# *SUBJECTIVE HAPPINESS* PADA MAHASISWA SELAMA PANDEMI COVID-19

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## ABSTRAK

Penelitian ini dilakukan untuk mengetahui tingkat *subjective happiness* pada mahasiswa selama berlangsungnya pandemi COVID-19 dan melihat perbedaan *subjective happiness* berdasarkan kelompok jenis kelamin dan usia. Tingkat *subjective happiness* pada penelitian ini akan dilihat secara keseluruhan dan pada aspeknya, yakni aspek kognitif dan afektif. Metode yang digunakan dalam penelitian ini adalah kuantitatif deskriptif. Penelitian ini dilakukan pada sejumlah 308 responden yang terdiri dari laki-laki dan perempuan berusia 18-24 tahun. Pengambilan sampel dilakukan secara aksidental/*convenience sampling* menggunakan kuesioner daring. Reliabilitas *Subjective Happiness Scale* yang diperoleh saat melakukan uji coba sebesar 0,727. Analisis data menggunakan *One Sample t-Test* dan kategorisasi berdasar *mean* dan *SD* teoritik. Hasil penelitian menunjukkan ada perbedaan yang signifikan antara *mean* teoritik dan *mean* empirik dengan rincian kategori tingkat *subjective happiness* rendah (7,79%), sedang (54,22%), dan tinggi (37,98%). Hasil analisis deskriptif menunjukkan bahwa *mean* aspek kognitif lebih tinggi daripada *mean* aspek afektif (*M* aspek kognitif = 9,44 > *M* aspek afektif = 8,65). Hasil analisis dengan *Independent Sample t-Test* menunjukkan tidak ada perbedaan *subjective happiness* yang signifikan berdasar jenis kelamin. Hasil analisis dengan *One-Way Anova* menunjukkan tidak ada perbedaan *subjective happiness* secara signifikan berdasar kelompok usia mahasiswa.

**Kata kunci:** Mahasiswa, Pandemi COVID-19, *Subjective Happiness*

# SUBJECTIVE HAPPINESS ON STUDENTS DURING THE COVID-19 PANDEMIC

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## ABSTRACT

This study was conducted to determine the level of subjective happiness in students during the COVID-19 pandemic and to see differences in subjective happiness based on gender and age groups. The level of subjective happiness in this study will be seen as a whole and in its aspects, namely cognitive and affective aspects. The method used in this research is descriptive quantitative. This research was conducted on a number of 308 respondents consisting of men and women aged 18-24 years. Sampling was done by accidental/convenience sampling using an online questionnaire. The Subjective Happiness Scale reliability obtained during the trial was 0.727. Data analysis using One Sample t-Test and categorization based on mean and theoretical SD. The results showed that there was a significant difference between the theoretical mean and the empirical mean with the breakdown of categories of low level of subjective happiness (7.79%), moderate (54.22%) and high (37.98%). The results of the descriptive analysis showed that the mean cognitive aspect was higher than the mean affective aspect ($M$ cognitive aspect = 9.44 > $M$ affective aspect = 8.65). The results of the analysis using the Independent Sample t-Test showed that there was no significant difference in subjective happiness based on gender. The results of the One-Way Anova analysis showed that there was no significant difference in subjective happiness based on the student age group.

**Keywords:** *College Students, Subjective Happiness, The COVID-19 Pandemic*