

**COPING STRES PADA MAHASISWA YANG MENIKAH
PASCA SEKS PRANIKAH**

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ABSTRAK

Pasca seks pranikah, ada berbagai permasalahan yang berdampak pada stabilitas kehidupan wanita dewasa awal yang disebut stresor. Oleh karena itu, untuk mengatasi stresor dibutuhkan *coping* stres. Penelitian ini bertujuan untuk mendeskripsikan *coping* stres pada mahasiswa yang menikah pasca seks pranikah dengan metode kualitatif melalui pendekatan studi kasus. Pengambilan data dilakukan melalui wawancara semi terstruktur pada dua informan. Hasil penelitian menunjukkan bahwa terdapat tiga stresor, yaitu permasalahan internal dan eksternal. *Coping* stres yang paling banyak digunakan oleh semua informan untuk mengatasi stresor adalah *problem focused coping*. Faktor yang mempengaruhi *coping* stres pada mahasiswa yang menikah pasca seks pranikah adalah *social support*, *material resources*, dan *positive beliefs*.

Kata kunci : *Coping Stres*, Seks Pranikah, Mahasiswa

COPING STRESS ON COLLEGE STUDENTS WHO GOT MARRIED IN THE POST OF PREMARITAL SEXUAL INTERCOURSE

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ABSTRACT

In the post of premarital sexual intercourse, there were some issues that gave impact to life stability of students which named stressor. Therefore, coping stress was needed to overcome the stressor. This research aimed to describe coping stress of the college students who got married in the post of premarital sexual intercourse. This study used a qualitative method through a case study approach. The data was collected from semi structured interview to the two informants. The result of the research showed that there were two stressors, which were internal issues and external issues. Problem Focused Coping was mostly used by all of the informants to fix the stressor. Social supports, material resources, and positive beliefs were all the factors which affected to the college students who got married post premarital sexual intercourse.

Keywords: Coping Stress, Students, Premarital Sexual Intercourse