

## ABSTRAK

**Nur Laela Sari Soraya, 1202684. (2017). Kontribusi *Coping Strategy* terhadap Keterbukaan Diri (Studi Deskriptif pada Mahasiswa Semester 1 Program Studi Bimbingan dan Konseling Universitas Pendidikan Indonesia Tahun Akademik 2016/2017).**

Penelitian ini bertujuan untuk mendeskripsikan kecenderungan keterbukaan diri, *coping strategy*, dan kontribusi *coping strategy* terhadap keterbukaan diri pada mahasiswa semester 1 Program Studi Bimbingan dan Konseling, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia Tahun Akademik 2016/2017. Metode penelitian yang digunakan adalah metode deskriptif. Populasi penelitian adalah mahasiswa semester 1 Program Studi Bimbingan dan Konseling Universitas Pendidikan Indonesia Tahun Akademik 2016/2017. Hasil penelitian menunjukkan kecenderungan keterbukaan diri pada mahasiswa semester 1 berada pada kategori cukup terbuka dengan persentase sebesar 64,70%. Kecenderungan *coping strategy* pada mahasiswa semester 1 menunjukkan sebanyak 83,53% mahasiswa menggunakan *Engagement Coping Strategy*. Terdapat kontribusi *coping strategy* terhadap keterbukaan diri mahasiswa semester 1 Program Studi Bimbingan dan Konseling, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia Tahun Akademik 2016/2017 sebesar 29,70%. Rekomendasi penelitian ditujukan kepada diri peneliti, mahasiswa semester 1, dosen pembimbing akademik, dan peneliti selanjutnya.

**Kata kunci:** *Coping Strategy*, Keterbukaan Diri, Mahasiswa semester 1.

## **ABSTRACT**

***Nur Laela Sari Soraya, 1202684. (2017). Contributions Coping Strategy against Self Disclosure (Descriptive Study on Student Semester 1 Study Program Guidance and Counseling Indonesia University of Education Academic Year 2016/2017).***

*This study aimed to describe the tendency of self-disclosure, coping strategy, and contribute coping strategy against self-disclosure in the first semester students Guidance and Counseling Program Studies, Faculty of Education, University of Indonesia Education Academic Year 2016/2017. The method used is descriptive method. The study population is the first semester students Guidance and Counseling Program Indonesia University of Education Academic Year 2016/2017. The results showed the tendency of self-disclosure in the first semester students are in fairly open category with a percentage of 64.70%. While the tendency coping strategy at the beginning of the student show as much as 83.53% or as many as 71 people of the total population of 85 people choose Engagement Coping Strategy and amounted to 16.47% or as many as 14 people of the total population of 85 people choose disengagement Coping Strategy. There is a significant contribution of a coping strategy against self-disclosure. The amount of the contribution coping strategy against self-disclosure is 29.70% and the remaining 70.30% influenced or caused by other factors not disclosed in this study. Recommendations addressed to self study researchers, students of the 1st semester, academic lecturers, and further research.*

***Keywords:*** Coping Strategy, Openness Self, First Semester Student.