

Optimism and Problem-Focused Coping in Students Who Work Part-Time in the City of Kupang

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Abstract. Students who work part-time have greater demands than ordinary students. Many demands make students feel depressed and stressed, so they must cope. Good problem-focused coping will emerge if students have optimism. This study aimed to determine the relationship between optimism and problem-focused coping among students who work part-time. The type of research used in this research is a quantitative approach with correlation analysis. The sample used was 110 students who work part-time in Kupang City. The data collection method used optimism and problem-focused coping scales and was analyzed using the Pearson product-moment correlation. The results showed a significant positive relationship between optimism and problem-focused coping. This relationship is indicated by the calculated r value of $0.852 > r$ table of 0.186, and the significance value is 0.000.

Keywords: *Optimism, problem-focused coping, student working part-time*

Abstrak. Siswa yang bekerja paruh waktu memiliki tuntutan yang lebih besar dibandingkan siswa biasa. Banyaknya tuntutan yang membuat siswa merasa tertekan dan stres sehingga harus mengatasinya. Coping yang berfokus pada masalah yang baik akan muncul jika siswa mempunyai optimisme. Penelitian ini bertujuan untuk mengetahui hubungan antara optimisme dan problem-focused coping pada mahasiswa yang bekerja paruh waktu. Jenis penelitian yang digunakan dalam penelitian ini adalah pendekatan kuantitatif dengan analisis korelasi. Sampel yang digunakan adalah 110 mahasiswa yang bekerja paruh waktu di Kota Kupang. Metode pengumpulan data menggunakan skala coping optimisme dan problem-focused coping dan dianalisis menggunakan korelasi product-moment Pearson. Hasil penelitian menunjukkan hubungan positif yang signifikan antara optimisme dan coping yang berfokus pada masalah. Hubungan tersebut ditunjukkan dengan nilai r hitung sebesar $0,852 > r$ tabel sebesar 0,186, dan nilai signifikansi sebesar 0,000.

Kata Kunci: *Optimisme, problem-focused coping, mahasiswa bekerja paruh waktu*

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Introduction

The phenomenon of studying while working among students is nothing new. The work that students often do is a type of part-time job (Fitria & Zulfan, 2018). Studying while working part-time is a phenomenon commonly found among students in Kupang. The reasons students choose to work part-time are wanting to be independent, gain experience, looking for extra pocket money, hobbies, helping parents, and insufficient financial reasons. The demands of the world of lectures and part-time work can make students even more stressed. This is because students have more responsibilities than ordinary students.

The role conflict between college and work can be a source of stress. The impact that arises from stress will make individuals do something to relieve stress, namely by coping. Coping is a form of individual effort in managing (reducing, minimizing, mastering, or tolerating) the needs of the internal and external conflicts of the individual concerned (Folkman & Lazarus, 1980). Stress coping consists of two types, namely problem-focused coping and emotion-focused coping (Folkman, Lazarus, Dunkel-Schetter, DeLongis, & Gruen, 1986). A coping strategy that focuses on problems (problem-focused coping) is an action directed at solving the problem. Emotion-focused coping strategies (emotion-focused coping) are efforts that aim to modify emotional function without making an effort to change the source of stress (stressor) directly (Maryam, 2017).

Adisty (2020) said that the problems faced by students who work part-time tend to use stress coping strategies with a problem-focused coping model. The ability of students to concentrate on problem-solving can reduce the negative impacts that arise and solve problems at work and in lectures. As a student, having an optimistic attitude is necessary in dealing with pressure and problems that arise in everyday life. An optimistic attitude is also known as optimism. According to Seligman (2006), optimism is an individual's belief that bad events or failures are temporary, do not affect activities, and are not self-caused. It can be due to situations, fate, or other people that cause them. Good problem-focused coping will emerge if students have a highly optimistic attitude, where students will not just give up when there is a problem. Azmi's research (2016) shows that good problem-focused coping among part-time

working students is influenced by high optimism. This means that optimism has a significant relationship with problem-focused coping. This study aimed to determine the relationship between optimism and problem-focused coping among students working part-time in the city of Kupang.

Method

This study uses a quantitative approach with Pearson product-moment correlation analysis to determine whether there is a relationship between variables. The sample in this study was 110 students in Kupang City who had part-time jobs. The data collection process was carried out by distributing questionnaires in the form of a scale to participants who met the criteria as samples.

The variables in this study are optimism and problem-focused coping. The measurement tool uses an optimism scale (22 statement items) and a problem-focused coping scale (23). The scale used is a Likert scale, which consists of 5 answer choices, namely strongly agree (SS), agree (S), neutral (N), disagree (TS), and strongly disagree (STS).

Results

The author uses empirical statistics to see the relative position of groups based on measuring instruments. The table of calculation results above will be used to determine the interval category for optimism level for students working part-time in Kupang City. Optimism among students who work part-time in Kota Kupang is high because the empirical mean is higher than the hypothetical mean ($93.05 > 66$).

Table 1.

Optimism Level Category

Category	Range	Frequency	Percentage
Low	66 – 82	15	13,64 %
Medium	83 – 103	73	66,36 %
High	104 – 110	22	20 %

Total	110	100%
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Based on the data in Table 2, out of 110 participants, there are more people in the medium category, namely 73 people (66.36%).

Table 2.

Optimism Levels Based on Gender

Gender	Optimism Category						Total	
	Low		Medium		High			
Male	10	9,09%	31	28,18%	16	14,55%	57	51,82 %
Female	5	4,55%	42	38,18%	6	5,45%	53	48,18 %
Total	15	13,64 %	73	66,36%	22	20%	110	100 %

Based on the data in Table 3, out of 110 participants, men have a higher level of optimism (14.55%) than women (5.45%).

Table 3.

Optimism Levels Based on Age

Age (year)	Optimism Score Category						Total	
	Low		Medium		High			
18 – 21	7	6,37%	21	19,09%	6	5,45%	34	30,91%
22 – 28	8	7,27%	52	47,27%	16	14,55%	76	69,09 %
Total	15	13,64%	73	66,36%	22	20%	110	100 %

Based on the data in Table 4, the early adult age group (22-28 years) has higher optimism (14.55%) than the late adolescent group (18-21 years), which is only 5.45% of the total 110 participants.

The author uses empirical statistics to see the relative position of groups based on measuring instruments. The calculation results table above will be used to determine the category of problem-focused coping level intervals for part-time students in Kupang City. The coping problem focus on students who work part-time in Kupang City is high because the empirical mean is higher than the hypothetical mean ($88.29 > 69$).

Table 4.

Problem-Focused Coping Level Category

Category	Range	Frequency	Percentage
Low	63 – 75	14	12,73 %
Medium	76 – 100	77	70 %
High	101 – 112	19	17,27 %
Total		110	100%

Based on the data in Table 7, out of 110 participants, there are more people in the medium category, namely 77 people (70%).

Table 5.

Problem-Focused Coping Levels Based on Gender

Gender	Problem-Focused Coping Category						Total	
	Low		Medium		High			
Male	9	8,18%	35	31,82%	13	11,82%	57	51,82 %
Female	5	4,55%	42	38,18%	6	5,45%	53	48,18 %
Total	14	12,73%	77	70%	19	17,27%	110	100 %

Based on the data in Table 8, out of 110 participants, men have a higher level of problem-focused coping (11.82%) than women (5.45%).

Table 6.

Problem-Focused Coping Levels Based on Age

Age (year)	Problem-Focused Coping Score Category						Total	
	Low		Medium		High			
18 – 21	8	7,28%	20	18,18%	6	5,45%	34	30,91 %
22 – 28	6	5,45%	57	51,82%	13	11,82%	76	69,09%
Total	14	12,73%	77	70%	19	17,27%	110	100 %

Based on the data in Table 9, the early adult age group (22-28 years) has higher optimism (11.82%) than the late adolescent group (18-21 years), which is only 5.45% of the total 110 participants.

The results of the hypothesis test show that the correlation coefficient r is 0.852 with a significance value of 0.000, which means there is a significant relationship between optimism and problem-focused coping. This positive relationship shows that the higher the optimism, the

higher the problem-focused coping level possessed by students working part-time in Kupang City.

Discussion

This study aims to determine the relationship between optimism and problem-focused coping among part-time students in Kupang City. Based on the results of hypothesis testing using the Pearson Product-Moment correlation test, it is known that there is a significant positive relationship between optimism and problem-focused coping. This relationship is indicated by the calculated r value of $0.852 > r$ table of 0.186 , and the significance value is 0.000 . This shows that the research hypothesis that there is a significant relationship between optimism and problem-focused coping can be accepted. If students who work part-time have high optimism when faced with a problem, the student will bring up good problem-focused coping.

This is in line with research conducted by Indawati and Kolifah (2017), which showed that students with high problem-focused coping skills are easier to deal with and suppress stress if accompanied by high optimism. Research by Azmi (2016) shows that the effective contribution of optimism and problem-focused coping to students who work part-time is high, namely 40.6% . The results of Azmi's research (2016) also show that the higher the optimism of part-time students, the better their coping abilities focus on problems that arise.

The practical contribution of optimism to problem-focused coping in part-time students is 0.724 or 72.4% , while other factors that influence problem-focused coping are 27.6% , which the author did not investigate. Other factors influencing problem-focused coping are health and energy, positive beliefs, problem-solving skills, social skills, social support, and material resources (Lazarus & Folkman, 1984).

Conclusion

Based on the results and discussions conducted, it can be concluded that the level of optimism is high because the empirical mean is higher than the hypothetical mean ($93.05 > 66$). The categorization of optimism levels based on gender found that men have a higher level of optimism (14.55%) than women (5.45%). Based on age category, the early adult group (22-28 years) had higher optimism (14.55%) than the late adolescent group (18-21 years), which was only 5.45% of the total 110 participants. Based on the place of residence, it is known that participants who live in their parent's house have higher optimism (11.82%) than participants who live in boarding houses/dormitories (5.45%) and family/guardians (1.82%).

Problem-focused coping in students who work part-time in Kupang City is high because the empirical mean is higher than the hypothetical mean ($88.29 > 69$). The categorization of problem-focused coping based on gender found that men had a higher level of problem-focused coping (11.82%) than women (5.45%). Based on age, the early adult age group (22-28 years) had higher optimism (11.82%) than the late adolescent group (18-21 years), which was only 5.45% of the total 110 participants. Based on the type of residence, it is known that participants who live in their parents' house have higher optimism (10%) than participants who live in boarding houses/dormitories (6.36%) and family/guardians (0.91%).

Suggestion

The suggestions put forward in this study for students and future researchers are to pay more attention to other factors besides optimism that affect problem-focused coping, such as health and energy, problem-solving skills, social skills, social support, and material sources.

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