

MAKING MEANING IN STUDENT: INDIGENOUS PSYCHOLOGY PERSPECTIVE

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So many events that can cause a person's life becomes filled with stress, and in such conditions according to Mikulincer and Florian (1996), problem solving coping typically become less effective. The study of meaning making became more and more done because meaning making was very helpful individuals to be able to face the experience of a life full of stress (Park, 2010), namely through intraphysic cognitive processes or cognitive adaptation, in which individuals transform the meaning of the experience that is full of stress (Park, 2005). However, in Indonesia itself, not much research that raised the topic of making meaning, but a lot of situations, events or disasters which often causes individuals to severe stress. The purpose of this study was to explore information on the meaning making that is done when people experience stressful events. Data obtained from 224 students who fill the open questions about the events that make their lives become filled with stress, whether they do coping of meaning making and content of meaning making that is usually used. The data that were obtained then categorized and analyzed using descriptive statistics. Results and implications of this research will be further discussed.

Keywords: meaning making, students