ABSTRACT

The Relationship between Optimism and Coping Stress for COVID-19 Survivor in Jakarta.

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Individuals who recover from COVID-19 *are risk to be stressed. Recovery conditions can be worse 3 months after the individuals got infected by* COVID-19*. To reduce the stress experienced during the recovery period due to* COVID-19*, individuals are expected to develop an effective coping stress mechanism. One of the variables that can be managed with coping stress is optimism. The study aims to determine the relationship between optimism and coping stress for* COVID-19 *survivor in Jakarta. The research method used is quantitative with correlation analysis. Data collected though questionnaires using optimism and coping stress measuring instruments. The result showed that there is a significant positive relationship between optimism and coping stress for* COVID-19 *survivor in* Jakarta*. The result of the correlation between optimism and coping stress obtained a value of* r=0.525; p<.001*. this shows that the higher result of optimism makes higher result of coping stress and vice versa.*

Keywords: *Optimism, Coping Stress, COVID-19 Survivor*, Jakarta

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