

Meaning of Life and Religious Coping as Positive Mental Health Predictors During the Covid 19 Pandemic

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ABSTRACT

The mental health of students has decreased during the Covid 19 pandemic which has lasted for 3 years. The pandemic has also changed the meaning of life (meaning in life) of individuals, and religious coping has been identified as one way to overcome problems and a way to achieve positive mental health. Promotion of positive mental health needs to be carried out and the factors that influence it need to be identified so that students can undergo the Covid 19 pandemic while remaining mentally healthy. The purpose of this study was to examine meaning in life and religious coping as predictors of positive mental health. The type of research used is correlation with regression analysis. The instrument used is a psychological scale. The research participants were FIP UNY students. Analysis of the data used is multiple linear regression analysis. The results show that there is a significant influence (meaning in life) of individuals, as well as religious coping on positive mental health in FIP UNY students.

Kata Kunci: meaning in life, religious coping, positive mental health