

Gambaran *Adversity Quotion* pada Mahasiswa Kuliah Sambil Bekerja

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ABSTRAK

Adversity Quotient adalah kemampuan seseorang ketika menghadapi kesulitan, kemudian mengolahnya menjadi sebuah peluang untuk diselesaikan. Permasalahan *adversity quotient* antara lain bagaimana mengendalikan diri dari kesulitan, cara merespon kesulitan, menanggapi kesulitan, pengaruh terhadap kesulitan, dan ketahanan diri terhadap kesulitan. Fenomena mahasiswa yang kuliah sambil bekerja sudah umum terjadi dan keputusan mahasiswa yang memilih kuliah sambil bekerja antara lain faktor ekonomi, mencari pengalaman kerja, mengisi waktu luang, dan lain-lain. Penelitian ini bertujuan untuk mengetahui bagaimana *adversity quotient* pada mahasiswa kuliah sambil bekerja. Teori yang digunakan dalam penelitian ini mengacu pada teori *Adversity Quotient* Menurut Stoltz (2000) yaitu *control, origin and ownership, reach, dan endurance*. Metode penelitian yang digunakan adalah kualitatif dengan pendekatan studi kasus. Teknik pengumpulan data dilakukan dengan menggunakan wawancara dan observasi. Subjek berjumlah tiga (3) mahasiswa yang kuliah sambil bekerja. Hasil penelitian menunjukkan bahwa dimensi-dimensi *Adversity Quotient* yang dimiliki oleh mahasiswa disalah satu Universitas Swasta yang ada di Yogyakarta berbeda-beda, yaitu satu (1) subjek ditemui dimensi-dimensi *Adversity Quotient* dapat dipenuhi secara keseluruhan antara lain mampu mengendalikan diri, berpikir optimis dalam menghadapi kesulitan, menganggap kesulitan bersifat sementara dan akan terbiasa dalam menghadapinya. Dan dua (2) subjek lainnya ditemui dimensi-dimensi *Adversity Quotient* tidak dipenuhi secara keseluruhan antara lain kurang percaya diri dalam menghadapi tantangan, kurang mampu mengendalikan emosi dan sering mengeluh saat menjalankan aktivitas yang diambil.

Kata Kunci: *Adversity Quotient, Bekerja, Mahasiswa.*

Description of *Adversity Quotion* in College Students While Working

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ABSTRACT

Adversity Quotient is a person's ability to face difficulties and then process them into opportunities to solve them. Adversity quotient issues include how to control oneself from difficulties, how to respond to difficulties, how to respond to difficulties, the influence of difficulties, and one's resilience to difficulties. The phenomenon of students studying while working is common. The decision of students who choose to study while working is taken based on economic factors, looking for work experience, filling their free time, and so on. This research aims to find out the adversity quotient of students studying while working. The theory used in this research refers to the Adversity Quotient theory according to Stoltz (2000), namely control, origin and ownership, reach, and endurance. The research method used is qualitative with a case study approach. Data collection techniques were carried out using interviews and observation. The subjects were three (3) students who studied while working. The results of the research show that the dimensions of the Adversity Quotient possessed by students at one of the private universities in Yogyakarta are different, namely one (1) subject found that the dimensions of the Adversity Quotient can be fulfilled as a whole, including being able to control oneself, thinking optimistically in facing difficulties, considers difficulties to be temporary and will get used to dealing with them. And two (2) other subjects found that the dimensions of the Adversity Quotient were not met as a whole, including lack of confidence in facing challenges, lack of ability to control emotions and often complaining when carrying out the activities undertaken.

Keywords: *Adversity Quotient, Working, Student.*