

## ABSTRACT

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**Stress and Coping Stress in Adolescent who Work as a Babysitters; Dr. Riana Sahrani, M.Si., Psi., & Agustina, M.Psi., Psi.; Undergraduate Program in Psychology, Tarumanagara University, (i-xi; 99 Halaman; P1-P5;)**

The study was conducted to illustrate how babysitter workers cope with the stress faced, especially stress caused by foster children, workplace, relationships with employers and workplace characteristics. This research uses qualitative method with in depth interview technique. This study also begins with a preliminary study which is an approach to get data early in order to identify a topic (Shaughnessy, Zechmesiter & Zechmeister, 2012). Preliminary study using stress gauge from Kurniawan, D., Suyasa, P.T.Y.S, and Zamralita (2006) to measure individual stress levels. Data collection begins on April 8, 2017 to May 6, 2017. Retrieved from 4 babysitters who experience stressful sources of foster care, workplace, relationships with employers and workplace characteristics. Of the four sources of stress, only two of the most dominant as a source of stress on the babysitter is foster children and relationships with employers. Subjects aged 11-20 years old, minimum junior high school education and minimum workfor 1-2 years. To analyze stressors using Thomason theory and stress symptoms using Davis and Nelson's theories. Coping strategies use Folkman, Lazarus, Deunkel, DeLongis, and Gruen theories. The results obtained are all subjects experiencing stress with different sources of stress, but only two of the four sources of stress are the most dominant source of stress from foster children and the source of stress from the relationship of the subject with the employer. Coping strategies are often used by all subjects is emotional focused coping. Obtained two of the four subjects who only do problem focused coping strategies and effective.

*Keywords: Stress, Coping Stress, and Babysitter*