

COPING STRESS PADA MAHASISWA YANG BEKERJA SEBAGAI KARYAWAN PARUH WAKTU (BARISTA) DI CAFÉ WILAYAH DAERAH ISTIMEWA YOGYAKARTA

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ABSTRAK

Sumber stres yang dialami oleh mahasiswa yang melakukan aktifitas kuliah dan aktifitas bekerja adalah mereka dituntut untuk dapat memanajemen waktu dengan baik, adanya tugas kuliah dan tugas pekerjaan yang harus diselesaikan di waktu yang sama, adanya tekanan yang didapat dari atasan atau rekan kerja, jadwal yang padat, dan kelelahan fisik karena kurangnya waktu istirahat. Hal tersebut menyebabkan mahasiswa menjadi cemas, lelah secara fisik dan mental, dan berdampak pada perkuliahannya. Penelitian ini bertujuan untuk mengetahui coping stress pada mahasiswa yang bekerja paruh waktu sebagai barista di café wilayah Daerah Istimewa Yogyakarta. Metode penelitian yang digunakan adalah metode penelitian kualitatif. Subjek penelitian terdiri dari 3 subjek dan 3 significant other. Teknik pengumpulan data dilakukan dengan cara wawancara dan observasi. Penelitian ini mengacu pada teori coping stress (Lazarus & Folkman, 1984). Coping stress terdiri dari dua bentuk yaitu problem focused coping dan emotional focused coping. Problem focused coping terdiri 3 aspek yaitu planful problem solving, seeking sosial support, dan confrontative coping. Emotional focused coping terdiri dari 5 aspek yaitu self control, distancing, accepting responsibility, escape avoidance, dan positive reapraisal. Hasil penelitian menunjukkan bahwa ketiga subjek cenderung menggunakan bentuk coping stress berupa problem focused coping. Subjek akan melakukan suatu tindakan untuk mengatasi sumber stress yang dialami. Hal tersebut ditandai dengan subjek akan meminta bantuan kepada pihak luar berupa saran atau solusi, kemudian subjek akan membuat strategi untuk mengatasi sumber stress, selanjutnya subjek akan menyelesaikan masalah atau mengatasi sumber stress secara langsung.

Kata Kunci: Coping Stress, Mahasiswa, Pekerjaan paruh waktu

COPING STRESS IN STUDENTS WHO WORK AS PART-TIME EMPLOYEE (BARISTA) IN REGIONAL CAFÉ SPECIAL REGION OF YOGYAKARTA

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ABSTRACT

Students experience stress because they are expected to manage their time while balancing college and work activities effectively. Both college and work assignments need to be completed concurrently. Pressure comes from bosses or coworkers, as well as hectic schedules, and physical fatigue caused by a lack of time for rest. This makes students feel anxious and physically and mentally exhausted, affecting their academic performance. This study aims to investigate how students working part-time as baristas in cafes in the Special Region of Yogyakarta cope with stress. The method of research employed is qualitative. The study included 3 individuals as subjects and their 3 significant others. The data collection methods involved conducting interviews and making observations. This study pertains to Lazarus and Folkman's stress-coping theory (1984). Managing stress involves two forms, which are problem-focused coping and emotional-focused coping. Problem-focused coping consists of 3 aspects: planful problem-solving, seeking social support, and contextual coping. Emotional-focused coping consists of 5 aspects: self-control, distancing, accepting responsibility, escape avoidance, and positive racial response. The research results showed that the three subjects tended to use a form of stress coping, which was problem-focused coping. The subject will take action to overcome the source of stress experienced. This is characterized by the subject asking for help from outside parties in the form of suggestions or solutions, creating a strategy to overcome the source of stress, and then solving the problem or dealing with the source of stress directly.

Keywords: Coping Stress, Students, Part-time work