

ABSTRAK

Sijabat, Anastasia Gravyna. 2023. Hubungan antara Diskriminasi Seksis di tempat kerja dan *Subjective Well-Being* pada Tentara Wanita. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk menguji hubungan antara *sexist discrimination* di tempat kerja dan *subjective well-being* pada tentara wanita. Partisipan dalam penelitian ini adalah 136 wanita yang bekerja sebagai tentara. Penelitian ini menggunakan metode kuantitatif korelasional. Hipotesis yang diajukan, yaitu adanya hubungan negatif antara *sexist discrimination* di tempat kerja dengan *subjective well-being*. Pengukuran dalam penelitian ini menggunakan Skala *Subjective Happiness Scale* (SHS) ($\alpha = 0,762$) yang dimiliki oleh Lyubomirsky dan Lepper (1999) dan Skala Modifikasi *Sexist Schedule of Sexist Events* (SSE) faktor *Sexist Discrimination in the Workplace* ($\alpha = 0,908$) yang disusun oleh Klonoff dan Landrine (1995). Analisis data dalam penelitian ini menggunakan analisis non-parametrik *Spearman's Rho*. Hasil penelitian menunjukkan bahwa terdapat hubungan negatif yang signifikan antara *sexist discrimination* di tempat kerja dengan *subjective well-being* ($r_s = -0,316$; $p = 0,000$).

Kata Kunci: *sexist discrimination workplace, subjective well-being, tentara wanita*

ABSTRACT

Sijabat, Anastasia Gravyna. 2023. Relationship between Sexist Discrimination in the Workplace and Subjective Well-Being in Women Soldier. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

The purposes of this study to examine the relationship between sexist discrimination in the workplace and subjective well-being in women soldiers. The participants in this study were 136 women who worked as soldiers. This study used quantitative correlational methods. The hypothesis proposed that there is a negative relationship between sexist discrimination in the workplace and subjective well-being. Measurements in this study used the Subjective Happiness Scale (SHS) ($\alpha = 0,762$) owned by Lyubomirsky and Lepper (1999) and the Modified Sexist Schedule of Sexist Events (SSE) Scale Sexist Discrimination in the Workplace factor ($\alpha = 0,908$) which was compiled by Klonoff and Landrine (1995). Data analysis in this study uses non-parametric Spearman's Rho analysis. The results show that there was a significant negative relationship between sexist discrimination in the workplace and subjective well-being ($r_s = -0,316$; $p = 0,000$).

Keywords: *sexist discrimination workplace, subjective well-being, women soldier*