

ABSTRACT

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The Differences in Work Stress Coping Strategy Between Smokers and Non-Smokers (Khaira M. Petranto, MM, Psi.; Dra. Ninawati, MM); Psychology Undergraduate Program, Tarumanagara University (95 pages, R1–R6)

The purpose of this research is to find the differences in work stress coping strategy between smokers and non-smokers. It will look at the strategy chosen by smokers and non-smokers in coping with stress. This research looks at dominant behaviors by smokers and non-smokers when they are dealing with stress, especially in coping strategy generally chosen in the problem-focused coping and emotion-focused coping. This research uses quantitative method which presents in statistic numbers. Questionnaire was used for collecting the data and was given to the participants for this research. There are a total of 140 participants that are divided into 2 groups, smokers and non-smokers, with 70 participants in each group. The data is measured using Manova with Hotelling's Trace method and SPSS program version 11.5. The result of this research shows that there are significant differences in stress coping strategy between smokers and non-smokers.