

**EKSPLORASI *COPING STRATEGIES* PADA MAHASISWA
PENYANDANG DISABILITAS NETRA**

SKRIPSI



**UIN SUNAN AMPEL
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**PROGRAM STUDI PSIKOLOGI
FAKULTAS PSIKOLOGI DAN KESEHATAN
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2026**

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Diajukan kepada Universitas Islam Negeri Sunan Ampel Surabaya untuk
Memenuhi Salah Satu Persyaratan dalam Menyelesaikan Program Strata Satu (S1)
Psikologi (S.Psi)



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2026**

PERNYATAAN

Dengan ini saya menyatakan bahwa skripsi yang berjudul “**Eksplorasi *Coping Strategies* pada Mahasiswa Penyandang Disabilitas Netra**” merupakan karya asli yang diajukan untuk memperoleh gelar Sarjana Psikologi di Universitas Islam Negeri Sunan Ampel Surabaya. Karya ini sepanjang pengetahuan saya tidak terdapat karya atau pendapat yang pernah ditulis atau diterbitkan oleh orang lain, kecuali yang secara tertulis diacu dalam naskah ini dan disebutkan dalam daftar pustaka.

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ABSTRACT

This study aims to explore the forms of coping strategies, the factors influencing them, and the effectiveness of problem-focused coping, emotion-focused coping, and religious coping in helping students with visual impairments overcome academic and psychosocial challenges in a university setting. This study employs a qualitative approach using a phenomenological research design. The study subjects consisted of four students with visual impairments (totally blind and low vision) at Surabaya State University (UNESA), selected through purposive sampling. Data were collected through semi-structured interviews, non-participatory observation, and documentation, and validated using methodological triangulation and source triangulation. Data analysis was conducted interactively through data reduction, data presentation, and drawing conclusions.

The results of the study indicate that students with visual impairments employ all three forms of coping simultaneously and in a complementary manner. First, problem-focused coping is manifested through adaptive learning strategies, self-advocacy, and the use of assistive technology. Second, emotion-focused coping is reflected in the pursuit of social-emotional support, positive reappraisal, emotion regulation, and self-acceptance. Third, religious coping is characterized by the dominance of positive religious coping in the form of prayer, worship, spiritual meaning-making, and involvement in religious communities. These coping strategies are influenced by internal factors such as personality and self-efficacy, as well as external factors such as autonomy-supportive family support, campus accessibility through the DIC, and the use of social media and digital information sources. These three strategies have proven to be most effective when applied in an integrated manner, supported by high self-efficacy, strong social networks, and an inclusive campus environment.

Keywords: *Coping strategies, Emotion-focused Coping, Problem-focused Coping, Religious Coping, Visually Impaired Students*

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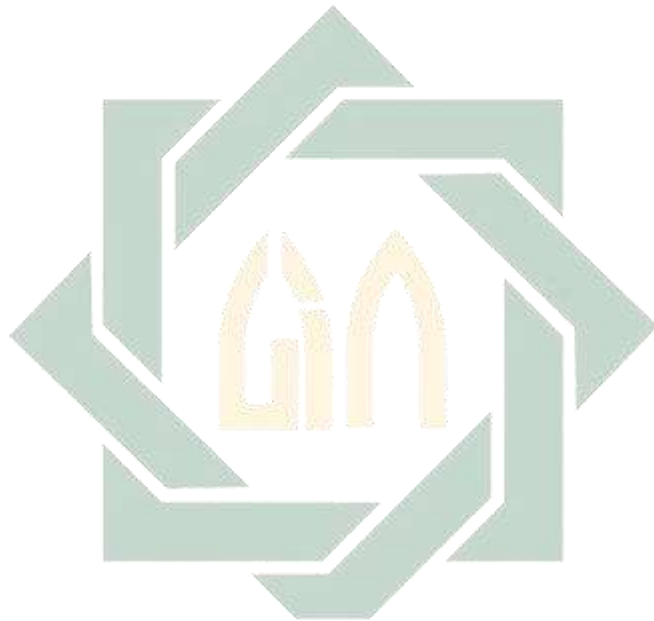
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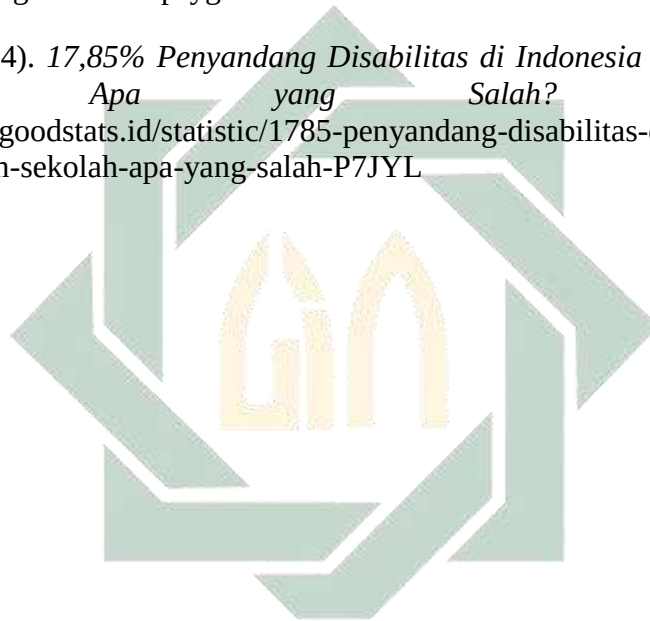
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