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## THE RELATIONSHIP BETWEEN COPING STRATEGY AND PSYCHOLOGICAL WELL BEING TOWARD ADOLESCENTS

**Helena Patricia<sup>1\*</sup>, Chamy Rahmatika<sup>2</sup>, Emira Apriyeni<sup>3</sup>**

<sup>1,3</sup>Nursing Department, STIKes Syedza Saintika Padang

<sup>2</sup>Public Health Department, STIKes Syedza Saintika Padang

\*Email korespondensi: [helenapatria77@gmail.com](mailto:helenapatria77@gmail.com)

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### ABSTRACT

*West Sumatra is a prone-area toward natural disasters related to geographical, geological and demographic conditions. Natural disasters give a very significant impact on physical, psychological and social. The most impact in psychological is Post Traumatic Stress Disorder (PTSD). One who is prone to experiencing PTSD is adolescents. To prevent PTSD from occurring, good psychological well-being is needed. The factors that influence psychological well-being is coping strategy. The research objective was to determine the relationship between coping strategy and psychological well being toward adolescents. This study is an analytical study with a cross sectional approach. This research was conducted in three disaster-prone districts in Padang City, namely North Padang, South Padang, and Koto Tangah. Data were collected through distributing questionnaires to 156 adolescents who were selected by purposive sampling and analyze with chi square test. The results of this study found that 85 respondents (54.5%) had low psychological well-being, 105 respondents (67.3%) used emotional focused coping and have a relationship between coping strategy toward psychological well-being with 0.010 P value. The results found that there was a relationship between coping strategy toward psychological well-being adolescents in disaster-prone areas in Padang City. It is recommended for adolescents, parents and teachers to pay attention about the coping strategy and support the students so that adolescents have high psychological well-being*

**Keywords :** Psychological well-being; coping strategy; Adolescent; Disaster-prone area.

### ABSTRAK

*Sumatera Barat merupakan daerah rawan bencana alam terkait dengan kondisi geografis, geologis dan demografis. Bencana alam memberikan dampak yang sangat signifikan terhadap fisik, psikis dan sosial. Dampak paling besar secara psikologis adalah Post Traumatic Stress Disorder (PTSD). Salah satu yang rentan mengalami PTSD adalah remaja. Untuk mencegah PTSD terjadi, diperlukan kesejahteraan psikologis yang baik. Faktor yang mempengaruhi kesejahteraan psikologis adalah strategi koping. Tujuan penelitian adalah untuk mengetahui hubungan antara strategi koping dengan kesejahteraan psikologis pada remaja. Penelitian ini merupakan penelitian analitik dengan pendekatan cross sectional. Penelitian ini dilakukan di tiga kabupaten rawan bencana di Kota Padang, yaitu Padang Utara, Padang Selatan, dan Koto Tangah. Pengumpulan data dilakukan melalui penyebaran kuesioner kepada 156 remaja yang dipilih secara purposive sampling dan dianalisis dengan uji chi square. Hasil penelitian ini menemukan bahwa 85 responden (54,5%) memiliki kesejahteraan psikologis yang rendah, 105 responden (67,3%) menggunakan koping fokus emosional dan memiliki hubungan antara strategi koping terhadap kesejahteraan psikologis dengan nilai P 0,010. Hasil penelitian menemukan bahwa ada hubungan antara*

*strategi coping terhadap kesejahteraan psikologis remaja di daerah rawan bencana di Kota Padang. Disarankan kepada remaja, orang tua dan guru untuk memperhatikan strategi coping dan mendukung siswa agar remaja memiliki kesejahteraan psikologis yang tinggi.*

**Kata kunci :** *Kesejahteraan psikologis; strategi mengatasi; Remaja; Daerah rawan bencana.*

## INTRODUCTION

Indonesia is a disaster-prone region in the Southeast Asia region due to geographical, geological and demographic conditions that allow disasters to occur, whether caused by natural or non-natural factors (Ministry of Health, 2018). One of the areas in the country of Indonesia that has a fairly high level of vulnerability to earthquakes and tsunamis is Padang City.

Natural disasters have had a very significant physical, psychological and social impact. Disaster events result in trauma to disaster victims. Natural disasters also leave psychological impacts on survivors. The psychological impact that most often appears in the cases of natural disasters is Post Traumatic Stress Disorder (PTSD) (Amin, 2017).

PTSD is a disorder that can form from traumatic events that threaten a person's safety or make a person feel helpless. People experiencing PTSD respond to traumatic events with fear and hopelessness. One who is prone to experiencing PTSD is adolescent. Adolescence is a period that is still unstable and vulnerable to various problems (Maurya, 2019).

Psychological problems affects to psychological well-being (Wati et al., 2020). To prevent Psychological problems in case with PTSD from occurring, good psychological well-being is needed. Psychological well-being is a condition where individuals become prosperous and have the ability to accept themselves as they are, able to formulate life goals, develop positive relationships with others, be able to

grow and develop independent personal potential, have autonomy and are able to control the environment (Hernandez et al., 2018; Wang et al., 2000).

Many factors can affect a person's psychological well-being, including the characteristics of a person such as age, gender, social and economic factors, occupation, education level, including factors of religiosity, coping strategy, psychological distress, quality of life, personality, self-concept, social support and self-efficacy. Based on many factors above, the most influence factors on psychological well-being is coping strategy (Agency, M; Gordon, 2011; Brooks, S. K., Dunn, R., Amlôt, R., Greenberg, N., & James Rubin, 2016).

Based on data from the Regional Disaster Management Agency (BPBD) of Padang City, from 11 sub-districts there are 3 sub-districts that are potentially affected by the tsunami, namely North Padang, South Padang, and Koto Tangah. The results of the initial survey in several schools in 3 sub-districts found that students felt worried and anxious about the arrival of the tsunami during the learning process at school. This affects the academic achievement of some students who have decreased due to psychological problems. Based on the explanation above, the researchers conducted a research to determine the relationship of coping strategy and psychological well-being toward adolescents in disaster-prone areas in Padang City.

## METHOD

This research is a descriptive analytic research with a cross sectional study method. The dependent variable is psychological well-being and the independent variable is religiosity, and social support. The data collection of this research was carried out from April to July 2020 in Junior High Schools which are very close to the beach in three disaster-prone districts in Padang City, namely SMP N 40 in North Padang, SMP N 35 in South Padang and SMP N 34 in Koto Tangah.

The population in this research is all adolescents in Junior High Schools which are very close to the beach in three disaster-prone districts in Padang City. The numbers of samples in this study were 156 respondents who were selected by accidental sampling technique. The data were obtained by using a questionnaire of psychological well-being, and coping strategy.

This study pays attention to the basic principles of research ethics which include

autonomy, beneficence, non-maleficence, anonymity and justice. The data analyses used in this study were univariate, bivariate, and multivariate. Univariate analysis was used to see the frequency distribution of each of the studied variables. Bivariate analysis with Chi-square test was used to examine the relationship between psychological well-being and coping strategy.

## RESULTS

The results of this study on 156 respondents showed that 85 respondents (54.5%) had low Psychological well-being, and 105 respondents (67.3%) used emotional focused coping toward adolescents in disaster-prone areas of Padang City (Table 1).

The results of the bivariate analysis found a relationship of coping strategy (0.00), toward psychological well-being. The majority of low psychological well-being was found in 80.0% of adolescents whose dominant coping strategy is Emotional Focused Coping (Table 2).

**Table 1. Univariate Analysis**

Variable	Category	f	%
Psychological Well-Being	Low	85	54.5
	High	71	45.5
	<b>Total</b>	156	100
Coping strategy	Emotional Focused Coping	105	67.3
	Problem Focused Coping	51	32.7
	<b>Total</b>	156	100

Based on tabel 1 showed that more than half (54.5%) of the respondents had low

Psychological Well-being with coping strategy is Emotional Focused Coping (67.3%).

**Table 2. Bivariate Analysis**

Coping Strategy	Psychological well being						p value
	Low		High		Total		
	f	%	f	%	f	%	
Emotional Focused Coping	68	80.0	37	52.1	105	67.3	<b>0.010</b>
Problem Focused Coping	17	20.0	34	47.9	51	32.7	
<b>Total</b>	85	100	71	100	156	100	

Based on tabel 2 showed that there was a relationship between coping strategy and psychological well-being with p-value (0.010).

## DISCUSSION

The results of the Univariate analysis showed that more than half of the respondents had low Psychological Well Being, and dominant coping strategy is Emotional Focused Coping. During adolescence, Psychological well-being seems to have its own developmental idiosyncrasy and differs significantly from later ages (Lee & Lee, 2019). The manifold changes that occur at these ages (physical, physiological, cognitive, emotional, behavioral, social, relational and institutional) make adolescence an exceptionally plastic period of life (Viejo et al., 2018). Psychological well-being is an important aspect in one's life as it is refers to positive mental health Psychological well-being is often defined as some combination of positive affective states such as happiness and functioning with optimal effectiveness in individual and social life (Adyani et al., 2019).

Coping is defined as the changing thoughts and actions that an individual uses to manage the external and/or internal demands of a specific person-environment transaction that is appraised as stressful. When individuals are subjected to a stressor, the varying ways of dealing with it are

termed 'coping styles,' which are a set of relatively stable traits that determine the individual's behavior in response to stress (Donahue & Benson, 1995). These are consistent over time and across situations. Coping is generally categorized into two major categories which are Problem-focused coping strategies are typically associated with methods of dealing with the problem in order to reduce stress, while emotion-focused mechanisms can help people handle any feelings of distress that result from the problem(Ludtke O, Roberts BW, Trautwein U, 2011).

The results of the bivariate analysis showed that there was a relationship between coping strategy and psychological well-being. The majority of low psychological well-being is found in adolescents who have dominant coping strategies to Emotional Focused Coping. Psychological well-being is made up of six dimensions: (1) autonomy, or the ability to regulate our own behavior, resist social pressure and follow our convictions; (2) environmental mastery, or the ability to manage the context and daily activities; (3) personal growth, which includes a continuous process of developing our own potential;(4) positive relationships with others, defined as the establishment of close, trusting and meaningful bonds with others, as well as showing concern for the well-being of others; (5) purpose in life, or setting objectives and goals which give meaning

and direction to our lives; and (6) self-acceptance, or the ability to have a positive attitude and feelings of satisfaction and acceptance of ourselves. Each of these dimensions represents what it means to be healthy, well and fully functioning, and articulates the different challenges that people face in their effort to achieve positive functioning (Gómez-López et al., 2019).

In this research, it is also identified that self-concept is the strongest variable which correlate with psychological well-being compared with the other variables; social support and coping strategy variable. There is a positive correlation between psychological well-being, self-esteem and gratitude (Fauziah, 2018).

Both types of coping strategies had an effect on psychological well-being of adolescent where the problem focused coping had a positive effect, while emotional focused coping had a negative effect on the psychological well-being variable. The more inclined to problem focused coping, the higher the level of psychological well-being among adolescents. Conversely, the more likely it is to emotional focused coping, the lower the psychological well level toward adolescents. The results of Rodriguez T et al research, it showed that emotional focused coping was a negative predictor of psychological well-being toward adolescents (Fauziah, 2018).

Therefore, the individual will develop a positive attitude and have high psychological well-being. Social support itself is also one of the factors to achieve psychological well-being of a person among other factors such as age, sex, social status, religiosity and coping strategy (Viejo et al., 2018).

## CONCLUSSION

Conclusion in this study, there was a relationship between coping strategy toward

psychological well-being adolescents in disaster-prone areas in Padang City. It is recommended for adolescents, parents and teachers to pay attention about the coping strategy and support the students so that adolescents have high psychological well-being.

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