

Kontribusi Kecemasan, Traits Kepribadian, dan Persepsi terhadap Dukungan Sosial terhadap Subjective Well-Being Remaja pada Masa Pandemi COVID-19 di Indonesia = Contribution of Anxiety, Personality Traits and Perceived Social Support on Adolescents Subjective Well-Being during COVID-19 Pandemic in Indonesia

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Abstrak

Subjective well-being (SWB) remaja dapat terganggu akibat pandemi COVID-19. Tujuan penelitian ini adalah untuk menguji kontribusi kecemasan, traits kepribadian, dan persepsi terhadap dukungan sosial (perceived social support/PSS) terhadap SWB remaja pada masa pandemi COVID-19 di Indonesia. Partisipan penelitian ini adalah 313 orang remaja (254 perempuan dan 59 laki-laki, usia 13-18 tahun) yang diperoleh secara daring dengan convenience sampling. Penelitian menggunakan alat ukur Satisfaction with Life Scale, Scale of Positive and Negative Experiences, Generalized Anxiety Disorder 7, The Big Five Inventory, dan Multidimensional Scale of Perceived Social Support. Data dianalisis menggunakan regresi hirarki berganda. Hasil menunjukkan bahwa kecemasan, traits kepribadian, dan PSS secara bersama-sama berkontribusi terhadap SWB, kepuasan hidup (life satisfaction/LS), afek positif (positive affect/PA), afek negatif (negative affect/NA). Kecemasan, extraversion, neuroticism, dan PSS dari keluarga dan teman berkontribusi terhadap SWB. Neuroticism, PSS dari keluarga dan teman berkontribusi terhadap LS. Extraversion, openness to experience, dan PSS dari keluarga dan teman berkontribusi terhadap PA. Kecemasan, neuroticism, openness to experience, dan PSS dari keluarga berkontribusi terhadap NA. Agreeableness, conscientiousness, dan PSS dari figur signifikan tidak berkontribusi terhadap SWB (LS, P A, NA). Hasil penelitian ini dapat dimanfaatkan untuk menyusun intervensi psikologis bagi remaja dan psikoedukasi bagi orangtua guna meningkatkan SWB remaja pada masa pandemi.

.....The adolescent's subjective well-being (SWB) might be disturbed due to COVID-19 pandemic. The aim of this research is to study the contribution of anxiety, personality traits, perceived social support (PSS) on Adolescent's SWB in the period of COVID-19 pandemic in Indonesia. The participants of this research are 313 adolescents (254 girls, 59 boys, age of 13-18), collected online with convenience sampling. This research used Satisfaction with Life Scale, Scale of Positive and Negative Experiences, Generalized Anxiety Disorder 7, The Big Five Inventory, Multidimensional Scale of Perceived Social Support as measuring instrument. The data was analysed by hierarchical multiple regression. The result shows that anxiety, personality traits, and PSS altogether are contribute to SWB, life satisfaction (LS), positive affect (PA), negative affect (NA). Anxiety, extraversion, neuroticism, PSS from family and friend contribute to SWB. Neuroticism, PSS from family and friend contribute to LS. Extraversion, openness to experience, PSS from family and friend contribute to PA. Anxiety, neuroticism, openness to experience, and PSS from family contribute to NA. Agreeableness, conscientiousness, and PSS from significant others do not contribute to SWB, LS, PA, NA. This study can be used to design psychological intervention and psychoeducation in order to improve adolescent's SWB during pandemic.