

ABSTRAK

Reskia Widiawati (2026). *Hubungan Kebiasaan Merokok Aktif Terhadap Mekanisme Koping Pengendalian Stres pada Mahasiswa Semester Akhir*. Karya Tulis Akhir, Program Studi Sarjana Terapan Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (1) Ns. Syafrisar Meri Agritubella, M.Kep (2) Ira Oktaviani, S.Farm., Apt., M.Farm

Mahasiswa semester akhir rentan mengalami tekanan akademik yang dapat memengaruhi mekanisme koping dalam pengendalian stres. Penelitian ini bertujuan mengetahui hubungan kebiasaan merokok aktif terhadap mekanisme koping pengendalian stres pada mahasiswa semester akhir. Penelitian kuantitatif dengan desain *cross-sectional* ini melibatkan 271 mahasiswa semester akhir yang dipilih menggunakan teknik *accidental sampling*. Data dikumpulkan menggunakan kuesioner kebiasaan merokok dan Brief COPE, kemudian dianalisis menggunakan uji *Pearson Chi-Square*. Hasil penelitian menunjukkan bahwa 180 responden (66,4%) memiliki kebiasaan merokok aktif kategori tinggi dan 178 responden (65,7%) memiliki mekanisme koping kategori buruk. Hasil analisis menunjukkan terdapat hubungan yang bermakna antara kebiasaan merokok aktif terhadap mekanisme koping pengendalian stres ($p = 0,000$). Disimpulkan bahwa kebiasaan merokok aktif berhubungan terhadap mekanisme koping pengendalian stres pada mahasiswa semester akhir. Institusi pendidikan diharapkan meningkatkan edukasi dan program manajemen stres untuk mendukung mekanisme koping yang adaptif.

Kata Kunci: kebiasaan merokok aktif, mahasiswa semester akhir, mekanisme koping, pengendalian stres

ABSTRACT

Reskia Widiawati (2026). The Relationship Between Active Smoking Habits and Stres Control Coping Mechanisms in Final Semester Students. Final Paper, Applied Bachelor of Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Supervisors: (1) Ns. Syafrisar Meri Agritubella, M.Kep (2) Ira Oktaviani, S.Farm., Apt., M.Farm

Final-year students are vulnerable to academic stres, which may affect their coping mechanisms for managing stres. This study aimed to determine the relationship between active smoking habits and stres coping mechanisms among final-year students. This quantitative study employed a cross-sectional design involving 271 final-year students selected using an accidental sampling technique. Data were collected using the Smoking Habit Questionnaire and the Brief COPE instrument and were analyzed using the Pearson Chi-Square test. The results showed that 180 respondents (66.4%) had high levels of active smoking habits, while 178 respondents (65.7%) demonstrated poor stres coping mechanisms. Bivariate analysis revealed a significant relationship between active smoking habits and stres coping mechanisms ($p = 0.000$). It can be concluded that active smoking habits are significantly associated with stres coping mechanisms among final-year students. Educational institutions are expected to strengthen health education, counseling services, and stres management programs to promote more adaptive coping mechanisms among students.

Keywords: *active smoking habits, coping mechanisms, final-year students, maladaptive coping, stres control*