

ABSTRACT

Veronica Jayanti (705140048)

The Relation of Coping Strategy and Subjective Well-being to Overseas Students Experiencing Acculturative Stress; Dr. Fransisca Iriani Roesmala Dewi., M.si & Widya Risnawaty, M.Psi., Psi. Undergraduate Program in Psychology, Tarumanagara University, (i-xiii; 72 pages, R1-R3, Appdx 1-41).

Differences between cultures often lead to cultural conflicts that ultimately lead to acculturative stress in overseas students. Acculturative stress is assessed as one of the factors that can lead to low subjective well-being. Therefore, to improve subjective well-being, individuals need to do coping. This study aims to determine the relationship between coping strategies and subjective well-being in overseas students who experience acculturative stress. The research subjects were 148 overseas students who came from outside Java Island in Yogyakarta. The research instruments are The Acculturative Stress Scale for International Students (ASSIS), Ways of Coping Questionnaire (WCQ), and Subjective Well-being. Research data was analyzed by correlation analysis program from SPSS 17.0. The result of statistical test shows that there is a significant correlation between problem focused coping and subjective well-being ($r = 0.314$, $p < 0.05$) and there is a significant correlation between emotion focused coping and subjective well-being ($r = 0.289$, $p < 0.05$). From crosstabulation analysis, subjects with moderate acculturative stress levels are more likely to use problem focused coping and subjects with high acculturative stress levels tend to use emotion focused coping.

Keywords: Acculturative Stress, Coping, Subjective Well-being, and Overseas Student.