

## **Abstrak**

### **Hubungan Kepribadian *Hardiness* dan Kesejahteraan Psikologis Pada Lansia**

Penelitian ini bertujuan untuk mengetahui apakah ada hubungan antara kepribadian *hardiness* dengan kesejahteraan psikologis pada lansia. Hipotesa penelitian yang diajukan peneliti yaitu, ada hubungan positif antara kepribadian *hardiness* dengan kesejahteraan psikologis pada lansia.

Subyek penelitian dalam penelitian ini adalah lansia yang berada di Panti Sosial Tresna Wredha (PTSW) Abiyoso Pakem Sleman, Komunitas Pensiunan St. Antonius Kota Baru Yogyakarta dan PEPABRI Klaten. Jumlah keseluruhan subyek penelitian adalah 60 orang lansia. Pengumpulan data dalam penelitian ini menggunakan skala kepribadian *hardiness* dan skala kesejahteraan psikologis. Dari hasil uji coba skala, diperoleh koefisien reliabilitas skala kepribadian *hardiness* sebesar 0,893, dan untuk skala kesejahteraan psikologis sebesar 0,934.

Metode atau teknik analisis data menggunakan analisis korelasi *Product Moment Pearson*. Semua perhitungannya dilakukan dengan *Statistical Product and Service Solution (SPSS) for Window versi 12.0*.

Hasil penelitian menunjukkan koefisien korelasi sebesar 0,833 pada tingkat signifikansi 0,01 (1-tailed). Hal itu berarti ada hubungan positif yang signifikan antara kepribadian *hardiness* dengan kesejahteraan psikologis pada lansia.

Kata kunci : kepribadian *hardiness*, kesejahteraan psikologis, lansia.

## **Abstract**

### **Correlation Between Hardy Personality And Psychological Well-Being Of Aging People**

This research was aimed to find out the correlation between hardy personality and psychological well-being of aging people. Positive correlation between hardy personality and psychological well-being of aging people was the hypothesis of this research.

The research subjects were aging people in Panti Sosial Tresna Wredha (PTSW) Abiyoso Pakem Sleman, St. Antonius Kota Baru Yogyakarta Aging retirement, and PEPABRI Klaten. Number of the research subjects were 60 aging people. The data were collected by hardy personality scale and psychological well-being scale. From the try out result, reliability coefficient of hardy personality scale was 0, 893 and psychological well-being scale was 0, 934.

The method of data analysis was the Pearson's Product Moment Correlation. All of the computations was conduct by *Statistical Product and Service Solution (SPSS) for Window version 12.0*.

The result shows that the correlation coefficient was 0,833 at the level significant 0, 01 (1-tailed). It's means there was significant positive correlation between hardy personality and psychological well-being of aging people.

Keywords : hardy personality, psychological well-being, aging people