

ABSTRACT

THE RELATION BETWEEN SOCIAL SUPPORT AND ADVERSITY QUOTIENT ABILITY WITH ENVIRONMENTAL STRESS LEVEL OF GRADE VII STUDENTS AT ISLAMIC BOARDING SCHOOL

Stress is a condition when people are under pressure in both physical and psychological. The condition that comes out is an unpleasant condition in people feeling because of differences between what people hope and the reality. For some children, living in *Islamic boarding school* often become a scary problem. This anxiety probably begins with a feeling that they will be uncomfortable with their new environment. The condition is truly unpleasant and painful. Whereas, becoming *santri* is a step that must be undergone by a child in learning process at Islamic boarding school. This research aims to know the relation between social support and adversity quotient with the stress of *santri*. The variable of the research is social support (X1), adversity quotient (X2), and stress (Y). Sample taken by using purposive sampling as many as 30 people. Data are collected by using questionnaire instrument with Likert scale. Then they are analyzed by examining double regression analysis. Result shows that there is a relation between social support, adversity quotient and stress proved by value $F=8,822$ and $P=0,001$ ($p<0,05$) that means hypothesis I is approved. There is negative relation between social support and stress proved by $t=-2,728$ $p=0,011$ ($p<0,05$) that means hypothesis II is approved if social support is high, the stress of *santri* falls down. There is a relation between adversity quotient with the stress proved by $t=-2,699$ $p=0,012$ ($p<0,05$) that means hypothesis III is approved if adversity quotient is high, the stress of *santri* falls down. The amount of contribution of social support variable and adversity quotient with the stress is $R.Square=0,395$, that means social support variable and adversity quotient both give 39.5% of effective contribution, it means 60.5% of the stress are influenced by other unresearched variable. Social support and adversity quotient much influence the stress of *santri*. The stress will be decreased for the children who got much social support from the environment and if the children have high adversity quotient, it decreases the stress of the children. Hopefully the subject is able to understand and accept the condition that will they face, so the subject will not feel terribly stressed.

1. Introduction

Living in an environment and staying for a long time will be familiar with the rules, norms, and customs of the environment. With such conditions, the interaction has been long and intense enough to make someone more easily adjust to the environment. The condition is reversed when one is faced with a new environment and new problems will arise for the individual because of differences and changes in the physical and social environment. Someone who is faced with a new environment will try to adjust to the environment.

Every child is a unique individual, due to innate factors and different environments hence the growth and achievement of developmental ability is also different.

Children have needs to be satisfied in order to grow normally even since they were babies. These needs include physical to psychological needs that are generally met by care giver (parents, grandparents, caregivers, or adults responsible for child care and welfare). Thus, the child will experience a pure love and healthy discipline. These conditions give them a sense of security and satisfaction so that children can develop in accordance with their real self.

Life in a boarding school that is very different from the previous child's life makes him have to make adjustments in order to survive until

completed his education at the boarding school. If the students are not able to adapt to the new environment they will experience many conflicts and the focus faced is not only

academic problems but also other problems outside the academic.

Members of santri who are registered in boarding school and new will start to follow the activity to be held at boarding school. Students who study in boarding schools basically not only come from the area where the boarding school stands, but also comes from outside the city and some even come from outside the province. So every santri who comes from different areas will automatically occupy a new residence within the boarding school which would be different from the previous residence and together with other santri different cultural background and residence.

The density of the schedule received by the santri then gives another impact on his life. All set in such a way that no time is wasted. Every day santri burdened by activities that are not light, from wake up to sleep back all arranged, In addition when the child only knows a few people, then in the pesantren will know many people with different backgrounds of families and areas , where they should be able to adapt in both school and dormitory settings, dealing with new people they know with different characters, as well as

adaptation to different education systems and school curricula when compared to other schools.

The problem that then arises is the presence of santri who do not have the intelligence to adjust to the life of the boarding system. Not infrequently also santri out of the boarding school before graduation or even the first year in boarding school.

Based on the existing reality, not a few of the parents, cottage communities, teachers or asatidz councils and the environment should be responsible for the comfort of social support and motivation for students to be able, have the intelligence in adjusting to overcome difficulties and be able to survive, in this case it is not easy to give up in the face of every

difficulty of life, in this case to the new environment.

Stress is a depressed state, both physical and psychological. This created state is a condition that is deeply embedded in the individual because of the difference between the expected and the existing (Chaplin, 20012). While Kartono and Gulo (2013) interpret stress as a kind of frustration in which the interference in the activities of individuals to achieve goals so that individuals feel anxious, anxious, and worried. Markam (20013) considers that stress is a state in which the burden he feels is too heavy and not commensurate with his ability to cope with the burden he experiences.

Stress can be caused by several things, namely the lack of social support from the surrounding environment that can cause children less comfortable and less able to focus with daily activities.

Santrok (2012) argues that social support is an information or response from others who are cherished and

beloved who respects and respects and includes a communication and interdependent relationship. This includes one emotional support, as Dumont & Provost puts it (Everall, 2012) explains that the emotional support received becomes a message to the individual that the individual is cherished.

Social support is defined by Hupeey and foote (Muba, 2012) as a social resource that can help the individual in the face of a stressful event. Social support is also defined as a pattern of positive interaction or helpful behavior given to individuals who need support.

Blumer (Rhoton et al., 2012) states that man acts on the ground of all things meaningful to himself, and that meaning can be developed through social interaction with others. This is related to the motivation of the individual, social interaction is one of social support where in achieving something one also needs

support from besides himself that is motivation from environment or social (Martin & Dowson, 20012).

In addition to social support factors causing stress can also be caused toughness, resistance of a child in dealing with various problems in the environment they occupy.

Harry Hidayati (2013) has found that besides that besides IQ (intelligence quotient) and EQ (emotional quotient), there is another element that has a major influence on the success of one's life or career, AQ (Adversity Quotient). Adversity Quotient is meant here is toughness, calmness in the face of various problems and can find alternative solutions to the problem. Research is currently growing with the existence of other facts that the higher the career of the individual, the more problems encountered,

and it is this that encourages HRD (Human Resource Development) Supervisors to find employees with a plus value AQ (Adversity Quantity) means people who are tough, calm to face various problems and can find alternative solutions to the problem.

Adversity Quotient means it can also be called endurance or endurance when faced with problems. Stein & Book (2014) explains that resilience is the ability to deal with unpleasant events and stressful situations without becoming cluttered, by actively and passively overcoming adversity. Resilience is related to the ability to remain calm and patient, as well as the ability to face difficulties with a cold head, without getting carried away by emotions.

Persons resistant to adversity will face, not avoid, not yield to feelings of helplessness or despair. Harry (Hidayati, 2013) has found that besides that besides IQ (intelligence quotient) and EQ (emotional quotient), there are other elements which has a major influence in the success of one's life or career that is AQ (Adversity Quotient). Adversity Quotient is meant here is toughness, calmness in the face of various problems and can find alternative solutions to the problem. The current research

is evolving with the fact that the higher the career of the individual, the more problems it faces, and this is what drives HRD (Human Resource Development) Supervisors looking for employees with a plus value AQ (Adversity Quantity) means people who are tough, calmly facing various problems and can look for alternative solutions to the problem.

Based on the research from Yusuf, Muhammad Nurdin, that the results obtained data self-adjustment to stress levels are categorized as much as 74.46% ie 35 subjects, while diketegori high as much as 12.76%,%

ie 6 subjects and low category 12.76% that is 6 subjects.

Based on the Preliminary Study on March 8, 2017 at the boarding school of lamongan lamongan lamongan, from the results of the interviews on 8 new Santri who attended the study, 5 santri felt environmental stress symptoms such as lack of sleep, depression, difficulty mixing, loss of appetite, unstable emotion. This affects the daily activities of students in the learning process. From these characteristics shows that students are experiencing environmental stress.

The result of this study shows that the adjustment to the new stress level of santri is good enough that is 74.46%. Similarly, in the study of Oki Tri Handono titled, "The Relationship Between Self-Adjustment And Social Support Against Environmental Stress In New Santri" that the adjustment rate was 73.91% and social support for stress was 86.96%. While the social support of the subject included in the medium category as much as 86.96%, so it can be concluded that the social support that the subject has gained is sufficient. In the environmental stress category, the subjects of the study included a high category of 80.43%.

Based on the literature study that has been done, the researchers conducted exploration and mapping on several studies related to the Relationship Between Social Support And Adversity Quotient With The Environmental

Stress Level In Santri Class Vii Pondok Pesantren. Researchers see that there is a possibility that social support has links with Adversity Quotient. In addition, in Indonesia, Adversity Quotient research is still very rare. Therefore, researchers are interested in researching on social support and Adversity Quotient in early adolescent santri living in pesantren hut.

2. Research Methods

This research type is kolerasi analytics that is survey or research that try to explore how and why health phenomenon happened (Notoadmojo, 2012). Researchers use quantitative methods by using questionnaires. With

Variabel	Kolmogoro v- Smirnov Z	p	Keterangan
Stress	0,731	0,660	Normal (p>0,05)
Dukungan sosial	0,683	0,740	Normal (p>0,05)
<i>Adversity Quotient</i>	0,840	0,480	Normal (p>0,05)

Test the linearity of the relationship between each independent variable to the dependent variable. The relationship linearity test is performed between social support and Adversity Quotient on stress. Linearity test is done to find out whether the relationship between each independent variable has a pattern of linear relationship with the dependent variable. Rule of linearity test of relationship using price of F and P <0,005. The analysis results show social support variables

Uji hubungan linieritas	F	p	Keterangan
Dukungan sosial dengan Stress	8,460	0,007	Linier
<i>Adversity Quotient</i> dengan Stress	8,292	0,008	Linier

After the assumption test, the next data is processed by using multiple regression analysis technique.

3. Results Discussion

The results show that social support and Adversity Quotient variables are positively correlated with stress. The hypothesis that there is a relationship between social support and Adversity Quotient with stress on santri is proven. The first hypothesis of this research is supposed to support previous research conducted by Oktri Handoko (2012) that social support and adversity quotient simultaneously affect the stress of someone living in new environment. There is a relationship between social support and the stress of someone living in the neighborhood. The higher the social support received by the students, the stress experienced will be lower. The results are in accordance with the theory expressed according to Cohen & Syme (2012) are sources of social support to individuals that can affect the welfare of the individual concerned.

There is a relationship between adversity quotient with stress on santri. The higher the adversity quotient a santri has, the lower the stress level. In accordance with the theory proposed by Stoltz (2013) defines AQ as intelligenc

which one possesses in the face of adversity.

A woman who is facing a new environment will have a high adversity quotient, characterized by a realistic view of high intelligence and adaptation, can accept the new environment that is occupied, not easily upset about the judgment of others, and have positive thoughts about the environment and new friends, supported by high social support shown through the understanding and attention of parents, friends, teachers and people around.

Partial analysis is known that there is a very significant negative correlation between social support with stress on santri, so the

hypothesis that there is a negative relationship between social support and stress on students accepted. The higher the social support the stress on the santri getting down. The findings of this study indicate that social support plays an important role in supporting stress on santri.

This study is in line with Oktri Handoko (2012) 's opinion on the relationship between social support and environmental stresses that the better the social support the less stress a person experiences on the environment. Social support is an important factor that affects the level of environmental stress on students. Basically, social support must be continuously developed. The environment that does not demand and accept the child and ensure that it is something normal will be more helpful for a child who is experiencing environmental stress. Adversity quotient is the most difficult thing for children. Especially on the resilience and intelligence to be able to adapt in the face of his new environment.

Social support is one of the factors that affect stress level in santri, stress arises due to the imbalance between the change of feeling in new environment. Tarmidi & Kambe (2013) social support can be applied into the family environment, ie parents. So parental social support is the support that parents provide to their children either emotionally, appreciation, information or group. Parental support relates to adolescent academic success, positive self-image, self-esteem, self-confidence, motivation and mental health.

Social support becomes an important factor that affects the stress level on students. Basically, suocial support should continue to be improved. A supportive environment of comfort, tranquility of a person to be able to coexist harmoniously.

Further partial analysis also states there is a negative correlation between Adversity Quotient with stress, so the hypothesis that there is a negative relationship between Adversity Quotient with stress on santri proven. Can be interpreted the higher or

stronger Adversity Quotient the lower the stress level or vice

Descriptive statistical results also indicate that most subjects in this study have medium category stress. This is because the level of stress experienced by students can be influenced by several factors such as high social group support, in this case the support of peers, roommates in boarding school activities and schools, so they can exchange information. The severity of stress from santri is influenced by how the assessment of pesantren environment against that experienced by students either negative or positive assessment.

Descriptive statistics also show that most of the subjects in this study had medium category social support. This means that generally santri boarding pesantren sunan drajat lamongan get social support medium category. Most of the subjects get enough understanding, attention and support from friends, parents and teachers who make the subject feel loved and appreciated so that becomes more ready in facing all the changes that occur in the pesantren environment.

Based on the results of descriptive statistics describe that on the scale of Adversity Quotient known that in general santri dipondok pesantren sunan drajat lamongan has a level of Adversity Quotient is.

The large contribution of social support variables and Adversity Quotient together to the stress is large, but there are still other variables that affect stress, but not included in this study. Seeing this effective contribution aims for the researchers to percentage how much independent variables affect the dependent variable so that researchers can recommend further research similar to add the variables that have not been studied with the aim of further investigation more comprehensive in discussing stress students. Briefly it can be understood that in addition to social support variables and Adversity Quotient with stress on santri influenced other variables that are not examined

4. Conclusions

The purpose of this research is to know the relationship of social support and Adversity Quotient with stress on santri. This study uses three variables, namely social support as X1, Adversity Quotient as X2 and stress as Y. This research also aims to find out the partial relationship between social support variable with stress and Adversity Quotient with stress. Researchers also want to know the effective contribution of the two independent variables to the dependent variable and to find the equation of the regression line.

Social support and Adversity Quotient greatly affect stress on santri. Students who get high social support from the environment then the level of stress will decrease. Social support provided can include emotional support, award support, instrumental support, information support and social networking support. Social support is one of the factors that affect the stress level of students in facing the environment. One of human needs other than clothing, food and boards is a psychological need that is feeling loved and cherished. So it takes social support in the form of a sense of affection and a sense of attention so that feelings of bad will be felt little by little and with good support will be able to reduce stress on santri. In addition, self-confidence is also needed in the mother before menopause, because with a high Adversity Quotient will reduce stress. People who have high Adversity Quotient will feel confident to themselves, optimistic, not dependent on others, do not hesitate, feel self-worth. someone who has a good Adversity Quotient, will be able to adapt and strong will the environmental conditions encountered. For that social support and Adversity Quotient very influential on stress on santri.

Hypothesis in this research is there is relationship between social support and Adversity Quotient with stress on santri. There is a negative relationship between social support and stress on santri. There is a negative relationship between Adversity Quotient with stress on santri. The type of this research is quantitative with santri population of pesantren suan drajat lamongan as many as

30 people. The sample in this research are 30 new santri.

Taking research data using scale of Adversity Quotient scale social support, and stress scale, the data is then analyzed using regression analysis which resulted findings that social support and Adversity Quotient together have positive correlation with stress on santri. Hypothesis that states there is a relationship

positive between social support and Adversity Quotient with stress on proven santri. Partially social support is negatively correlated with stress. The hypothesis that there is a positive relationship between social support with stress on santri proven. Adversity Quotient also has a negative correlation with stress on santri. The hypothesis that there is a negative relationship between Adversity Quotient with stress on santri proven.

Social support with stress has a very significant relationship. That is, the higher the social support received the more decreased the stress experienced by santri. Social support is an important factor that affects the level of stress experienced by santri. Basically, social support should be improved.

Adversity Quotient with stress also has a very significant relationship. This means that the higher one's Adversity Quotient then the stress experienced by the santri decreases. A person who has a high Adversity Quotient, then a person can undergo any problem without looking towards the negative, rational and objective thinking to the problems that occur in him and can be solved both by himself and the help of others. If a santri is not mentally prepared to deal with the psychosocial environment and is able to survive in positive things, this will have an adverse effect on santri that is stressful.

The contribution of social support variable and Adversity Quotient together with stress is large but there are other variables that influence stress, but not included in this research. Seeing this effective contribution aims for the researcher can menyentaskan how much independent variables memengaruhi dependent variable so that researchers can recommend further research similar to add the variables that have not been

studied with the purpose of further research more comprehensive in discussing stress on santri.

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