

Peran Fleksibilitas Psikologis dan Kesepian sebagai Mediator dalam Hubungan Stres dengan Well-being Mahasiswa di Masa Pandemi Covid-19 = The Relationship between Stress and Well-being: The Mediating Role of Psychological Flexibility and Loneliness in Student during Covid-19 Pandemic)

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Abstrak

Pandemi Covid-19 berdampak pada kehidupan masyarakat termasuk dalam aspek kesehatan mental mahasiswa. Mahasiswa di masa pandemi mengalami banyak perubahan yang menyebabkan tingginya tingkat stres serta menurunnya tingkat well-being. Mekanisme kognitif dari hubungan antara stres dan well-being dapat dilihat melalui peran fleksibilitas psikologis dan kesepian. Individu yang mengalami stres tinggi cenderung tidak fleksibel secara psikologis sehingga memiliki strategi koping yang menghindar/maladaptif. Akibatnya individu rentan mengalami kesepian yang akhirnya berakibat pada penurunan well-being. Penelitian ini melihat hubungan antara stres dan well-being melalui peran mediasi dari fleksibilitas psikologis dan kesepian. Pengambilan data melalui kuesioner daring menggunakan alat ukur Perceived Stress Scale (Cohen et al., 1983), Mental Health Continuum-Short Form (Keyes, 2009), Acceptance and Action Questionnaire-II (Bond et al., 2011), dan UCLA Loneliness Scale-3 (Russell, 1996). Dari hasil analisis serial mediation yang dilakukan pada 945 mahasiswa, ditemukan bahwa fleksibilitas psikologis dan kesepian secara berurutan memediasi parsial hubungan antara stres dan well-being. Stres dapat mempengaruhi well-being secara langsung, namun dapat juga mempengaruhi melalui fleksibilitas psikologis dan kesepian. Stres yang tinggi membuat seseorang lebih tidak fleksibel, sehingga mengakibatkan tingkat kesepian yang tinggi, akhirnya well-being individu akan menurun. Intervensi yang menargetkan promosi fleksibilitas psikologis dapat menjadi alternatif intervensi yang bermanfaat untuk membantu individu beradaptasi dan mengatasi situasi sulit selama pandemi.

.....Covid-19 pandemic has been impactful on people's live, including the aspect of mental health of students. During the pandemic, students experienced many changes that caused high levels of stress and decreased levels of well-being. The relationship between stress and well-being can be seen through the role of psychological flexibility and loneliness. Individuals who experience high stress tend to be psychologically inflexible, so they have avoidant/maladaptive coping strategies. As a result, individuals are vulnerable to loneliness which ultimately results in a decrease in well-being. This study looks at the relationship between stress and well-being through the mediating role of psychological flexibility and loneliness. This research collect data through an online questionnaire using the Perceived Stress Scale (Cohen et al., 1983), Mental Health Continuum-Short Form (Keyes, 2009), Acceptance and Action Questionnaire-II (Bond et al., 2011), and UCLA Loneliness Scale-3 (Russell, 1996). From the serial mediation analysis conducted on 945 students, we found that psychological flexibility and loneliness partially mediate the relationship between stress and well-being. Stress can affect well-being directly, but it can also affect well-being through psychological flexibility and loneliness. A high level of stress, when followed by low level of psychological flexibility, will result in a high level of loneliness, hence well-being will also decrease. Interventions targeting the promotion of psychological flexibility can be a beneficial

alternative to help individuals adapt and cope with difficult situations during the pandemic.