

Hubungan antara Social Identity dalam Peer Group dengan Psychological Well-being pada Remaja Akhir = The Association between Social Identity within Peer Groups and Psychological Well-being in Late Adolescents

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Abstrak

Selain membentuk identitas diri, remaja juga mulai membentuk social identity yang dapat diperoleh dengan bergabung dalam peer group. Social identity dalam peer group menjadi salah satu penentu psychological well-being bagi remaja untuk mengatasi stres dalam kehidupan sehari-hari. Akan tetapi, masih sedikit penelitian yang secara khusus menyoroti social identity pada remaja akhir dalam konteks peer group. Oleh karena itu, penelitian ini bertujuan untuk melihat apakah social identity dalam peer group memiliki hubungan positif yang signifikan dengan psychological well-being pada remaja akhir. Instrumen penelitian yang digunakan adalah Social Identity Scale (SIS) untuk mengukur social identity dalam peer group dan Ryff's Psychological Well-being Scale (RPWBS) untuk mengukur psychological well-being. Partisipan penelitian ini adalah Warga Negara Indonesia (WNI) berusia 18–20 tahun ($M = 19,03$, $SD = 0,74$). Hasil Spearman Correlation menunjukkan bahwa social identity dalam peer group dan psychological well-being memiliki korelasi yang signifikan dengan $r_s(160) = .138$, $p = .041$, one-tailed. Artinya, semakin tinggi tingkat social identity dalam peer group pada remaja akhir, maka semakin tinggi tingkat psychological well-being.

.....In addition to forming their self identity, adolescents also begin to form a social identity that can be obtained by joining peer groups. Social identity within peer groups is one of the determinants of psychological well-being for adolescents to cope with stress in daily life. However, there is still limited research that specifically highlights social identity in late adolescents in the context of peer groups. Therefore, this study aims to investigate whether social identity within peer groups has a significant positive relationship with psychological well-being in late adolescents. The research instruments used were the Social Identity Scale (SIS) to measure social identity within peer groups and the Ryff's Psychological Well-being Scale (RPWBS) to measure psychological well-being. The participants in this study were Indonesian citizens aged 18–20 years old ($M = 19,03$, $SD = 0,74$). The results of the Spearman Correlation showed that social identity within peer groups and psychological well-being had a significant correlation with $r_s(160) = .138$, $p = .041$, one-tailed. This means that the higher the level of social identity within peer groups in late adolescents, the higher the level of psychological well-being.