

ABSTRACT

Adolescents are a vulnerable group to psychosocial stress, particularly those who live in Social Rehabilitation Centers for Youth (PSBR). Such stress may arise from peer conflicts, strict institutional rules, and maladaptive behaviors that emerge as survival strategies. These conditions require adaptive coping mechanisms so that adolescents can face problems constructively. This study aims to describe the coping mechanisms of adolescents at Panti Sosial Bina Remaja Taruna Jaya 2 Jakarta. The research method used was quantitative descriptive with a total of 48 respondents. The research instrument was a coping mechanism questionnaire analyzed using scoring techniques and continuum lines. The results showed that problem-focused coping obtained an average score of 3.871, while emotion-focused coping obtained an average score of 3.391. Both are categorized as moderate, indicating that the adolescents' ability to use coping strategies is not yet optimal and still involves a mix of adaptive and maladaptive strategies. Based on these findings, the researcher proposed "PROAKTIF" (Program Penguatan Coping mechanism Adaptif Remaja Panti Sosial). This program consists of four stages: coping mechanism education, problem-focused coping training, emotion-focused coping training, as well as social situation simulations and personal coping plan development. The program is expected to strengthen adolescents' adaptive coping capacity in dealing with social pressures in the institution.

Keywords: *coping mechanism, adolescents, social institution, problem-focused, emotion-focused*

ABSTRAK

Remaja merupakan kelompok yang rentan terhadap tekanan psikososial, terutama bagi mereka yang tinggal di Panti Sosial Bina Remaja (PSBR). Tekanan tersebut dapat muncul dalam bentuk konflik antar teman sebaya, aturan ketat panti, hingga perilaku maladaptif yang berkembang sebagai strategi bertahan. Kondisi ini menuntut adanya mekanisme coping yang adaptif agar remaja dapat menghadapi permasalahan secara konstruktif. Penelitian ini bertujuan untuk mengetahui gambaran coping mechanism remaja binaan di Panti Sosial Bina Remaja Taruna Jaya 2 Jakarta. Metode penelitian yang digunakan adalah kuantitatif deskriptif dengan jumlah responden sebanyak 48 orang. Instrumen penelitian berupa kuesioner coping mechanism yang dianalisis menggunakan teknik skoring dan garis kontinum. Hasil penelitian menunjukkan bahwa coping mechanism berfokus pada masalah memperoleh skor rata-rata 3.871, sedangkan coping mechanism berfokus pada emosi memperoleh skor rata-rata 3.391. Keduanya berada pada kategori sedang, yang berarti kemampuan remaja dalam menggunakan strategi coping masih belum optimal dan cenderung bercampur antara strategi adaptif dan maladaptif. Berdasarkan hasil tersebut, peneliti mengusulkan Program “PROAKTIF” (Program Penguatan Coping mechanism Adaptif Remaja Panti Sosial). Program ini dirancang melalui empat tahap kegiatan meliputi edukasi coping mechanism, pelatihan problem-focused coping, pelatihan emotion-focused coping, serta simulasi situasi sosial dan penyusunan rencana coping pribadi. Program ini diharapkan dapat memperkuat kapasitas coping adaptif remaja dalam menghadapi tekanan sosial di panti.

Kata kunci: *coping mechanism*, remaja, panti sosial, *problem-focused*, *emotion-focused*