted. Based on the table of coefficients for the variable level of peer social support, a significance value of $0.036 < 0.05$ is obtained and the regression coefficient value is 0.316 which is positive. Which means, there is a significant positive effect on the level of peer social support (X1) on the level of problem focused coping (Y). Thus, the second hypothesis is accepted. Based on the coefficients table for the variable level of optimism, a significance value of $0.001 < 0.05$ is obtained and the regression coefficient value is 0.763 which is positive. Which means, which means, there is a significant positive effect of the level of optimism (X2) on the level of problem focused coping (Y). Thus, the third hypothesis is accepted.

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