

ABSTRAK

***PSYCHOLOGICAL WELL-BEING* PADA PENARI PROFESIONAL DI KOTA YOGYAKARTA**

Putri, Lidwina Natalie Naritho, 2025. *Psychological Well-Being* pada Penari Profesional di Kota Yogyakarta. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Psychological well-being merupakan indikator penting kesejahteraan individu yang mencakup penerimaan diri, hubungan positif dengan orang lain, otonomi, penguasaan lingkungan, tujuan hidup, dan pertumbuhan pribadi, serta sangat relevan dikaji pada profesi penari profesional yang sarat tuntutan fisik, emosional, dan sosial. Penelitian ini bertujuan memberikan gambaran tingkat *psychological well-being* pada penari profesional di kota Yogyakarta dengan menggunakan desain kuantitatif deskriptif melalui penyebaran kuesioner *Psychological Well-Being Scale* (PWBS). Sampel penelitian sebanyak 96 penari profesional yang berdomisili di kota Yogyakarta. Hasil penelitian menunjukkan mayoritas responden berada pada kategori sangat tinggi di hampir seluruh dimensi, terutama penerimaan diri (74%) dan hubungan positif dengan orang lain (59,4%) yang dominan, sedangkan sebagian kecil responden berada pada kategori sangat tinggi, khususnya dalam dimensi otonomi (43,8%) dan penguasaan lingkungan (51%) yang kurang dominan. Temuan ini mengindikasikan bahwa penari profesional cenderung memiliki *psychological well-being* yang tinggi sehingga mampu mendukung resiliensi, ekspresi diri, dan kualitas hidup, namun tetap diperlukan intervensi berupa pendampingan, mentoring, serta dukungan komunitas seni untuk membantu kelompok dengan skor rendah.

Kata kunci: *psychological well-being*, penari profesional

ABSTRACT

***PSYCHOLOGICAL WELL-BEING AMONG PROFESSIONAL DANCERS IN
YOGYAKARTA CITY***

Putri, Lidwina Natalie Naritho, 2025. *Psychological Well-Being among Professional Dancers in Yogyakarta City*. Undergraduate Thesis. Yogyakarta: Faculty of Psychology, Sanata Dharma University.

Psychological well-being is a crucial indicator of individual welfare, encompassing self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth. It is particularly relevant to examine within the profession of professional dancers, who encounter substantial physical, emotional, and social demands. This study aims to provide an overview of the psychological well-being levels of professional dancers in Yogyakarta City using a descriptive quantitative design through the administration of the Psychological Well-Being Scale (PWBS). The research sample consisted of 96 professional dancers residing in Yogyakarta. The results of the study show that the majority of respondents are in the very high category in almost all dimensions, especially self-acceptance (74%) and positive relationships with others (59.4%), which are dominant, while a small number of respondents are in the very high category, particularly in the dimensions of autonomy (43.8%) and environmental mastery (51%), which are less dominant. These findings indicate that professional dancers tend to have high psychological well-being, which supports resilience, self-expression, and quality of life. However, intervention in the form of guidance, mentoring, and support from the arts community is still needed to help groups with low scores.

Keywords: *psychological well-being, professional dancers*