

Peran Efikasi Diri Secara Umum Terhadap Kesejahteraan Subjektif Pada Dewasa Muda di Masa Pandemi Covid-19. = The Role of General Self Efficacy on Subjective Well-Being in Young Adults during Covid-19 Pandemic Situation. The Role of General Self Efficacy on Subjective Well-Being in Young Adults during Covid-19 Pandemic Situation.

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Abstrak

Pandemi Covid-19 menyebabkan ketidakpastian terhadap seluruh lapisan masyarakat, termasuk dewasa muda. Penelitian ini bertujuan untuk melihat bagaimana peran efikasi diri secara umum sebagai prediktor dalam memprediksi subjective well-being dewasa muda selama pandemi Covid-19. Penelitian ini menggunakan tipe kuantitatif, variabel kesejahteraan subjektif diukur dengan Subjective Happiness Scale (SHS) dan efikasi diri secara umum diukur menggunakan General Self-Efficacy Scale. Partisipan penelitian ini adalah 488 dewasa muda yang memiliki rentang usia 18 - 25 tahun. Hasil pada penelitian ini menunjukkan bahwa efikasi diri secara umum berperan sebagai prediktor terhadap kesejahteraan subjektif dewasa muda secara signifikan ($\text{Adjusted } R^2 = 0.349, p < 0.05$). Berdasarkan hasil tersebut, semakin tinggi skor efikasi diri secara umum pada partisipan maka semakin tinggi pula skor kesejahteraan subjektif. Oleh karena itu, individu diharapkan dapat meningkatkan efikasi diri secara umum dengan meningkatkan pengetahuan diri dan persepsi positif mengenai kehidupan sehingga dapat meningkatkan kesejahteraan subjektif.

.....The Covid-19 pandemic has caused uncertainty for all levels of society, including young adults. Individual's subjective well-being is thought to be a protective factor in this pandemic. This study aims to describe the role of general self-efficacy on the subjective well-being of young adults during the Covid-19 pandemic. This study used a quantitative type, the measurement of General self efficacy uses the General Self-Efficacy Scale, and subjective well-being measurement uses Subjective Happiness Scale (SHS). Participants in this study were 488 young adults who had an age range of 18-25 years. The results of this study indicate that general self-efficacy plays a significant role as a predictor of subjective well-being in young adults ($\text{Adjusted } R^2 = 0.349, p < 0.05$). Based on these results, the higher the general self-efficacy score on the participants, the higher the subjective well-being score. Therefore, individuals are expected to increase their general self-efficacy by increasing their self-knowledge and positive perceptions about life so that it can increase subjective well-being.