

Peran Mediasi Perceived Social Support Terhadap Hubungan Mindfulness dan Resiliensi Mahasiswa di Indonesia Pada Masa Pandemi COVID-19 = The Mediating Role Of Perceived Social Support, In The Relationship Between Mindfulness and Resilience of Indonesian's College Students During Pandemic COVID-19

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Abstrak

Selama pandemi COVID-19, terjadi peningkatan angka masalah kesehatan mental yang cukup signifikan di antara mahasiswa di Indonesia. Peningkatan ini terjadi karena besarnya tantangan tahap perkembangan, beban perkuliahan, dan berbagai penyesuaian yang mahasiswa harus jalani akibat pandemi. Oleh karena itu, penelitian ini dilakukan untuk mengeksplorasi faktor psikologis yang dapat membantu mahasiswa meningkatkan resiliensinya. Berdasarkan studi literatur, variabel mindfulness dan perceived social support diduga dapat meningkatkan resiliensi. Penelitian ini dilakukan pada mahasiswa ($n=464$, $M=20.36$, $SD=1.502$), dengan menggunakan tiga skala: (1) Mindfulness Attention and Awareness Scale (MAAS) untuk mengukur mindfulness (Brown & Ryan, 2003), (2) Social Provision Scale (SPS) untuk mengukur perceived social support (Cutrona & Russel, 1987), dan (3) Connor Davidson Resilience Scale 10 untuk mengukur resiliensi (Campbell-Sills & Stein, 2007; Connor & Davidson, 2003). Data penelitian ini diolah dengan uji mediasi menggunakan program Hayes Macro PROCESS pada SPSS versi 22.00 untuk Windows. Hasil penelitian menunjukkan bahwa perceived social support memediasi secara penuh hubungan di antara mindfulness dan resiliensi mahasiswa, dengan besar pengaruh 20.4% ($F(2,462)=23.457$, $p<0.01$, $R^2=0.204$). Implikasi terkait hasil penelitian akan dibahas secara lebih lanjut.

.....During the COVID-19 pandemic, there was a significant increase in the number of mental health problems among college students in Indonesia. This increase occurred due to significant challenges of the developmental stage, the difficulty of the college learning experience, and the adjustments they had to undergo due to the pandemic. Therefore, this study was conducted to explore psychological factors that could help college students improve their resilience. Based on the literature study, mindfulness and perceived social support are variables that could increase resilience. Therefore, this research was conducted on college students ($n=464$, $M=20.36$, $SD=1.502$), using three scales: (1) Connor Davidson Resilience Scale 10 to measure resilience (Campbell-Sills & Stein, 2007; Connor & Davidson, 2003), (2) Mindfulness Attention and Awareness Scale (MAAS) to measure mindfulness (Brown & Ryan, 2003), and (3) Social Provision Scale (SPS) to measure perceived social support (Cutrona & Russel, 1987). The research data were analyzed with a mediation test using the Hayes Macro PROCESS program. The results showed that perceived social support fully mediates the relationship between mindfulness and resilience by 20.4% ($F(2,462)=23.457$, $p<0.01$, $R^2=0.204$). Further implications related to the results of the study are discussed.