

ABSTRAK

Penelitian ini bertujuan untuk mengetahui gambaran *learned helplessness* pada nelayan yang terdampak abrasi di Desa Lhok Puuk, Kecamatan Seunuddon. Metode yang digunakan adalah kuantitatif dengan pendekatan deskriptif untuk mendeskripsikan atau memberikan gambaran kondisi secara sistematis, faktual, dan akurat. Data diperoleh melalui kuesioner skala *learned helplessness* berdasarkan tiga dimensi menurut Seligman (1975), yaitu *locus of control*, globalitas, dan stabilitas. responden penelitian berjumlah 282 orang nelayan, seluruhnya kepala keluarga dengan sumber penghasilan utama dari melaut, yang dipilih menggunakan teknik *purposive sampling*. Instrumen penelitian terdiri dari 31 aitem ($\alpha = 0,943$). Hasil menunjukkan bahwa tingkat *learned helplessness* lebih tinggi pada dimensi globalitas dan stabilitas, sedangkan pada dimensi *locus of control* mayoritas berada pada kategori *non-helpless*. Temuan ini mengindikasikan bahwa abrasi tidak hanya berdampak pada aspek fisik dan ekonomi, tetapi juga memengaruhi kondisi psikologis masyarakat pesisir.

Kata kunci: *abrasi pantai, learned helplessness*

ABSTRACT

This study aims to describe the learned helplessness experienced by fishermen affected by coastal abrasion in Lhok Puuk Village, Seunuddon Subdistrict. The research employed a quantitative method with a descriptive approach to systematically, factually, and accurately portray the condition. Data were collected through a learned helplessness scale questionnaire based on three dimensions proposed by Seligman (1975), namely locus of control, globality, and stability. The study involved 282 fishermen, all of whom were heads of households with fishing as their primary source of income, selected using a purposive sampling technique. The research instrument consisted of 31 items ($\alpha = 0.943$). The results indicate that the level of learned helplessness was higher in the dimensions of globality and stability, while in the locus of control dimension, the majority were in the non-helpless category. These findings suggest that coastal abrasion affects not only the physical and economic aspects but also the psychological condition of coastal communities.

Keywords: , coastal abrasion, learned helplessness.