

Hubungan antara Perceived Social Support dan Psychological Well-being pada mahasiswa perantau tahun pertama di Universitas Indonesia = The correlation between perceived social support and psychological well-being among first-year migrant students at Universitas Indonesia

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Abstrak

Penelitian ini dilakukan untuk mendapatkan gambaran mengenai hubungan antara perceived social support dan psychological well-being pada mahasiswa perantau tahun pertama di Universitas Indonesia. Perceived social support diukur dengan alat ukur Multidimensional Scale of Perceived Social Support (Zimet, 1988) dan psychological well-being diukur menggunakan alat ukur Psychological Well-Being Scale (Ryff, 1998). Partisipan pada penelitian ini adalah 131 mahasiswa perantau tahun pertama yang baru pertama kali tinggal terpisah dengan orang tuanya, yang terdiri dari 99 orang wanita (75.6%) dan 32 orang laki-laki (24.4%). Pearson's Correlation digunakan untuk mengukur hubungan antara perceived social support dan psychological well-being.

Hasil utama dari penelitian ini menunjukkan bahwa terdapat hubungan yang positif dan signifikan antara perceived social support dan psychological well-being pada mahasiswa perantau tahun pertama di Universitas Indonesia ($r=0.307$, $n=131$, $p=0.000$, signifikan pada L.o.S 0.01). Artinya, semakin tinggi perceived social support pada mahasiswa perantau tahun pertama di Universitas Indonesia maka semakin tinggi juga psychological well-being-nya.

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This research was conducted to find the correlation between perceived social support and psychological well-being among first-year migrant students at Universitas Indonesia. Perceived social support was measured using Multidimensional Scale of Perceived Social Support (Zimet, 1988) and psychological well-being was measured using Psychological Well-Being Scale (Ryff, 1998). The participant of this research are 131 first-year student who lived apart from their parent for the first time, which consists of 99 female (75.6%) and 32 male (24.4%). Pearson's correlation is used to calculate the relation of perceived social support and psychological well-being.

The main result of this research shows that there is a positive and significant relation between perceived social support and psychological well-being among first-year imigrant student at Universitas Indonesia ($r=0.307$, $n=131$, $p=0.000$, significant at L.o.S 0.01). This means, the higher perceived social support, the higher psychological well-being among first-year imigrant students at Universitas Indonesia.