

Kontribusi Optimisme dan Perceived Social Support terhadap Resiliensi pada Mahasiswa Rantau di Universitas Indonesia = Optimism and Perceived Social Support's Contribution in Resilience Among College Students Who Go Out of Town to Study at Universitas Indonesia

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Abstrak

[ABSTRAK

Penelitian ini dilakukan untuk melihat kontribusi optimisme dan perceived social support terhadap resiliensi pada mahasiswa rantau di Universitas Indonesia. Subjek penelitiannya adalah mahasiswa rantau Universitas Indonesia sebanyak 209 orang dengan mengisi kuesioner optimisme, perceived social support, dan resiliensi. Optimisme diukur dengan menggunakan alat ukur Life Orientation Test-Revised (LOT-R) yang dikembangkan oleh Scheier, Carver, dan Bridges (1994). Perceived social support diukur dengan menggunakan alat ukur Multidimensional Scale of Perceived Social Support yang dikembangkan oleh Gregory D. Zimet (1988). Resiliensi diukur dengan menggunakan alat ukur Resilience Scale (RS) yang dikembangkan oleh Wagnild dan Young (1993). Hasil penelitian menunjukkan bahwa optimisme dan perceived social support berkontribusi secara signifikan terhadap resiliensi ($r = 0.252$, $p = 0.000$). Selain itu, optimisme memiliki kontribusi yang lebih besar dibandingkan perceived social support terhadap resiliensi ($r = 0.376$, $p = 0.000$).

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ABSTRACT

This research was conducted to investigate the optimism and perceived social support's contribution in resilience among college students who go out of town to study at Universitas Indonesia. The research subjects are college student who go out of town to study in University of Indonesia as many as 209 people by filling out the questionnaire optimism, perceived social support, and resilience. Optimism was measured by Life Orientation Test-Revised (LOT-R) constructed by Scheier, Carver, dan Bridges (1994). Perceived social support was measured by Multidimensional Scale of Perceived Social Support constructed by Gregory D. Zimet (1988). While resilience was measured by Resilience Scale (RS) constructed by Wagnild and Young (1993). The result showed that optimism and perceived social support has a contribute significantly to the resilience ($r = 0.252$, $p = 0.000$). In addition, optimism has a greater contribution than the perceived social support towards resilience ($r = 0.376$, $p = 0.000$)., This research was conducted to investigate the optimism and perceived social support's contribution in resilience among college students who go out of town to study at Universitas Indonesia. The research subjects are college student who go out of town to study in University of Indonesia as many as 209 people by filling out the questionnaire optimism, perceived social support, and resilience. Optimism was measured by Life Orientation Test-Revised (LOT-R) constructed by Scheier, Carver, dan Bridges (1994). Perceived social support was measured by Multidimensional Scale of Perceived Social Support constructed by Gregory D. Zimet (1988). While resilience was measured by Resilience Scale (RS) constructed by Wagnild and Young

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