

ABSTRACT

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The Differences Between Coping Stress Reviewed From Degree Of The Optimism On The Termination Of Employment. (Rostiana, M.Si., Psi); Psychology Study Program, Bachelor's Degree, Tarumanagara University (1-79 pages, i-xii, P1-P3, L1-L38).

This research aims to find the differences between coping stress reviewed from degree of the optimism on the termination of employment. Subject of this research is 150 terminated employees that selected using accidental sampling technique. To collect the data for the coping stress research, is using questionnaire were prepared based on the dichotomy scale, and for the optimism research data is using forced choice scale. The data of this research is analyzed using Chi Square with the SPSS software version 15.0. In this research, is using coping stress theory from Carver, Weintraub, and Scheir (1989) and optimism theory from Seligman (1995). The result of this research indicated in significant level 0.05, that is $X^2(3, N=150) = 0.00, p < 0.05$. It's means there are differences between coping stress reviewed the degree of the optimism on the termination of employment. For further research, are also expected to be able to make measurement instrument more specific, to get the result of the data more better.

Keywords: Coping Stress, Degree of the Optimism, Termination of Employment