

Hubungan antara Solitude dan Subjective Well-being pada Emerging Adulthood = The Relationship between Solitude and Subjective Well-being in Emerging Adulthood

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Abstrak

Subjective well-being merupakan salah satu topik psikologi positif yang penting untuk dikaji dalam tahapan usia emerging adult. Berbagai tantangan dan permasalahan yang dilalui dapat menjadi faktor risiko bagi well-being mereka. Di antara berbagai aspek yang dapat berhubungan dengan subjective well-being, solitude diasumsikan berperan sebagai faktor protektif bagi well-being. Solitude merupakan kondisi objektif dari kesendirian yang umumnya digunakan secara konstruktif. Oleh karena itu, penelitian ini hendak melihat hubungan solitude dan subjective well-being pada emerging adulthood. Terdapat 317 partisipan berusia 18-25 tahun ($M = 21.51$, $SD = 1.78$) yang berpartisipasi dalam penelitian ini. Hasil penelitian menggunakan alat ukur Perth A-Loneness Scale (PALs) (Houghton dkk., 2014) dan The PERMA-Profilier adaptasi Indonesia (Elfida dkk., 2021) menunjukkan bahwa solitude berhubungan positif signifikan dengan subjective well-being. Temuan ini dapat diartikan bahwa semakin tinggi kecenderungan dewasa muda menerapkan solitude maka semakin tinggi tingkat subjective well-being.

.....One of the important areas of positive psychology to research in emerging adult period is subjective well-being. The various challenges and problems they go through can be a risk factor for their well-being. Among the various aspects that can be related to subjective well-being, solitude is assumed to act as a protective factor for well-being. Solitude is an objective condition of solitude that is generally used constructively. Therefore, this study aims to examine the relationship between solitude and subjective well-being in emerging adulthood. There were 317 participants between the ages of 18-25 ($M = 21.51$, $SD = 1.78$) who participated in this study. The results of the study using the Perth A-Loneness Scale (Houghton et al., 2014) and The PERMA-Profilier (Elfida et al., 2021) measurement tools showed that solitude was significantly positively related to subjective well-being. This finding can be interpreted that the higher the tendency of young adults to practice solitude, the higher the level of subjective well-being.