

RELATIONSHIP BETWEEN SPIRITUAL INTELLIGENCE LEVEL AND COPING MECHANISM IN ADOLESCENTS

*Pengaruh Tingkat Kecerdasan Spiritual dengan Mekanisme Koping pada
Remaja*

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ABSTRAK

Penelitian ini dilatar belakangi berdasarkan data Riskesdas tahun 2018 yaitu meningkatnya angka gangguan kesehatan mental pada remaja diatas 15 tahun sebanyak 5,3% dari tahun 2013. Masa remaja adalah masa yang penting bagi mental seseorang, tidak semua remaja yang dapat mengelola stresnya. Pada kondisi ini diperlukan mekanisme koping yang bertujuan untuk mengatasi stressor. Kecerdasan spiritual adalah salah satu faktor yang berdampak pada remaja dalam memilih upaya koping. Remaja yang memiliki kecerdasan spiritual tinggi maka akan mampu memilih koping yang konstruktif. Penelitian memiliki tujuan untuk menganalisis hubungan antara tingkat kecerdasan spiritual dengan mekanisme koping pada remaja. Penelitian ini adalah Penelitian ini merupakan penelitian crosssectional dengan pendekatan analitik kategorik, bertempat di SMAN 6 Bandung, jumlah sample sebanyak 86 responden yang di pilah menggunakan teknik proportionale stratified random sampling. instrument yang digunakan dalam penelitian ini yaitu kuesioner tingkat kecerdasan spiritual di adaptasi dari teori King & DeCicco yaitu SISRI-24 (The Spiritual Intelligence Self Report Inventory) dan mekanisme koping yang di adaptasi dari teori Carver & Cornor B-COPE (Brief from of the Coping Orintation to Problem Experience). Selanjutnya data yang didapatkan diuji menggunakan menggunakan uji kolerasi Chi Square. Hasil uji statistik tentang hubungan kecerdasan spiritual dengan mekanisme koping pada remaja di SMA Negeri 6 Bandung diperoleh p-value 0,000 ($p=0,005$) dalam artian terdapat hubungan antara tingkat kecerdasan spiritual dengan mekanisme koping pada remaja di SMA Negeri 6 Bandung. Perlu adanya peningkatan konsistensi keberlangsungan program pembinaan spiritual yang sudah ada dan memperkaya materi dengan lebih berragam sebagai upaya memperbaiki mekanisme koping remaja

Kata kunci: kecerdasan spiritual, mekanisme koping, remaja

ABSTRACT

This research is based on the 2018 Riskesdas data, which shows an increase in the number of mental health disorders in adolescents over 15 years of age by 5.3% from 2013. Adolescence is a crucial period for a person's mental health, not all adolescents can manage their stress. In this condition, coping mechanisms are needed that aim to overcome stressors. Spiritual intelligence is one of the factors that impact adolescents in choosing coping efforts. Adolescents who have high spiritual intelligence will be able to choose constructive coping. The study aims to analyze the relationship between the level of spiritual intelligence and coping mechanisms in adolescents. This study is a cross-sectional study with a categorical analytical approach, located at SMAN 6 Bandung. The number of samples is 86 respondents who are selected using proportional stratified random sampling techniques. The instruments used in this study were a questionnaire on the level of spiritual intelligence adapted from King & DeCicco's theory, namely SISRI-24 (The Spiritual Intelligence Self Report Inventory), and coping mechanisms adapted from Carver & Cornor's theory, B-COPE (Brief from the Coping Orientation to Problem Experience). Furthermore, the data obtained were tested using the chi-square correlation test. The results of the statistical test on the relationship between spiritual

intelligence and coping mechanisms in adolescents at SMA Negeri 6 Bandung obtained a p-value of 0.000 ($p = 0.005$), meaning that there is a relationship between the level of spiritual intelligence and coping mechanisms in adolescents at SMA Negeri 6 Bandung. There is a need to increase the consistency of the sustainability of existing spiritual guidance programs and enrich the material with more variety as an effort to improve adolescent coping mechanisms.

Keywords: adolescents, coping mechanisms, spiritual intelligence

INTRODUCTION

Adolescence is a crucial time for a person's mental health. Various changes occur during this period, including biological, cognitive, and psychological changes.¹ Based on Riskesdas (Basic Health Research) data, the prevalence rate of mental health disorders in adolescents aged 15 years and above with symptoms of depression increased significantly, from 1.7% (2013) to 7% (2018).^{2,3} The most common mental health disorders in adolescents are those that experience stress due to the demands of school life and the many academic targets that must be completed almost every week, as well as the demands of managing time and studying independently, which makes adolescents stressed and triggers stress.⁴

Not all teenagers can manage their stress. They often feel frustrated, angry, or even hopeless. In these situations, coping mechanisms are needed to address the threatening situation, either intellectually or through action. The differences in adolescent problem-solving abilities will lead to different coping strategies.^{5,6}

Coping mechanisms are efforts chosen by individuals to resolve problems that have the potential to cause stress.⁷ The coping mechanisms used by individuals include problem-focused coping, emotion-focused coping, and avoidance coping, where problem-focused coping is coping that focuses on problems, while emotion-focused coping is coping that focuses on emotions.⁸ and avoidance coping is coping that tends to avoid problems.⁹

Many factors impact an individual's coping strategies, and spiritual intelligence can influence an

individual's (adolescent's) choice of coping mechanisms. Adolescents with high spiritual intelligence can cope with stress through appropriate solutions and decision-making.¹⁰ Using spiritual intelligence in problem solving makes every individual (teenager) aware that everyone, including teenagers, definitely has problems in this life, and makes teenagers able to overcome problems or teenagers can accept the problems they are facing.¹¹ Meanwhile, individuals (adolescents) who lack high spiritual intelligence will have difficulty controlling their emotions, cannot recognize themselves, and struggle to motivate themselves. Meanwhile, adolescents with high spiritual intelligence will be able to manage their stress well and choose appropriate problem-solving strategies.¹²

SMAN 6 Bandung is one of the most popular schools in Bandung. The school offers a program designed to enhance students' spiritual intelligence. These activities include Islamic-themed competitions and Islamic studies.

Although this aims to increase the level of students' spiritual intelligence, there are still some students who experience stress when entering the semester exam week, and also admit that it is difficult to divide their time between doing assignments, non-academic activities, and studying for their school exams.

Based on the above statement, the researcher is interested in conducting a study related to the level of Spiritual Intelligence and its relationship to coping mechanisms in adolescents at SMA Negeri 6 Bandung. The general objective of the study is to determine whether spiritual intelligence is related to coping mechanisms.

METHODS

This study employed a quantitative cross-sectional approach. It was conducted over a period of time and on a single occasion. The study then identified the relationship between spiritual intelligence and adolescent coping mechanisms. This study took place at SMA Negeri 6 Bandung from February to March 2024, with ethical review permit No. 21/KEPK/EC/III/2024.

The population studied in this study was students of grades X and XI of SMAN 6 Bandung, with data obtained from 615 students, with a sample of 86 respondents. The sampling technique used by the researcher was proportionate stratified random sampling, a sampling technique by divides the population into subpopulations or strata proportionally.¹³

This study examines the description of coping mechanisms, description of emotional intelligence, and the relationship between coping mechanisms and emotional intelligence in adolescents using a data collection

questionnaire in the form of (B-COPE) to measure coping mechanisms, where if $X < 80$, it is included in maladaptive coping, and if $\mu \geq 80$, it is included in adaptive coping.¹⁴ To measure spiritual intelligence, researchers use (SISRI-24), where if the measurement results are at a score of 65 – 96, it is included in the high spiritual category, a score of 34 – 64 is included in the medium spiritual category, and a score of 24 – 33 is included in the low intelligence category.¹⁵ Before distributing the questionnaires via Google Forms, the researchers obtained informed consent from the respondents and then asked them to fill out a statement of willingness to participate in the study. Both questionnaires were distributed via Google Forms to adolescents aged 14 to 17 through a drawing process. The questionnaire results were then processed and analyzed using a univariate frequency distribution test. The relationship analysis was conducted using a bivariate Chi-square correlation test.

RESULTS

Table 1. Frequency Distribution of Spiritual Intelligence and Coping Mechanisms by Gender in Adolescents

Gender	Coping mechanisms	Results	Spiritual Intelligence	Results
Woman	Mal-adaptive	23	Low	0
	Adaptive	27	Currently Tall	6 44
Man	Mal-adaptive	14	Low	0
	Adaptive	22	Currently Tall	6 30
Total		86		86

Based on Table 1 it shows that more than half of female students have adaptive coping mechanisms (54%) and more than half of male students (73%) have adaptive coping mechanisms at SMA Negeri 6 Bandung. Meanwhile, almost all female students (88%) have high spiritual intelligence, and almost all

male students have a high level of spiritual intelligence (83%).

Based on table 2, it shows that more than half of the students at SMA Negeri 6 Bandung have a high level of spiritual intelligence (56%), and less than half of the students at SMA Negeri 6 Bandung have a moderate level of spiritual

intelligence (44%).

Table 2. Frequency Distribution of Spiritual Intelligence Levels in Adolescents

Score Categorization	n	Percentage
Tall	50	56%
Currently	36	44%
Low	0	0%
Total	86	100%

Table 3. Frequency Distribution of Coping Mechanisms in Adolescents

Coping Mechanisms	n	Percentage
Adaptive	49	57%
Maladaptive	37	43%
Total	86	100%

Based on Table 3 it shows that more than half of the students at SMA Negeri 6 Bandung have adaptive coping mechanisms (57%), and less than half of the students at SMA Negeri 6 Bandung have maladaptive coping mechanisms (43%).

Table 4. Relationship between Spiritual Intelligence Level and Coping Mechanisms (N=86)

Level of spiritual intelligence	Coping mechanisms	
	adaptive	maladaptive
Tall	46	4
currently	3	33
Low	0	0
Total	49	37

Based on table 4, it shows that more than half of the students of SMA Negeri 6 Bandung have high spiritual intelligence and adaptive coping mechanisms, namely 46 students, and less than half of the students of SMA Negeri 6 Bandung have moderate spiritual intelligence and maladaptive coping mechanisms, namely 33 students.

Based on the results of the Chi-square test, a P-value of 0.000 ($P < 0.005$) was obtained, indicating that the null hypothesis (H_0) was rejected while the alternative hypothesis (H_a) was accepted. In other words, there is a significant relationship between the level of spiritual intelligence and coping mechanisms.

DISCUSSION

Spiritual Intelligence Level

Based on research findings, more than half of students at SMA Negeri 6 Bandung have a high level of spiritual intelligence (56%). A person with high spiritual intelligence is someone who is able to interpret all events that occur within themselves.

This shows that more than half of the students of SMA Negeri 6 Bandung can apply aspects of their spiritual intelligence and are able to interpret every event that happens to them with good meaning. This is also inseparable from the role of the school in providing a program to increase spiritual intelligence for its students, as evidenced by the results of an interview with one of the guidance and counseling teachers at SMA Negeri 6 Bandung, he said that the program which was initially only run once a year became twice a year, this was done to anticipate the lack of student interest in this program.

Researchers also reviewed the level of spiritual intelligence of students at SMA Negeri 6 Bandung based on the average score of the SISRI-24 questionnaire. The results showed that the highest average score at the level of spiritual intelligence was in the transcendental awareness dimension, which had an average of 3.11.

The critical existential thinking dimension involves the meanings of critical reflection, and teenagers who have the ability to think critically existential thinking will have reality intelligence. as teenagers. Teenagers are still developing and should have aspirations to achieve.¹⁶ This means that more than half of the students at SMA Negeri 6 Bandung are able to find meaning in every event in their lives and have a clear purpose in life, namely their aspirations. They are also able to think critically about every problem they encounter.

This aligns with research conducted by Khaliq et al., which found that students who participated in religious

programs or spiritual intelligence enhancement programs experienced an increase in increasing their intelligence levels. Students participating in religious extracurricular activities were also more critical in contemplating the meaning and significance of each aspect of life.¹⁷

Coping Mechanisms

The study results showed that more than half of the students at SMA Negeri 6 Bandung (57%) had adaptive coping mechanisms. Adaptive coping is a cognitive and behavioral effort to manage stressful conditions or emotional pressure. Adaptive coping efforts act as protective factors that reduce the negative impact of stressors. Individuals who have adaptive coping strategies focused on problem-solving and information-seeking tend to adapt better to stressors and uncomfortable conditions in their lives.¹⁸

This shows that more than half of the students at SMA Negeri 6 Bandung use positive coping in facing uncomfortable situations for themselves such as discussing problems with people they trust such as family or closest friends, looking for problem-solving solutions, and trying to find information as a solution to the problem, while seen from the score of the coping mechanism dimension with the highest average score, namely the positive reframing and self-distraction dimensions, which is 3.24. Positive reframing is a coping strategy by thinking positively in facing stressors, and self-distraction is a coping strategy carried out by individuals by diverting the source of stressors by doing activities or activities that they like.¹⁴

Based on this theory, it shows that more than half of the students at SMA Negeri 6 Bandung tackle problems from different perspectives to make the problem seem solvable and find out what happened and then look for the right solution to get out of the uncomfortable situation they are experiencing, they also do activities such as reading, working, and going out to play with friends to divert

the uncomfortable atmosphere.

This research is in line with research conducted by Cahyani et al., which found that students of SMA Negeri 1 Jember who have constructive coping will have good self-efficacy in doing assignments. Students of SMA Negeri 1 Jember solve problems by making the problem more positive, thinking that everything will get better, and praying to God.⁴

The Relationship Between Spiritual Intelligence Level and Coping Mechanisms

Correlation analysis shows that there is a significant positive relationship between the level of spiritual intelligence and coping mechanisms in adolescents at SMA Negeri 6 Bandung. Seen from the calculation results test the hypothesis was tested using the Pearson product-moment test correlation formula with the help of the SPSS program for Windows 20 version showed an r value of 0.834 with a significance level of 0.000 ($p < 0.001$), and the number of respondents was 86 students. In addition, the calculation of the strength of the relationship between the variables of spiritual intelligence level and coping mechanisms was very strong.

Judging from the distribution of respondents, more than half of the respondents have high spiritual intelligence and adaptive coping, amounting to 46 respondents. This means that respondents have a high level of spiritual intelligence, so they have adaptive coping. This shows that adolescents with high spiritual intelligence are able to interpret every event in their lives and focus on their goals for the future, when they are faced with problems that occur in their lives, they will overcome these problems from a different perspective and try to think positively, pray to God and interpret every event they experience so that they can choose the right coping mechanism in solving problems and

minimizing stressors on themselves. By having high spiritual intelligence, adolescents also choose the right (positive) coping mechanism in dealing with problems or situations that make them uncomfortable and minimize stressors.

Teenagers who have high spiritual intelligence will be able to think about every possible cause and effect of the actions they take. After that, they will avoid activities that could harm themselves or others.¹² This is also supported by the theory proposed by Stuart and Laraia regarding five factors that impact coping, one of which is spiritual beliefs. Spiritual beliefs often provide meaning to every event an individual experiences. When individuals feel connected to this spiritual dimension, they experience inner calm, a greater understanding of life's purpose, and a sense of peace. When faced with the most challenging situations, spiritual beliefs often provide a broader perspective on life and help individuals see challenges as part of their spiritual journey.¹⁹

This research is also supported by the results of research conducted by Moafi (2021), which found that patients with high spiritual intelligence were able to handle stressors more easily when they were faced with difficult conditions. Spiritual intelligence, especially the personal meaning production dimension, will act as an effective problem-solving strategy and enable individuals to create a new atmosphere, find meaning and purpose from the events they have experienced.²⁰

CONCLUSION

Based on the results of the research that has been conducted, it was found that more than half of the students at SMA Negeri 6 Bandung have a high level of spiritual intelligence and adaptive coping mechanisms. After analyzing the correlation, there is a relationship between the level of spiritual intelligence and coping mechanisms in adolescents at SMA Negeri 6 Bandung, with a

positive direction and a very strong relationship strength. The results of this study can be used as baseline data for further research to explore the factors that influence the level of emotional intelligence and coping mechanisms in adolescents. In addition, it can be used as reference data.

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