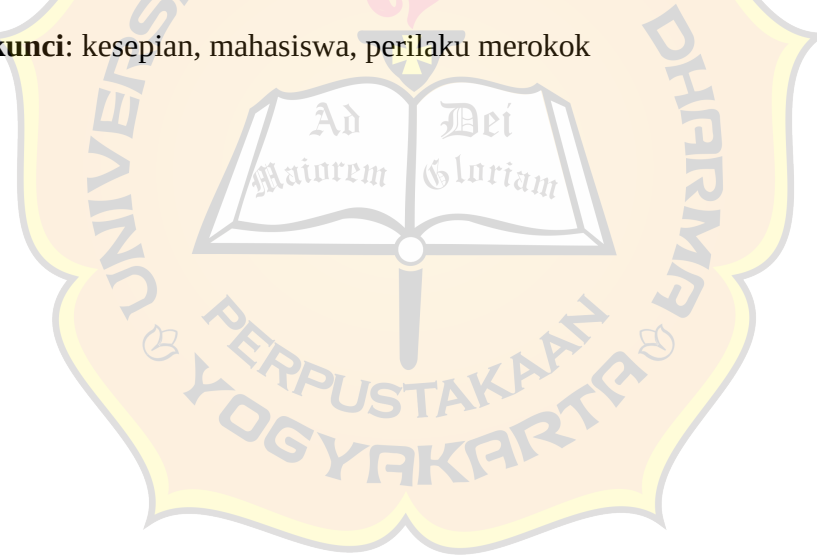


ABSTRAK

Simbolon, Regina Aprilia. 2024. Hubungan kesepian dan perilaku merokok pada mahasiswa. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara kesepian dan perilaku merokok pada mahasiswa. Hipotesis yang diajukan dalam penelitian ini, yaitu adanya hubungan positif antara kesepian dan perilaku merokok pada mahasiswa. Subjek dalam penelitian ini sebanyak 236 mahasiswa dengan kriteria merupakan perokok aktif. Penelitian ini merupakan penelitian kuantitatif dengan teknik random sampling dan menggunakan metode dua skala Likert, yaitu skala kesepian dan perilaku merokok. Hasil uji coba skala menunjukkan koefisien reliabilitas pada skala kesepian sebesar 0.767 dan pada skala perilaku merokok sebesar 0.704. Analisis data penelitian dilakukan dengan teknik korelasi *Spearman's Rho one-tailed* karena data tidak terdistribusi secara normal. Hasil uji korelasi menunjukkan koefisien korelasi sebesar 0,198 dan nilai signifikansi (p) = 0,001 ($p < 0,05$). Hasil tersebut menunjukkan bahwa terdapat hubungan positif yang sangat lemah antara kesepian dan perilaku merokok pada mahasiswa.

Kata kunci: kesepian, mahasiswa, perilaku merokok



ABSTRACT

Simbolon, Regina Aprilia. 2024. The relationship between loneliness and smoking behavior among college students. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This study aimed to investigate the relationship between loneliness and smoking behavior among college students. The hypothesis proposed in this study was that there is a positive relationship between loneliness and smoking behavior among college students. The subjects in this study were 236 college students who met the criteria of being active smokers. This study was a quantitative research using a random sampling technique and employing two Likert scales, namely the loneliness scale and smoking behavior scale. The results of the scale pilot test showed a reliability coefficients of 0.767 for the loneliness scale and 0.704 for the smoking behavior scale. Data analysis was conducted using the Spearman's Rho one-tailed correlation technique because the data was not normally distributed. Based on the correlation test conducted, a correlation coefficient of 0,198 and a significant value (p) = 0,001 ($p < 0,05$) were obtained. The results indicate that there is a very weak positive relationship between loneliness and smoking behavior among college students.

Keywords: college students, loneliness, smoking behavior

