

Hubungan everyday creativity dan psychological well-being: sebuah studi pada mahasiswa Universitas Indonesia = Relationship between everyday creativity and psychological well-being: a study on college students of Universitas Indonesia

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Abstrak

Menurut teori perkembangan, mahasiswa umumnya termasuk dalam rentang usia dewasa muda, dimana individu dihadapkan pada berbagai masalah, baik pada kehidupan di dalam maupun di luar kampus. Salah satu aset penting yang perlu dimiliki mahasiswa untuk menghadapi masalah-masalah serta memenuhi tugas perkembangannya adalah psychological well-being (PWB). Menurut literatur, studi mengenai PWB pada mahasiswa masih tergolong sedikit. Kreativitas merupakan elemen esensial pada kehidupan mahasiswa. Terdapat jenis kreativitas lain yang masih sedikit mendapat perhatian, yang disebut sebagai everyday creativity (EC). Kreativitas ini ditemukan berhubungan dengan psychological well-being, namun bagaimana kreativitas tersebut berperan dalam kehidupan mahasiswa masih belum banyak diketahui. Penelitian dilakukan pada sampel 120 mahasiswa Universitas Indonesia, menggunakan alat ukur Ryff's Scales of Psychological Well-Being yang dikembangkan oleh Ryff (1989) dan Everyday Creativity Questionnaire yang dikembangkan Ivcevic & Mayer (2009). Hasil penelitian membuktikan terdapat hubungan signifikan antara everyday creativity dan psychological well-being.

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According to a developmental theory, senior college students in general are in the stage of young adulthood, where they encounter various kinds of challenges, both in and outside the campus. One of the most important resources that help college students cope with these challenges and accomplish the development tasks required in this stage is psychological well-being (PWB). According to the literature, there are not many studies on the psychological well-being of college students. Creativity is an essential element in the university life. A form of creativity, called everyday creativity, is reported to be rather neglected in the research on creativity. Everyday creativity is reportedly related to psychological well-being, but not much is known about the role it plays in the everyday life of college students. A study is conducted to a sample of 120 college students of Universitas Indonesia, using Ryff's Scales of Psychological Well-being and the Everyday Creativity Questionnaire. Results show there is a significant correlation between everyday creativity and psychological well-being.