

Hubungan antara perfeksionisme dan psychological well being pada seniman berusia dewasa muda dan dewasa madya = The relationship between perfectionism and psychological well being among artists in early and middle adulthood

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Abstrak

Penelitian ini dilakukan untuk mengetahui hubungan antara perfeksionisme dan psychological well-being pada seniman berusia dewasa muda dan dewasa madya. Pengukuran perfeksionisme menggunakan alat ukur Multidimensional Perfectionism Scale (Hewitt & Flett, 1989) dan pengukuran psychological well-being menggunakan alat ukur Ryff's Revised-Psychological Well-Being (Ryff, 1995). Partisipan berjumlah 63 seniman berusia dewasa muda dan dewasa madya.

Hasil penelitian ini menunjukkan terdapat hubungan negatif yang signifikan antara perfeksionisme dan psychological well-being ($r = -0.584$; $p = 0.000$, signifikan pada L.o.S 0.01). Artinya, semakin tinggi perfeksionisme yang dimiliki seseorang, maka semakin rendah psychological well-being yang ia miliki. Hasil penelitian juga menunjukkan bahwa dimensi perfeksionisme yang memberikan sumbangan paling banyak terhadap psychological well-being adalah socially prescribed perfectionism. Berdasarkan hasil tersebut, perlu dilakukan intervensi lebih dini terhadap perfeksionisme, terutama pada socially prescribed perfectionism.

This research was conducted to find the correlation between perfectionism and psychological well-being in artists in their young and middle adulthood. Perfectionism was measured by using Multidimensional Perfectionism Scale (Hewitt & Flett, 1989), and psychological well-being was measured by using Ryff's Revised-Psychological Well-Being (Ryff, 1995). The participants of this research were 63 artists currently in their young and middle adulthood.

The main result of this research showed that perfectionism is negatively significant correlated with PWB ($r = -0.584$; $p = 0.000$, significant in L.o.S 0.01). This meant that the higher the level of one's perfectionism, the lower the level of PWB in oneself. Other result of this research was that the dimension of perfectionism that contributed the most to PWB was socially prescribed perfectionism. Based on such results, there needs to be an early intervention about perfectionism, especially about the socially prescribed perfectionism.