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Social Support as a Form of Stress Coping Mechanism among Students Facing Social Problems in Islamic Boarding Universities

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Abstract. *Islamic boarding colleges have many activities, both academic and non-academic. This causes some students to experience problems such as time management, relationships with friends, and other issues that lead to stress among students. Social support is one of the problem solvers used by these students. This research aims to understand the social problems commonly faced by student santri, the sources of social support available to student santri, and the forms of social support from parents, lecturers, and friends that can serve as coping mechanisms for the stress experienced by student santri. This research is a qualitative study with a phenomenological approach. The researcher aims to understand the phenomenon of what the research subjects experience related to perception behavior, motivation, actions, and experiences regarding forms of social support as a way to cope with stress in facing social problems at UNIDA Gontor. The results of this study indicate that the social problems commonly faced by student santri include issues such as discipline, friendship, and economic problems, while the social support for student santri is obtained from friends, parents, dormitory principals, academic and Islamic boarding University advisors, as well as the counseling team. The forms of social support provided to students experiencing stress include emotional support, recognition, and informational support, which can be ways to address the stress of students in facing social problems in the environment of Islamic boarding University higher education.*

Keywords: *Social support; social problem; boarding university student; coping stress*

INTRODUCTION

Islamic Boarding University is an educational institution with the same mission as this nation's education in improving the quality of education, with the existence of Islamic Boarding University-based universities, providing human resources who hold high Islamic religious values (Alawiyah et al., 2022). Islamic boarding Universities with a dormitory system have characteristics in shaping the nation's character through a conducive learning environment. Running the Islamic boarding University college curriculum is a form of participation of Islamic boarding Universities in building Indonesian civilization in various aspects of life (Tohet & Eko, 2020).

The curriculum used is curricular, extracurricular, and co-curricular, but also hidden curricular activities that fill the learning environment with various activities to produce outputs

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following the desired profile. Universitas Darussalam, an Islamic boarding University, uses outcome-based education (OBE). It follows the national curriculum framework and has been adjusted to the education system in Islamic boarding universities (Rahmawati et al., 2023).

According to the results of the interview, educational activities at UNIDA include: Tahfizul Qur'an, extracurricular activities in student activity units (UKM), study of the book of Dirasah Islamiyah, Counselling Guidance, and all of these activities are carried out by the Directorate of Nursing. As a result of the evaluation of these activities, a Student Academic Support credit system (AKPAM) is applied, accumulated from the student's AKPAM score called the Student Achievement Index (GPA), which will be assessed every semester.

With these various activities, students are obligated to participate in various academic and non-academic activities. From the results of observations and interviews with several sources, it is not uncommon for them to feel pressure from their dense activities. Which has an impact on their lack of focus in carrying out academic and non-academic activities, as well as an impact on their social life caused by the individual's inability to solve their problems, stressful conditions where a person gets a problem or pressure and has not found a solution/solution to the problem is a stressful condition (Alvionita et al., 2020). Stress is a physical and psychological reaction to the demands of the environment when a person faces a problem or challenge (Anjani et al., 2023). Increased pressure on individuals, especially students, will lead to a lack of freedom, a feeling of insecurity about the future, and increased tasks (Overload), the existence of psychological conflicts and demands in life can be a trigger for stress so that on this side students are demanded by themselves, parents, and friends to solve the problems they face (Rahayu, 2022).

The problems that students often face also vary, from personal, family, social problems (relationships with friends), academics, thoughts, and even economic problems, to a source of stress for some students.

The problems students face are the impact of hormonal changes and the development of the maturity phase (Kumala & Darmawanti, 2022). The characteristics of individuals who enter the phase of adulthood are characterized by the exploration of identity, especially in terms of work relationships, instability in work affairs, education, and self-focus. Feel a transition and feel the opportunity to change their lives (Kumala & Darmawanti, 2022). One of the characteristics of adolescents can be seen in the individual's desire to do things that show confidence. However, sometimes the many roles they perform cannot be balanced with their mind and their body, causing emotional instability that they can feel from the pressure they feel. Some of them have hobbies and fun that they do, which are used as a diversion from problems, such as games, swimming, climbing, etc., with discipline that limits them from doing things they like, such as the difficulty of leaving campus which has an impact on increasing the stress level of students.

The cause of stressors comes from external situations, including environmental factors: the community environment, group environment, and family (Meiriana, 2016). Based on the built environmental dormitory system, Islamic boarding universities, including the peer environment (classes, faculties, dormitories, student activity units), often experience friction that causes students to have difficulty controlling their emotions. This emotional instability causes stress.

Judging from the background of students, most of whom are far from their parents (*merantau*) in facing social support problems, it has a significant influence on their stress coping mechanism. The University of Darussalam counselling centre shows that the way of solving problems for students is different according to the problems they are facing. Therefore, it is necessary to identify the source of the problem, when the problem occurred, and how often the behaviour occurred. In handling, the counselor tries to replace the old activities with new ones, and some of the old

activities indicated as the source of the problem are gradually reduced. This process causes students to be distracted by new routines.

A special approach is also needed to handle problems related to various parties. The Islamic boarding University system has a dormitory with a team of student supervisors. The student dormitory has a principal, counselor, head of section, and DPAK, who are the closest people who can help handle problems. It shows that social support is important in coping with student stress. Social support has a role in reducing the academic stress of migrant students during the pandemic period (Wei, 2022). Social support is feedback from others showing that a person is loved, cared for, appreciated, respected, and involved in a communication network and mutual obligations (Ibda, 2023). This situation is actual in the Islamic boarding University environment, and the support from the closest people, family, and friends is the strongest in bringing a sense of security (Paulina et al., 2024). Social support is a social factor outside the individual that can improve coping with conflict-related stress. In the Islamic boarding University university environment, social support from the closest people such as parents, teachers, and friends, Principle, DPAK supervisors as well as the heads of the dema section as well as the campus counseling guidance team can direct students in choosing a more adaptive form of stress coping, meaning that if students have an adaptive coping style, the stress level they have will be reduced. Likewise, the opposite is true if anyone uses maladaptive stress coping; the stress level increases (Irwansyah et al., 2021). The moderate and severe stress experienced by adolescents can be caused by boarding University learning activities that are too crowded, strict regulations, many activities, memorization that must be mastered, and many demands that must be met. The impact of stress on students causes inappropriate behavior changes, their distance from their family and friends, a decline in academic grades, and can even endanger their health. From the data obtained from the guidance and counseling department at the University of Darussalam, it is said that there is an increase in the number of students with social problems every year. From 2023 to 2024, there will be an increase of 70%. Understanding the problems that often occur in the Islamic boarding University-based environment can reduce the potential for stress in students.

Problem solving is one of the expected graduate profiles at this Islamic boarding university, and it includes solving social problems. Therefore, students' adjustment in society is important as their social responsibility is usually marked by their behavior by social norms, religion, law, decency (politeness), and moral values (Jelita et al., 2021).

This research wants to explore 1) What are the social challenges faced by students? 2) What sources of social support are available to students? Then, 3) How does the form of social support cope with students' stress on social problems at Islamic boarding universities?

METHOD

The research method used is qualitative research with a phenomenological approach. Qualitative research is a method for investigating and understanding the meaning given by a person or group to a social or humanitarian problem. The issues and methods that arise are part of the research process, and the participants' environment usually collects data, analyzes data built inductively from specific to broad themes, and the investigators' assessment of the importance of information. The final written report is compiled in a customizable manner (Scott et al., 2020) the researcher makes it possible to understand the phenomenon of what the research subjects experience related to perception, motivation, action, and experience behavior regarding forms of social support as a form of stress coping in dealing with social problems at Darussalam Gontor University.

The location of the research was conducted at Universitas Darussalam (UNIDA) Gontor, which is located at Jl. Raya Siman, Dusun I, Demangan, Siman District, Ponorogo Regency, East Java. UNIDA is one of the universities with an Islamic boarding University system that implements a dormitory system for its students. The communal life they live in lecture classes, organizing, and dormitories makes students encounter various problems, including social problems.

The subject of the study is students selected by purposive sampling based on their backgrounds and profiles. The student profiles to be studied include; Student Teachers are students who, in addition to carrying out their role as student students at Islamic Boarding Universities, they also have the responsibility of service/teaching at the Gontor Islamic Boarding University at the Junior Level; Regular students who graduated from Kulliyatul Muallimin Al Islamiyah Gontor (KMI) are KMI alumni students who continue to study at UNIDA; Non-graduates of Kulliyatul Muallimin Al Islamiyah Gontor (Non-KMI) Regular students who have never carried out education at Islamic boarding Universities details the details of the research subject are illustrated in table 1.

Table 1.

Criteria for student respondents

Sex		Student Criteria	Information
Male	Female		
5	5	Student Teachers	Students who have other obligations as teachers and teach at Islamic boarding Universities
5	7	KMI regular students	Students who come from graduates of the Gontor Islamic boarding University
5	7	Non-KMI regular students	Students who are not alumni of the Gontor Islamic boarding University

Note: The number of subjects is 34 people from all campuses, both male and female.

Data collection techniques involve conducting in-depth interviews to display data on the subjects' experiences of forming social support to cope with stress and social problems. Another method used is observation, which aims to see the life and activities the subject does when interacting with other people, allowing social problems to arise (Yuliani, 2018). Data collection is carried out by fulfilling the applicable research ethics permit and requesting an informed consent letter concerning the informant's privacy for this study. As a first step, the researcher uses a Google form to collect data, process it based on specific criteria to focus on relevant information, then process it through a Google sheet and visualize it as a diagram to get a clearer picture. The next step is to identify the research results according to the research objectives, divide them into several categories, and then analyze them.

Data analysis was carried out through five stages, including; 1) Preparation Stage: Organize data according to the research subject and transcribe the data; 2) Data Reduction: a process of selection, centralization and simplification of data to make coding; 3) Data Categorization: grouping data into 'houses' to produce a theme or concept; 4) Connecting data from various sources, methods, and types of data so that it is collected into comprehensive data; 5) Data Interpretation and Conclusions: interpreting research data sets into complete meanings, concepts, and prepositions.

The researcher looked at the validity of the data using two methods, namely triangulation and member check. Triangulation is the process of corroborating evidence from various subjects, data types, and data collection methods (for example, collecting data from students using interview and observation methods). Then it is strengthened by member checks, checking the accuracy by interviewing several sources, and is carried out by more than one interviewer to get a perception from an objective point of view (Miles et al., 2018).

RESULTS AND DISCUSSION

Student Social Problems

According to the results of field observations, there are 4 social problems found among students: discipline problems, friendship problems, economic problems, and time management problems.

Of the 34 respondents, 20 chose problems with time division, 9 were discipline problems, 4 were economic problems, and 1 was between friendship problems. This result shows that the problem of time division is a source of stress that often occurs between them. Through an interview with one of the students, the teacher said that their many roles in the cottage, in committee activities, student activities made them depressed because they could not divide their time which caused their work not to be maximized in each of their roles, the impact of this problem was a loss of enthusiasm or motivation in participating in academic learning and also had an impact on their academic grades.

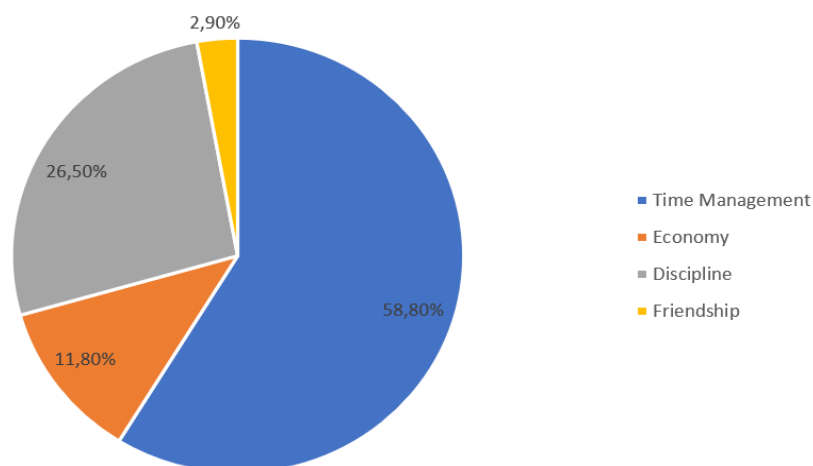


Figure 1.
Social Problems of UNIDA Gontor Students

Discipline Issues

Discipline problems are one of the sources of stress for students. In the education system of Islamic boarding universities, discipline has a fairly unique pattern. Discipline in Islamic boarding Universities is no different. According to the directorate of Islamic boarding Universities of Darussalam University, Gontor said in an interview.

"The discipline of students is different from the discipline of students, but the substance remains the same; the difference is that there is an adjustment to the conditions of students and a different environment from students in Islamic boarding Universities." (KA 20102023)

According to the results of the interview, the problem of adjustment to the environment also includes Islamic boarding University discipline such as Islamic boarding University discipline regulations such as the issue of prohibition of using Mobile, the imposition of curfews, the responsibility of the business sector entrusted by students, and university activities both academic and non-academic. The following is an interview with students regarding the problems experienced with discipline at UNIDA.

"When I first entered UNIDA, I was a little surprised because I did not really like discipline. And when you are a new student at UNIDA, you are filled with many disciplinary regulations."
(AF 03082023)

"When there is a mass cellphone inspection on campus, which at that time is also very necessary because many activities require coordination with cellphones. Sampe expressed stress to her parents, asking to move from UNIDA." (I 05082023)

Discipline is a source of stress experienced by students while living in Islamic boarding Universities. The limitation of using or accessing several things (mobile phones or going out at night) makes students feel depressed.

The problem that often occurs among Islamic boarding Universities or boarding Universities is that they commit many violations when they feel uncomfortable with one form of problem and experience difficulties (Damayanti et al., 2021). From the results of observations on student activities, this form of disciplinary violation can be seen from being late to some campus activities and other rule violations, such as running away from the Islamic boarding University, and so on.

Economic Problems

Other problems that arise are economic, friendships, which also cause stress, and are a cause of stress for students. Individuals and communities have an unlimited desire to allocate limited resources to fulfill their desires. When an individual is unable to fulfill his wants or needs, there will be pressure on the individual, which can also be called a source of stress (Ambarwati et al., 2017; Hermawan et al., 2020).

"I thought it was like I could buy a mobile phone using Shopee Pay later with scholarship money, and I covered the interest from the scholarship money, but it turned out that the interest was huge." (A 25092024)

The economic problems that arise in student problems are how students cannot meet their economic needs, such as tuition fees or daily needs in the dormitory, and even being tempted by tertiary goods (Ferdian et al., 2022).

Social Issues

Social problems are one of the causes of stress in student life. In life at a university with an Islamic boarding University system, the discipline of this educational Institution has different challenges from those of a non-university Islamic boarding university. The reason is that they have more challenges in setting discipline for students of mature age. According to the Directorate of Islamic Boarding Universities, which regulates discipline, students said that dealing with students must have a different approach from those at junior high and high school.

Based on interview data with students, social problems that occur in students consist of discipline, behavior, friendship relationships, relationships with colleagues, relationships with lecturers, personal problems, academic problems, and economic problems. Some students say, *"Sometimes when there is a problem in class, I do not feel at home"* (W 10102023). The incompatibility between friends usually causes this discomfort and differences in perceptions and egos of each other.

The sources of problems that often occur among students include negative interpersonal relationships, such as problems with lecturers and colleagues in romantic relationships, peer pressure, harmful actions, lies, destructive criticism, unfriendly people, hedonistic environments, and lifestyles. These sources of problems can be pressures that students must overcome (Rahayu & Adriansyah, 2014).

Time division

The uniqueness of Islamic boarding Universities is that students have non-academic roles, such as being assigned to specific sectors or sections at UNIDA, such as business units, finance, and organizations. The following is the data from interviews with students.

"When there are cottage assignments and college assignments, which are both important, and we have to sacrifice one of them, there may be an assignment to go out of town. There was also a college assignment then, but we could still handle it, although the work was slightly less than optimal." (M 20092023)

Differences in language, culture, learning systems, campus activities, and different individual experiences cause things that can affect an individual's self-adjustment to the environment (Acres et al., 2024) This condition also occurs to students, especially for teachers who have the dual task of being students and are entrusted to teach and serve in the UNIDA business sector.

Social support

Social support for students plays an important role in helping students cope with stress. When a student has a problem, they can tell a friend to solve it. Universitas Darussalam (UNIDA) Gontor carries out social support through counseling services. The service is divided into several regions, including; a) Dormitory; which is carried out by the principal (Dormitory Director) and peer counselor, b) Higher Education; carried out by counselors, and c) the Faculty; which is carried out by the Academic and Islamic Boarding University Supervisor (DPAK). In its implementation, UNIDA also involves various external parties such as parents, psychiatric partners, and UNIDA health units.

The social support obtained is in the form of advice on how to deal with the problems faced, according to the results of an interview with the counseling department on January 24, 2024.

"The advice is to help students change their perspective on problems and provide input to replace old activities with new ones as students habituate to new circumstances." (M 24012024)

Motivational direction and showing the way out to the people closest to us are usually given in times of adversity (Noorrahman et al., 2023). Social support can result in feeling loved, cared for, valued, and respected by a community. Social support refers to comfort, attention, rewards, or donations given to individuals by another person or group to help increase resilience to negative influences (Alawiyah et al., 2022). Listening to other perspectives on the problem can make students

feel safe and help them face problems with a cool head, such as listening to input from friends or parents as they are felt.

"First, address such issues by communicating with parents and asking for advice. Second, we can tell close friends who understand our problems." (W 22112023)

Social support is an important system in adolescents and adults because it serves as a form of motivation to help individuals open their eyes to problems around them. Therefore, support from people who love and care about the individual can provide security (Febriani & Sugiarti, 2021; Rahmadini & Salim, 2023). Individuals heavily involved in various activities will experience more psychological well-being. This response suggests healthy social interactions can impact students' stress levels (Effendie et al., 2025). Likewise, a positive environment also affects the amount of stress and conflict (Marlina & Hidayat, 2025).

Based on information from the UNIDA counseling guidance service section, it is explained that implementing guidance and counseling services synergizes with various parties at UNIDA so that they can solve problems faster.

"Some approaches need intensive advocacy/assistance because they are aggressive and relate to various parties, referrals, etc. Alhamdulillah, we have a solid team, hopefully in the future, counselors, section heads, principals, doctors at the Hospital, Darussalam Medical Center (DMC), will work together for problems that are indeed intensive and need assistance. There are friends of theirs we can call to accompany them, DPAK or lecturers who live inside can be visited 24 hours, principals who live in the same dormitory with them." (MTA 10052024)

This data shows the form of peer support and the dormitory system in Islamic boarding Universities. Emotional support in the form of expressions of empathy, appreciation, support in the form of encouragement to move forward, or approval of individual ideas, instrumental support in the form of direct assistance in providing services, informative support in the form of advice, hints, suggestions, or feedback on problems (Rif'ati et al., 2018).

Feedback can be obtained from conversations between friends who have experienced similar events or have been in the same condition, so they can have experience related to the problem they are facing.

"Usually, I talk to my roommates to help me find solutions, which motivates me to get up from the downturn. Usually, I am motivated to come on! It is not a big deal. You definitely can! Those words helped me to get up." (TMR230523)

Expressions of empathy, concern, and attention to the person concerned, followed by appreciation and support, which includes a form of expression of respect, always provide positive support or encouragement to move forward and be enthusiastic (Muliyani & Suryaningsih, 2023). It can also be instrumental support in the form of assistance provided directly through services or materials (Basar et al., 2021). In addition, providing information and input related to problems in the form of advice, instructions, suggestions, and feedback is a form of social support (Shen et al., 2022; Wei, 2022); Emotional support, this makes individuals feel comfortable, confident, cared for and loved by social support sources so that individuals can deal with problems well. Support from social groups makes individuals feel like they are members of a group with similar interests and

social activities (Asrar & Taufani, 2022).

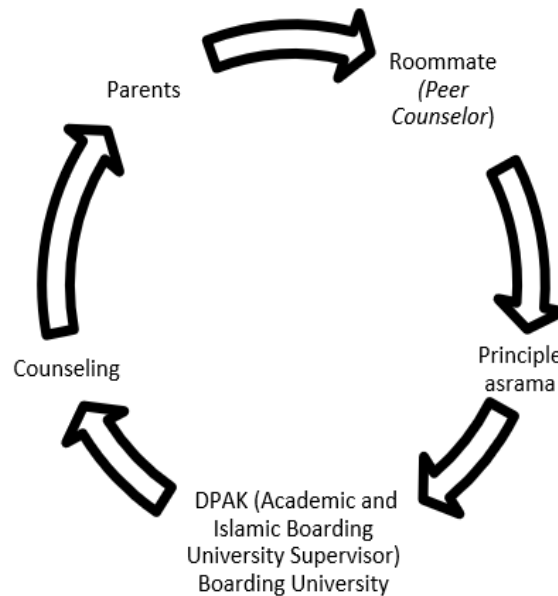


Figure 2.
Flow of handling student problems involving social support

Analysis of the form of social support for students of Islamic boarding Universities

A source of social support for students in dealing with social problems. When facing social problems in college, students need social support that makes them feel safe and cared for. Social support can be obtained from various sources: parents, friends, neighbors, teachers, lecturers, and relatives (Noorrahman et al., 2023). Based on the observations from 34 respondents, the form of coping stress that students usually get from friends is at a percentage of 64.7%, parents, 26.5%, family/relatives, 8.8%.

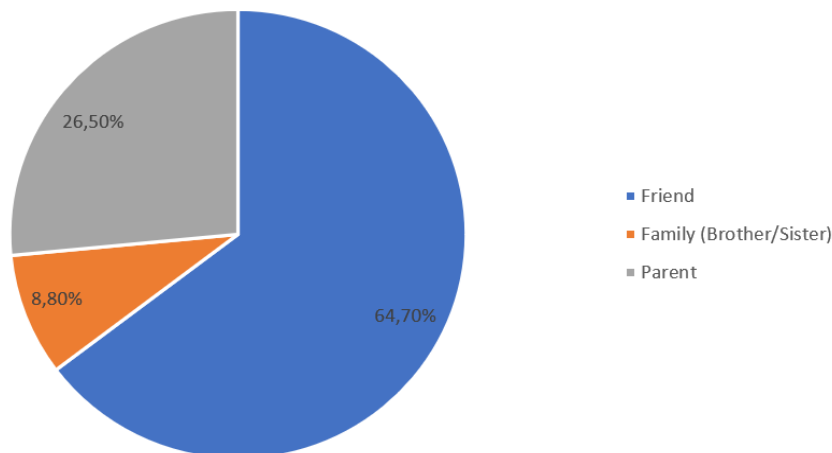


Figure 3.
Student social support resources

Based on the results of interviews with students, the teacher said that friends are the most suitable place to share stories and find solutions to problems by providing a sense of security and comfort, especially if the friend shares good vibes, they will provide input and support differently than parents and lecturers.

Support from friends is a form of support that tends to bring a feeling of security. For ex-

ample, when talking to friends about a problem, they will be open if they feel safe with the interlocutor. Peer social support is social support that can provide information related to what adolescents should do to socialize with their environment, in addition to that it can also provide feedback on what adolescents do in their groups and social environments and provide opportunities for adolescents to test various roles in solving crises in forming optimal self-identity. Close friends are a significant source of social support for teenagers because they can provide a sense of joy and support during the experience (Coyle et al., 2021)

Support from the family is the most important social support system in adolescence. This statement is based on the need to motivate adolescents to see what is happening around them, and need guidance to understand what is happening around them, adolescents need people to love them, gain affection and show safe targets for their anger and aggression, adolescents also need help to be accepted, appreciated, needed as family members, including parents (Bago et al., 2022). From the results of interviews with KMI alumni students who have experienced Islamic boarding University life, they think that sharing stories with parents about their problems can calm their minds, and at least, there is sincere advice obtained from parents for children. According to the results of the interviews, students admitted that they feel comfortable after contacting or even meeting their parents.

"If there is a problem, I usually call my parents, and by listening to my mother's advice, it usually becomes motivation and helps to stay afloat." (TMR230523).

This response increases children's motivation to learn and student activities through bonding from the emotional relationship between parents and children (Aji et al., 2022). In research, Bayu said that the social support provided by parents can affect the growth and development of adolescents, both physically and emotionally. The higher the social support of parents, the lower the academic stress of students.

In addition to parents, siblings can also be an intermediary for students coping with solving problems from the family because they are considered the closest people in an individual's life. The role of the family is the same as that of parents in bringing comfort to the family (Aji et al., 2022). However, after being researched in the field, the students were more open to their comrades-in-arms. They unhesitatingly tell their friends about the problem, so they feel comfortable sharing stories with them. The courage to express the problems will arise from that sense of comfort. Because there is a strong emotional connection between one's comrades and pressure and stress, they will feel support, advice, and affection from the people closest to them. It can generate motivation in life and help people accept the situation (Permata et al., 2020).

Forms of social support for students in coping with the stress of social problems. The form of social support from the closest people can impact students' behavior during their development. The impact is usually seen in the increase in the development of the individual, or it can also be seen in physical and mental health. It is also seen that when individuals communicate well-being, sense of belonging, self-awareness, self-esteem, and love themselves more, stress will decrease unconsciously (Li et al., 2023; Rahmawati et al., 2023).

The form of social support usually obtained by students when dealing with social problems that cause stress is positive support, such as words of encouragement, and the provision of wise solutions that can open up an individual's view of life to how they solve problems. This support can help alleviate homesickness and provide a sense of belonging to the new university environment. The following forms of social support help students deal with social problems in Islamic boarding Universities.

The first form of social support is emotional Support. According to Hasiolan, emotional support provides a sense of comfort through receiving attention and trust, which can increase happiness in individuals and confidence in solving the problems they face (Song et al., 2022). Accord-

ing to the results of interviews with regular students, emotional support is in the form of questions, questions related to the news, and questions related to the problems faced, which show a form of attention and can bring comfort to an individual under pressure.

"I feel confident in my friends because they give me advice and solution options that suit me, so I do not feel alone in this problem" (NMR120323)

The impact of emotional support in the form of attention obtained is motivation and can establish an emotional relationship that is influential in coping with students' stress in social problems.

The second is award support. According to the results of interviews with Non-KMI students, support in the form of awards can increase confidence. Support is usually in constructive words, such as appreciation for the work done.

"Even though I know my friend cannot help but hear his motivational words like let us get excited, you can and I am sure you can face all this, it calms you down" (HMG120623)

Expectation support is informational support that can be in the form of suggestions, briefings, and feedback on how to solve problems (Noorrahman et al., 2023). By being empathetic, listening to complaints, understanding conditions, giving words of appreciation, such as gratitude, and appreciating the achievements that have been made. Shows a sense of care and helps one grow confident and feel accepted in a social environment (Damayanti, 2023).

The third is informative support. Through student interviews with people who have problems adjusting to the work environment, both in work unit affairs and academic matters, they usually feel reluctant to seem unreliable. However, when they have difficulty describing information related to instructions and directions related to work or assignments, it can be a form of support needed.

"Usually I do not like to be considered as incapable, but I have the right to ask, if someone helps explain a task that I do not understand, it allows me to catch up." (WRK230523)

Providing advice, hints, suggestions, or feedback on stress-source issues. Forms of social support include giving advice and feedback through discussions about career plans and the progress of educational activities on campus. Feedback on existing problems can build a positive attitude and motivate them to progress in solving their problems (Câmpean et al., 2024; Patil et al., 2021).

In this study, the form of student social support used has a different pattern. Not all problems and individuals need the same support in solving student problems. They have different tendencies according to the problems and situations they are facing. The form of social support can vary depending on the object. Here is the pattern of coping with student stress at UNIDA that illustrated in figure 4.

The social support that exists in the problem-solving system at the University of Darussalam is fully supported by other systems such as the dormitory system and the Islamic boarding University system, which are designed to follow the needs and vision and mission of the Institution. Therefore, this research cannot be generalized to other Islamic boarding Universities.

The advantage of this study is that it can provide an overview of how student stress coping is carried out and the role of social support in helping student stress coping at the Islamic boarding university. The weakness of this research is that the results of the research cannot be generalized to every similar research in universities with an Islamic boarding University system, because of the difference in the vision and mission of the Institution.

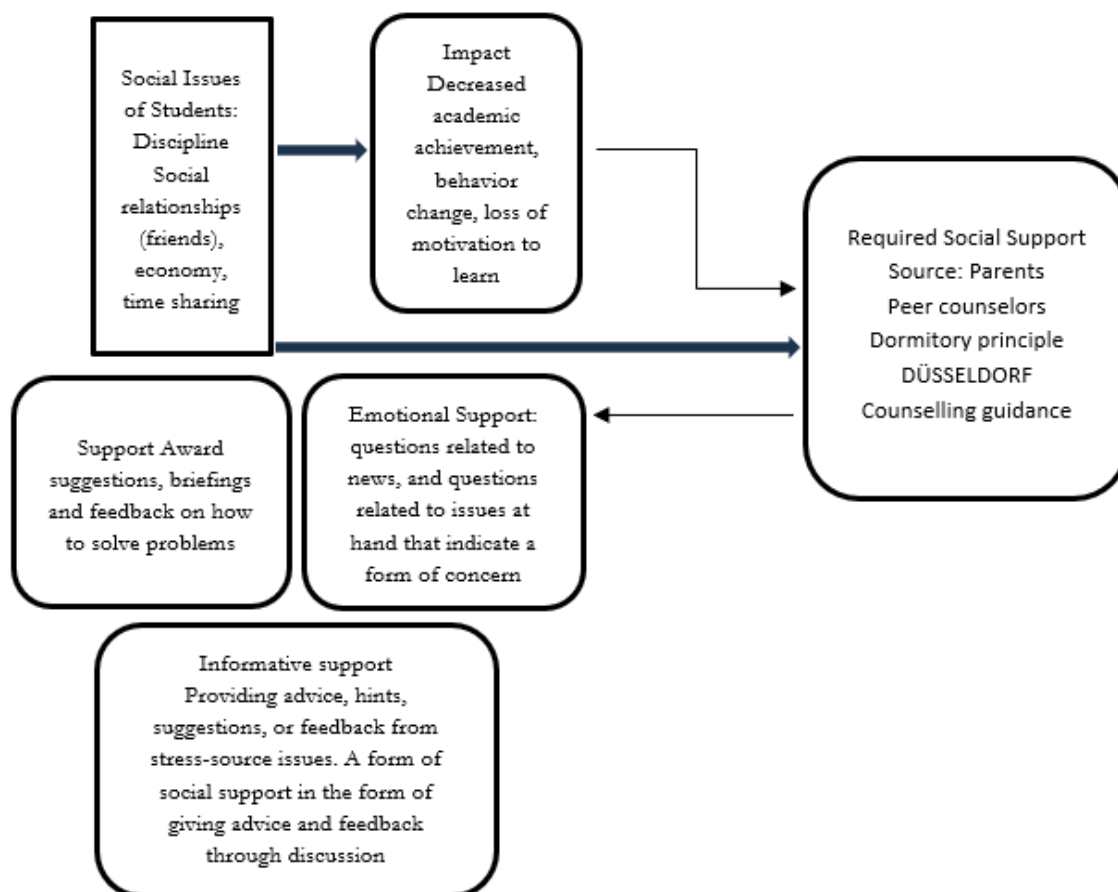


Figure 4.
Patterns of social support on social issues at UNIDA

CONCLUSION

The social problems they face are: discipline problems, social relationships that are usually relationships with friends, lecturers, and even upper-level students, economic problems, and problems dividing time, which are sources of stress for students in their lives in the dormitory. This problem can harm the mental health of students and can even lead to a change in their behavior in a bad direction. A declining academic ability and decreased interest in campus activities can indicate an ongoing problem.

Social support is beneficial for them in coping with their stress. The source of social support needed is from peers who have the same experience (classmates, roommates and even classmates), parents can also be a source of motivation, Principle dormitory, DPAK Academic Supervisor & Islamic Boarding University, campus counseling team is considered to be able to provide a sense of comfort, security and foster student confidence in the process of coping with student stress.

In the process of coping students' stress, the form of social support found in the social problems faced is in the form of emotional support in the form of emotional support in the form of Questions related to news, and questions related to the problem faced, appreciation support understands the condition, also provides appreciation such as thank you, appreciation of achievements that have been achieved, and informative support in the form of giving advice,

support understands the condition, also provides appreciation such as thank you, appreciation of achievements that have been achieved, and informative support in the form of giving advice, hints, suggestions, or feedback from stress-source problems. Forms of social support (like giving advice and feedback through discussions about career plans) can help students feel safe, restore their confidence, and even restore their motivation to learn.

This research focuses on 3 things: social problems, sources of social support, and forms of social support that can help cope with student stress in social problems in the dormitory. I hope the next researcher can research other aspects of student life with the dormitory system. Hopefully, this research will help educational institutions with a dormitory system understand how important social support is in life in an Islamic boarding university.

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