

ABSTRAK

Atitasitala, H. G. 2025. Hubungan antara tingkat ekstrasversi dan kesejahteraan subjektif pada individu yang sudah memasuki masa pensiun. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian kuantitatif ini bertujuan untuk menguji hubungan antara tingkat ekstrasversi (*extraversion levels*) dan kesejahteraan subjektif (*subjective well-being*) pada individu yang sudah memasuki masa pensiun. Hipotesis yang diajukan ialah terdapat hubungan positif antara tingkat ekstrasversi dan kesejahteraan subjektif. Penelitian ini menggunakan desain korelasional dan teknik pengambilan data *non probability-convenience sampling*. Partisipan penelitian berjumlah 210 orang pensiunan dengan usia minimal 59 tahun saat dinyatakan pensiun. Data dikumpulkan menggunakan tiga alat ukur: Skala Ekstrasversi yang disusun peneliti berdasarkan teori *Big Five* Costa dan McCrae dengan koefisien reliabilitas $\alpha = 0.941$, *Satisfaction With Life Scale* (SWLS) dengan koefisien reliabilitas $\alpha = 0.812$, dan *Scale of Positive and Negative Experience* (SPANE) yang memiliki koefisien reliabilitas $\alpha = 0.908$ untuk afek positif dan $\alpha = 0.894$ untuk afek negatif. Analisis korelasi dilakukan dengan *Spearman's rho* karena adanya satu variabel yang berdistribusi tidak normal. Hasil analisis menunjukkan adanya hubungan positif yang signifikan antara tingkat ekstrasversi dan kesejahteraan subjektif pada pensiunan ($r = 0.735$, $p < 0.001$). Dengan kata lain, hipotesis penelitian diterima. Penelitian ini menyimpulkan bahwa semakin tinggi tingkat ekstrasversi yang dimiliki pensiunan, semakin tinggi pula kecenderungan mereka untuk merasakan kesejahteraan subjektif.

Kata kunci: Kepribadian ekstrasversi, kesejahteraan subjektif, pensiunan

ABSTRACT

Atitasitala, H. G. 2025. Correlation between extraversion levels and subjective well-being among retired individuals. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This quantitative study aims to examine the relationship between extraversion levels and subjective well-being in individuals who have entered retirement. The hypothesis proposed is that there is a positive relationship between extraversion levels and subjective well-being. This study uses a correlational design and non-probability convenience sampling data collection technique. There were 210 retired participants aged at least 59 years old at the time of retirement. Data were collected using three measuring instruments: an Extraversion scale developed by the researcher based on Costa and McCrae's Big Five theory with a reliability coefficient of $\alpha = 0.941$, the Satisfaction With Life Scale (SWLS) with a reliability coefficient of $\alpha = 0.812$, and the Scale of Positive and Negative Experience (SPANE) with a reliability coefficient of $\alpha = 0.908$ for positive feelings and $\alpha = 0.894$ for negative feelings. Correlation analysis was performed using Spearman's rho due to the presence of one variable with a non-normal distribution. The results of the analysis showed a significant positive relationship between the extraversion levels and subjective well-being in retirees ($r = 0.735$, $p < 0.001$). In other words, the research hypothesis was accepted. This study concluded that the higher the level of extraversion in retirees, the higher their tendency to feel subjective well-being.

Keys words: Extraversion, subjective well-being, retirement