

ABSTRAK

Prameswari, Ade Shyl Vionalita Ameilsya. 2024. Efektivitas Strategi *Coping Stress* dalam Mereduksi *Homesick* pada Mahasiswa Rantau (Penelitian Subjek Tunggal terhadap 1 Mahasiswa Universitas PGRI Adi Buana Surabaya). Fakultas Ilmu Pendidikan, Universitas PGRI Adi Buana Surabaya. Dosen Pembimbing: Ayong Lianawati, S.Pd., M.Pd.

Kata Kunci: *mahasiswa rantau, homesick, strategi coping stress*

Penelitian ini dilaksanakan berdasarkan permasalahan yang muncul pada mahasiswa rantau Universitas PGRI Adi Buana Surabaya. Permasalahan yang muncul yaitu tingginya kondisi *Homesick*. Tujuan dari penelitian ini adalah untuk menguji keefektifan strategi *Coping Stress* dalam mereduksi *Homesick* pada mahasiswa rantau.

Rancangan pada penelitian ini menggunakan pendekatan kuantitatif dengan jenis penelitian *Single Subject Design* (SSD). Penelitian ini memiliki sampel 1 subjek penelitian yang terkategori memiliki *Homesick* yang tinggi. Metode pengumpulan data yang digunakan yaitu observasi dan skala pengukuran *Homesick*. Teknik analisis data yang digunakan yaitu analisis dalam kondisi, dan analisis antar kondisi.

Hasil analisis dalam kondisi dan analisis antar kondisi juga menunjukkan positif atau menurun, dimana nilai akhir *Overlap* pada analisis antar kondisi sebesar 4% yang menunjukkan semakin kecil nilai maka semakin baik, dan juga diperkuat dengan hasil *Post-Test* diakhir intervensi (B) dengan mendapatkan skor 44 yang dikategorikan rendah, setelah diberikan konseling individu dengan pendekatan *Cognitive Behavior Therapy* (CBT) strategi *Coping Stress*.

ABSTRACT

Prameswari, Ade Shyl Vionalita Ameilsya. 2024. Effectiveness Of Stress Coping Strategies in Reducing Homesickness in Overseas Students (Single Subject Research on 1 Student of PGRI Adi Buana University Surabaya). Faculty of Science Education, PGRI Adi Buana University Surabaya. Supervisor: Ayong Lianawati, S.Pd., M.Pd.

Keywords: overseas students, homesick, strategy coping stress

This research was carried out based on problems that emerged among overseas students at PGRI Adi Buana University, Surabaya. The problem that arises is the high level of Homesickness. The aim of this research is to test the effectiveness of Coping Stress strategies in reducing Homesickness in overseas students.

The design of this research uses a quantitative approach with a single subject design (SSD) type of research. This study had a sample of 1 research subject who was categorized as having high Homesickness. The data collection method used is observation and the Homesick measurement scale. The data analysis techniques used are within-condition analysis and between-condition analysis.

The results of the analysis within conditions and the analysis between conditions also show positive or decreasing, where the final value overlap in the analysis between conditions is 4%, which shows that the smaller the value, the better, and is also reinforced by the results of the post-test at the end of the intervention (B) by getting a score 44 were categorized as low, after being given individual counseling with a cognitive behavior therapy (CBT) approach to Coping Stress strategies.