

Hubungan antara persepsi kebebasan dalam waktu luang dan kepuasan waktu luang pada mahasiswa Universitas Indonesia = The relationship between perceived freedom in leisure and leisure satisfaction among University of Indonesia students / Muhammad Rismart Firdaus

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Abstrak

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara persepsi kebebasan dalam waktu luang dan kepuasan waktu luang pada mahasiswa Universitas Indonesia. Sampel penelitian ini terdiri dari 126 mahasiswa Universitas Indonesia. Variabel persepsi kebebasan dalam waktu luang diukur menggunakan alat ukur Perceived Freedom in Leisure (Short Form) Scale (Witt & Ellis, 1985) dan variabel kepuasan waktu luang diukur menggunakan alat ukur Leisure Satisfaction Scale (Short Form) (Beard & Ragheb, 1980). Hasil penelitian menunjukkan adanya korelasi positif antara variabel persepsi kebebasan dalam waktu luang dan variabel kepuasan waktu luang pada mahasiswa Universitas Indonesia ($r = 0.747$, $p < 0.05$). Analisis tambahan yang mencakup hubungan antara kedua variabel dengan data kontrol seperti jenis kelamin, usia dan pemasukan perbulan juga disertakan.

ABSTRACT

This study aims to find the correlation between perceived freedom in leisure and leisure satisfaction among University of Indonesia students. 126 students were participated in this study. The perceived freedom in leisure was measured by Perceived Freedom in Leisure (Short Form) Scale (Witt & Ellis, 1985) instrument and leisure satisfaction was measured by Leisure Satisfaction Scale (Short Form) (Beard & Ragheb, 1980) instrument. This study finds the positive correlation between perceived freedom in leisure and leisure satisfaction among University of Indonesia students ($r = 0.747$, $p < 0.05$). Additional analysis including correlation between two variables and demographic data such as gender, age and income were included.