

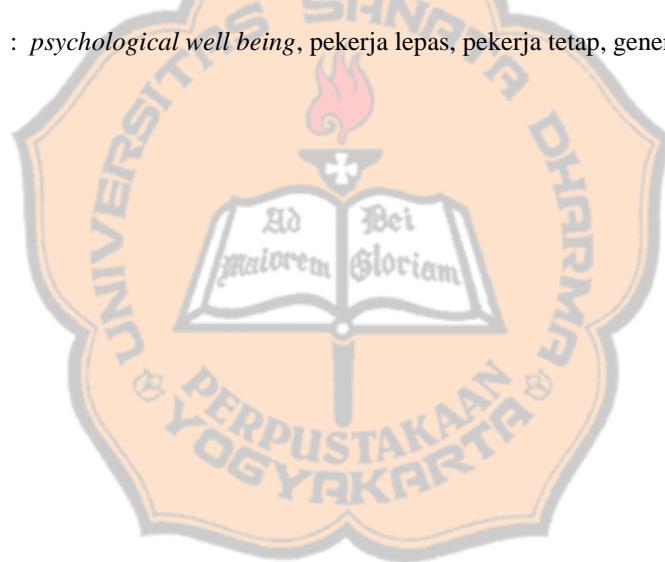
PERBEDAAN *PSYCHOLOGICAL WELL BEING* PADA PEKERJA LEPAS DAN PEKERJA TETAP GENERASI MILENIAL

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui perbedaan *psychological well being* pada pekerja lepas dan pekerja tetap generasi milenial di Indonesia. Hipotesis yang diajukan dalam penelitian ini yaitu ada perbedaan tingkat *psychological well being* pada pekerja lepas dan pekerja tetap. Penelitian ini merupakan penelitian kuantitatif komparatif dengan menggunakan teknik pengambilan sampel *snowball sampling*. Subjek dalam penelitian ini adalah 137 orang kelahiran tahun 1980-2000 yang terdiri dari 61 pekerja lepas dan 76 pekerja tetap. Skala yang digunakan dalam penelitian ini yaitu *Psychological Well Being Scale* ($\alpha = 0,961$). Data yang diperoleh kemudian dianalisis dengan uji *independent samples t-test* menggunakan bantuan *IBM Statistics 22*. Hasil penelitian menunjukkan bahwa tidak ada perbedaan *psychological well being* antara pekerja lepas dan pekerja tetap karena hasil nilai signifikansi t hitung sebesar 0,800 ($> 0,05$).

Kata Kunci : *psychological well being*, pekerja lepas, pekerja tetap, generasi milenial



THE DIFFERENCES IN PSYCHOLOGICAL WELL BEING OF FREELANCERS AND PERMANENT WORKERS IN THE MILLENNIAL GENERATION

Noviana Kurniadi

ABSTRACT

This study aimed to determine the differences in psychological well being of freelancers and permanent workers of the millennial generation in Indonesia. The hypothesis proposed in this study is that there was a difference in the level of psychological well-being of freelancers and permanent workers. This research was a comparative quantitative research using a snowball sampling technique. The subjects in this study were 137 workers born ini 1980 - 2000, consisting of 61 freelancers and 76 permanent workers. The scale used in this study was Psychological Well Being Scale ($\alpha = 0.961$). Data which has been collected was analyzed by independent samples t-test using IBM Statistics 22. The results showed that there was no difference in psychological well-being between freelancers workers and permanent workers because the result of the t-count significance value was 0.800 (> 0.05).

Keywords : psychological well being, freelancers, permanent workers, millennial generation

