

## ABSTRACT

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**Relationship between Mindfulness and Coping Stress in Early Adulthood which Experiencing Alcohol Use Disorder; Dr. Fransisca Iriani Roesmala Dewi, M.Si., Yeni Anna Apulembang, MA., M.Psi.; Undergraduate Program in Psychology, Tarumanagara University (i-xiii; 56 pages; P1-P3; L1-L37)**

Stress can occur to anyone, including early adulthood individuals. Financially independence, taking care of responsibility, and took decision for him/herself resulting in stress. There is many ways for early adulthood to cope with stress, one form of coping can be done is consuming alcoholic beverages.

Consumption of alcoholic beverages is a form of withdrawal (psychological withdrawal) from stressful events for early adulthood causing the problem are not resolved and leads to increased level of stress. Increased levels of stress can increase the consumption level of alcoholic beverages and the higher the level of alcoholic beverages consumption resulting in abused of alcoholic beverages (alcohol use disorder).

Mindfulness is believed to be able to serve as a treatment in overcoming alcohol use disorder, because with a full awareness, the sensation of consuming alcoholic beverage can be reduced. The purpose of this research was to examine the relationship between mindfulness and coping stress in early adulthood who experiencing alcohol use disorder.

Participants in this study was 87 early adulthoods (71 men and 16 women). This research using quantitative non-experimental method and purposive non-probability sampling as its sampling method.

The results showed that participants using psychological withdrawal as their dominant coping strategy (mean = 3,3927) and there are significant and negative correlation between mindfulness and psychological withdrawal (N=87,  $r = -0,578$ ,

$p < 0,01$ ). The highest correlation results in acceptance coping strategy (N=87,  $r= 0,818$ ,  $p < 0,01$ ) and the lowest correlation results in eating coping strategy (N=87,  $r= -0,227$ ,  $p < 0,05$ ). The conclusions of this research are there are relationships between mindfulness and coping stress in early adulthood who experience alcohol use disorder, in meaning that when individuals have a full awareness at one thing at a time, it will be increasing/decreasing level of use of coping stress in the face of stressful situations.

*Keywords: mindfulness, coping stress, alcohol use disorder, alcoholism, alcoholic*