

## ABSTRAK

Maharani, A. P. (2026). Hubungan *Psychological Well-Being* dan *Relative Deprivation* pada Wanita yang telah Menikah. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara *psychological well-being* dan *relative deprivation* pada wanita yang telah menikah. Hipotesis dari penelitian ini adalah terdapat hubungan negatif antara *psychological well-being* dan *relative deprivation* pada wanita yang telah menikah. Subjek dalam penelitian ini berjumlah 228 individu. Kriteria subjek dalam penelitian ini adalah wanita berusia usia 18-65 tahun yang sedang menjalani kehidupan pernikahan secara utuh (berpasangan). Penelitian ini merupakan penelitian kuantitatif korelasional menggunakan metode survei dengan teknik *purposive sampling*. Instrumen penelitian yang digunakan adalah *Psychological Well-Being Scale Short Version* milik Carol D. Ryff (1989) berjumlah 18 aitem dan skala *relative deprivation* yang disusun sendiri oleh peneliti berdasarkan teori Smith et.al (2012) berjumlah 36 aitem. *Psychological Well-Being Scale Short Version* memiliki koefisien reliabilitas keseluruhan sebesar 0,959 dengan koefisien reliabilitas pada dimensi *self acceptance* sebesar 0,828, dimensi *positive relations with others* sebesar 0,816, dimensi *autonomy* sebesar 0,853, dimensi *environmental mastery* sebesar 0,745, dimensi *purpose in life* sebesar 0,728, serta dimensi *personal growth* sebesar 0,700. Skala *relative deprivation* memiliki koefisien reliabilitas keseluruhan sebesar 0,978. Analisis data pada penelitian ini menggunakan uji non-parametrik *Spearman's Rho*. Hasil analisis data menunjukkan bahwa terdapat hubungan negatif yang kuat antara *psychological well-being* dan *relative deprivation* pada wanita yang telah menikah ( $r = - 0,759, p < 0,01$ ).

**Kata kunci:** *psychological well-being*, *relative deprivation*, wanita yang telah menikah

**ABSTRACT**

*Maharani, A. P. (2026). The Relationship between Psychological Well-Being and Relative Deprivation in Married Women. Undergraduate Thesis. Yogyakarta: Faculty of Psychology, Sanata Dharma University.*

*This study aims to examine the relationship between Psychological Well-Being and relative deprivation in married women. The hypothesis of this study is that there is a negative relationship between psychological well-being and relative deprivation among married women. The participants in this study consisted of 228 women. The inclusion criteria were women aged 18-65 years who were currently engaged in an intact marital relationship (a spouse). This study employed a quantitative correlational design using a survey method with purposive sampling technique. The research instruments utilized were the psychological well-being Scale Short Version developed by Carol D. Ryff (1989) consisting of 18 items, and a relative deprivation scale constructed by the researcher based on the theory of Smith et.al (2012) consisting of 36 items. The psychological Well-Being Scale Short Version demonstrated an overall reliability coefficient of 0,959 with reliability coefficient of 0,828 for the self acceptance dimension, 0,816 for the positive relations with others dimension, 0,816 for the autonomy dimension, 0,745 for the environmental mastery dimension, 0,728 for the purpose in life dimension, and 0,700 for the personal growth dimension. The relative deprivation scale demonstrated an overall reliability coefficient of 0,978. data analysis in this study employed the non-parametric Spearman's Rho test. The results of the data analysis indicated that there is a strong negative relationship between psychological well-being and relative deprivation among married women ( $r = - 0,759, p < 0,01$ ).*

**Keywords:** *psychological well-being, relative deprivation, married women*