

HUBUNGAN HARGA DIRI DENGAN STRATEGI KOPING PADA KLIEN REHABILITASI NAPZA DI YOGYAKARTA

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INTISARI

Latar Belakang: Keberhasilan individu dalam menjalani pemulihan pasca rehabilitasi dipengaruhi oleh strategi koping individu tersebut. Seringkali individu yang sedang dalam masa pemulihan di masyarakat mendapatkan stigma negatif yang dapat mempengaruhi psikologis individu tersebut. Salah satu faktor yang mempengaruhi strategi koping adalah harga diri merupakan cerminan sikap individu yang dapat mempengaruhi tingkat pengendalian emosi.

Tujuan: Mengetahui hubungan antara harga diri dengan strategi koping pada klien pasca rehabilitasi NAPZA di Yayasan Al-Islamy.

Metode: Jenis penelitian adalah kuantitatif dengan desain penelitian menggunakan korelasional dan metode pendekatan *cross sectional*. Teknik pengambilan sampel menggunakan teknik total sampling dengan jumlah 37 responden. Data dikumpulkan melalui kuesioner CSEI dan koping Lazarus&Folkman. Data dianalisis menggunakan korelasi *Fisher's*.

Hasil: hasil penelitian menunjukkan bahwa terdapat hubungan yang bermakna antara harga diri dengan strategi koping dengan *p value* <0,005.

Kesimpulan: Terdapat hubungan antara harga diri dengan strategi koping pada klien pasca rehabilitasi NAPZA di Yayasan Al-Islamy.

Kata Kunci: harga diri, koping, pasca rehabilitasi, NAPZA

THE CORRELATION BETWEEN SELF-ESTEEM AND COPING STRATEGIES ON DRUG REHABILITATION CLIENTS IN YOGYAKARTA

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ABSTRACT

Background: The success of an individual in undergoing post-rehabilitation recovery is influenced by the individual's coping strategy. Often individuals who are recovering in society get a negative stigma that can affect the individual psychologically. One of the factors that influence coping strategies is self-esteem, which is a reflection of individual attitudes that can affect the level of emotional control.

Objective: To know the correlation between self-esteem and coping strategies in clients after drug rehabilitation at Al-Islamy Foundation.

Method: The type of the research was quantitative with a correlational research design and a cross sectional approach. The sampling technique used total sampling technique with a total of 37 respondents. Data were collected through CSEI questionnaire and Lazarus & Folkman coping. Data were analyzed using Fisher's correlation.

Result: The results showed that there is a significant correlation between self-esteem and coping strategies with p value <0.005.

Conclusion: There is a relationship between self-esteem and coping strategies in clients after drug rehabilitation at Al-Islamy Foundation.

Keywords: self-esteem, coping, post-rehabilitation, drugs