

ABSTRAK

Putri, Natalia Eka. 2023. Hubungan antara Dukungan Sosial dan *Self-esteem* pada Alumni SMA/Sederajat yang Menjalani *Gap-year*. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan sosial dan *self-esteem* pada alumni SMA/Sederajat yang menjalani *gap-year*. Hipotesis yang diajukan pada penelitian ini adalah terdapat hubungan yang positif antara dukungan sosial dengan *self-esteem* pada alumni SMA/Sederajat yang menjalani *gap-year*. Partisipan dalam penelitian ini berjumlah 230 alumni SMA/Sederajat yang menjalani *gap-year*. Penelitian ini menggunakan metode survei menggunakan skala dengan desain korelasional. Penelitian ini menggunakan dua alat ukur, yaitu skala adaptasi *State Self-Esteem* dengan reliabilitas (p) sebesar 0,920 dan skala dukungan sosial dengan reliabilitas (p) sebesar 0,978. Data pada penelitian ini dianalisis menggunakan teknik korelasi non parametrik *Spearman's Rho* dikarenakan persebaran data yang tidak normal. Hasil analisis data menunjukkan adanya hubungan positif yang signifikan antara dukungan sosial dengan *self-esteem* pada alumni SMA/Sederajat yang menjalani *gap-year* ($r = 0,800$, $p = 0,000$).

Kata kunci: dukungan sosial, skala dukungan sosial, *self-esteem*, *State Self-Esteem Scale (SSES)*, alumni SMA/Sederajat, *gap-year*

ABSTRACT

Putri, Natalia Eka. 2023. The Relationship between Social Support and Self-Esteem in Alumni of Senior High school/Equal who Undergoing a Gap-year. Thesis. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

This research aimed to determine the relationship between social support and self-esteem in high school/equivalent alumni who are undergoing a gap-year. The research hypothesis proposed that there was a positive correlation between social support and self-esteem in high school/equivalent alumni who are undergoing a gap-year. Participant in this research were 230 high school/equivalent alumni who are undergoing a gap-year. This research uses a survey method using a scale with a correlational design. This research uses two measuring instruments, namely the State Self-Esteem adaptation scale with a reliability (p) of 0.920 and a social support scale with a reliability (p) of 0.978. This research uses a survey method using a scale with a correlational design. This research uses two measuring instruments, namely the State Self-Esteem adaptation scale with a reliability (p) of 0.920 and a social support scale with a reliability (p) of 0.978. The data analysis technique used in this research was a non-parametric correlation technique Spearman's Rho due to the data not normally distributed. The result showed that there was a significant positive correlation between social support and self-esteem with high school/equivalent alumni who are underwent a gap-year ($r = 0,800$, $p = 0,000$).

Keywords: *social support, social support scale, self-esteem, State Self-esteem Scale (SSES), alumni of senior high school/equal,, gap-year*