ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *learned helplessness* dengan *adversity quotient* pada siswa SMA yang bekerja di Kecamatan Dewantara. Metode penelitian yang digunakan ialah metode kuantitaif korelasional yang bertujuan untuk mengetahui ada tidaknya hubungan antara dua atau beberapa variabel. Data diperoleh melalui skala *Learned helplessness* dan *Adversity quotient*. Subjek dalam penelitian ini berjumlah 96 responden yakni siswa SMA Dewantara yang diketahui sedang bekerja, subjek diperoleh berdasarkan metode *accidental sampling*. Penelitian ini dilakukan di enam sekolah menengah keatas sederajat yang tersebar di seluruh kecamatan Dewantara. pengumpulan data menggunakan skala *Learned Helplessness* dan *Adversity Quotient*. Hasil penelitian ini menunjukkan bahwa terdapat hubungan kearah negative yang signifikan antara *learned helplessness* dengan *adversity quotient*, yang artinya semakin tinggi tingkat *learned helplessness* yang dialami siswa, maka semakin rendah tingkat *adversity quotient* mereka. Sebaliknya, semakin rendah tingkat *learned helplessness*, semakin tinggi tingkat *adversity quotient* yang dimiliki oleh siswa. Hal ini dapat disimpulkan bahwa *learned helplessness* memiliki dampak negatif terhadap kemampuan siswa dalam menghadapi dan mengatasi tantangan. Sebaliknya, rendahnya tingkat *learned helplessness* dapat membantu meningkatkan kemampuan siswa dalam menghadapi kesulitan dan tantangan.

Kata Kunci : Adversity quotient , Learned helplessness, Siswa yang Bekerja

ABSTRACT

This study aims to determine the relationship between learned helplessness and adversity quotient in high school students who work in Dewantara District. The research method used is a correlational quantitative method which aims to determine whether there is a relationship between two or more variables. Data were obtained through Learned helplessness and Adversity quotient scales. The subjects in this study amounted to 96 respondents of Dewantara High School students who were known to be working, the subjects were obtained based on accidental sampling method. This research was conducted in six high schools spread throughout Dewantara sub-district. data collection using Learned Helplessness and Adversity Quotient scales. The results of this study indicate that there is a significant negative relationship between learned helplessness and adversity quotient, which means that the higher the level of learned helplessness experienced by students, the lower their level of adversity quotient. Conversely, the lower the level of learned helplessness, the higher the level of adversity quotient possessed by students. It can be concluded that learned helplessness has a negative impact on students' ability to face and overcome challenges. Conversely, low levels of learned helplessness can help improve students' ability to face difficulties and challenges.

Keywords: Adversity quotient, Learned helplessness, Working Students