

# Hubungan antara Perilaku Prososial dan Well-Being pada Dewasa Muda setelah Berakhirnya Pembatasan Sosial COVID-19 = Relationship between Prosocial Behavior and Well-Being among Young Adults After COVID-19 Social Restriction Ended

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## Abstrak

Kegiatan perilaku prososial semakin sering terjadi pada situasi krisis, seperti situasi pandemi COVID-19. Dalam upaya pencegahan dan penanganan pandemi COVID-19, pemerintah membuat kebijakan pembatasan sosial sehingga memengaruhi kondisi well-being masyarakat. Dengan demikian, penelitian ini bertujuan untuk melihat adanya hubungan antara perilaku prososial dan well-being pada dewasa muda setelah berakhirnya pembatasan sosial COVID-19. Sejumlah 409 individu dewasa muda berusia 18-29 tahun yang berdomisili di Jabodetabek berpartisipasi dalam penelitian ini. Perilaku prososial diukur menggunakan alat ukur Prosocialness Scale for Adults (PSA) (Caprara dkk., 2005) dan well-being diukur menggunakan alat ukur PERMA Profiler (Butler & Kern, 2016). Hasil analisis korelasi menggunakan Pearson correlation menunjukkan adanya hubungan positif yang signifikan antara perilaku prososial dan well-being ( $r(409) = 0.487$ ,  $p < 0.01$ ,  $r^2 = 0.237$ ).

.....Prosocial activities are happening more often during the time of a crisis, like the COVID-19 pandemic situation. As a measure to prevent and manage the COVID-19 pandemic, changes in regulations are made by the government which limit people's daily activities and thus potentially affect their well-being. Therefore, this study aimed to see a relationship between prosocial behavior and well-being in young adults' post COVID-19 pandemic. The study sample is 409 young adults between the ages of 18-29 years old living in Jakarta greater area (Jabodetabek). Prosocial behavior was assessed with Prosocialness Scale for Adults (PSA) (Caprara et al., 2005) and well-being was assessed with the PERMA Profiler (Butler & Kern, 2016). Result in correlation by Pearson correlation technique shows a significant and positive relationship between prosocial behavior and well-being ( $r(409) = 0.487$ ,  $p < 0.01$ ,  $r^2 = 0.237$ ).