

Kesepian sebagai Moderator dalam Hubungan Antara Extraversion dan Kebahagiaan pada Remaja Selama Masa Pandemi COVID-19 = Loneliness as a Moderator in The Relationship Between Extraversion and Happiness among Adolescents during COVID-19 Pandemic

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Abstrak

Penelitian terdahulu menunjukkan bahwa extraversion memiliki hubungan yang positif dengan kebahagiaan remaja. Meski demikian, perubahan pada kehidupan sosial dan meningkatnya kesepian di masa pandemi COVID-19 diduga dapat memengaruhi hubungan extraversion dan kebahagiaan. Penelitian ini bertujuan untuk melihat peran kesepian sebagai moderator dalam hubungan extraversion dan kebahagiaan remaja selama masa pandemi COVID-19. Partisipan merupakan 235 remaja berusia 15-21 tahun. Instrumen penelitian yang digunakan adalah Subjective Happiness Scale (SHS) untuk mengukur kebahagiaan, Big Five Inventory (BFI) untuk mengukur extraversion dan 3-Item Loneliness Scale untuk mengukur kesepian. Hasil penelitian menunjukkan bahwa di masa pandemi, tingkat extraversion tetap dapat meningkatkan kebahagiaan remaja secara signifikan ($r = 0.342$, $t(235) = 12.190$, $p < 0.05$). Di sisi lain, kesepian tidak dapat memoderasi hubungan extraversion dan kebahagiaan remaja selama masa pandemi COVID-19 ($b = -0.0030$, $t(231) = -0.9222$, $p > 0.05$). Penelitian ini bermanfaat untuk memperkaya literatur terkait kepribadian, kesepian, dan kebahagiaan, khususnya dalam konteks pandemi COVID-19.

..... Previous research showed that extraversion has a positive relationship with happiness among adolescents. However, changes in social life and increased loneliness during COVID-19 pandemic are assumed to affect the relationship between extraversion and happiness. This study aims to examine the role of loneliness as a moderator in the relationship between extraversion and happiness among adolescents during pandemic. Participants were 235 adolescents aged 15-21. The research instrument used was the Subjective Happiness Scale (SHS) to measure happiness, the Big Five Inventory (BFI) to measure extraversion and the 3-Item Loneliness Scale to measure loneliness. The results showed that during the pandemic, the level of extraversion could significantly increase adolescents' happiness ($r = 0.342$, $t(235) = 12.190$, $p < 0.05$). On the other hand, loneliness did not moderate the relationship between extraversion and happiness during the COVID-19 pandemic ($b = -0.0030$, $t(231) = -0.9222$, $p > 0.05$). This research is useful for enriching literature related to personality, loneliness, and happiness, especially in the context of COVID-19 pandemic.