

Hubungan antara Perceived Social Support dan Self-Esteem pada Mahasiswa Psikologi Jenjang Sarjana = Relationship between Perceived Social Support and Self-Esteem among Undergraduate Psychology Students

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Abstrak

Kesehatan mental dibutuhkan mahasiswa psikologi terkait persiapan mereka untuk berkecimpung dalam helping profession. Dukungan sosial, terutama perceived social support, dan self-esteem dapat memengaruhi kesehatan mental (Taylor & Brown, 1988; Vinokur, Schul, & Caplan, 1987; Zimet, Dahlem, Zimet & Farley 1988). Berbagai penelitian menemukan semakin tinggi perceived social support seseorang, semakin tinggi self-esteem yang dimiliki. Penelitian ini dilakukan untuk mengetahui hubungan antara perceived social support dan self-esteem mahasiswa psikologi jenjang sarjana. Perceived social support diukur dengan Multidimensional Scale of Perceived Social Support (Zimet et al., 1988) dan self-esteem dengan Rosenberg Self-Esteem Scale (Rosenberg, 1965). Dari 184 mahasiswa jenjang sarjana Fakultas Psikologi Universitas Indonesia yang menjadi partisipan, hasil yang didapatkan menunjukkan adanya hubungan positif yang signifikan antara perceived social support dan self-esteem pada mahasiswa psikologi jenjang sarjana ($r = 0.274$; $p < 0.01$). Berdasarkan hasil, pendidikan psikologi dapat memerhatikan perceived social support sebagai salah satu cara meningkatkan self-esteem mahasiswa, seperti dengan melakukan intervensi psikoedukasi.

.....Psychology students need good mental health to be a helping professional. Social support, especially perceived social support, and self-esteem found to influence mental health (Taylor & Brown, 1988; Vinokur, Schul, & Caplan, 1987; Zimet, Dahlem, Zimet & Farley 1988). Recent studies found that people with higher level of perceived social support are having higher level of self-esteem. This research was conducted to find the relation between perceived social support and self-esteem in undergraduate psychology students. Perceived social support was measured using Multidimensional Scale of Perceived Social Support (Zimet et al., 1988) and self-esteem was measured using Rosenberg Self-Esteem Scale (Rosenberg, 1965). The participants of this research are 184 University of Indonesia undergraduate psychology students. The main results of this research show that perceived social support correlated significantly with self-esteem ($r = 0.274$; $p < 0.01$). Results of this study may be taken by psychology educational institution to increase the concern of perceived social support as one of the factor to increase their students' self-esteem level, for example is by making a psychoeducational intervention.