

ABSTRAK

HUBUNGAN *SELF-EFFICACY* DENGAN *PSYCHOLOGICAL WELL-BEING* PADA IBU MUDA DI DUSUN PADOKAN KIDUL KABUPATEN BANTUL

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Penelitian ini bertujuan untuk: (1) mengidentifikasi tingkat *self-efficacy* pada ibu muda di Dusun Padokan Kidul, (2) mengidentifikasi tingkat *psychological well-being* pada ibu muda di Dusun Padokan Kidul, dan (3) mengetahui ada tidaknya hubungan antara *self-efficacy* dan *psychological well-being* pada ibu muda di Dusun Padokan Kidul.

Penelitian ini menggunakan metode kuantitatif dengan desain korelasional. Subjek penelitian berjumlah 52 ibu muda berusia 20–35 tahun yang telah menikah dan memiliki minimal satu anak. Analisis data dilakukan melalui teknik kategorisasi, uji normalitas, uji linearitas, serta uji hipotesis korelasi. Instrumen yang digunakan dalam penelitian ini berupa skala *self-efficacy* dengan jumlah item valid 18 dan nilai uji reliabilitas 0,918 dan skala *psychological well-being* dengan jumlah item valid 67 dengan nilai uji reliabilitas 0,973.

Hasil penelitian menunjukkan bahwa: (1) tingkat *self-efficacy* ibu muda di Dusun Padokan Kidul berada pada kategori sangat tinggi, dengan 30 responden termasuk kategori sangat tinggi, 19 responden kategori tinggi, dan 3 responden kategori sedang; (2) tingkat *psychological well-being* ibu muda juga berada pada kategori tinggi; serta (3) terdapat hubungan positif dan signifikan antara *self-efficacy* dengan *psychological well-being*, yang ditunjukkan oleh nilai *Pearson's r* sebesar 0,781 dengan signifikansi $p < 0,001$. Temuan ini mengindikasikan bahwa semakin tinggi *self-efficacy* yang dimiliki ibu muda, maka semakin baik pula tingkat *psychological well-being* mereka.

Kata kunci: *self-efficacy*, *psychological well-being*, ibu muda.

ABSTRACT

***THE RELATIONSHIP BETWEEN SELF-EFFICACY AND
PSYCHOLOGICAL WELL-BEING AMONG YOUNG MOTHERS IN
PADOKAN KIDUL HAMLET, BANTUL REGENCY***

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This study aims to: (1) identify the level of self-efficacy among young mothers in Padokan Kidul Hamlet, (2) identify the level of psychological well-being among young mothers in Dusun Padokan Kidul, and (3) examine whether there is a relationship between self-efficacy and psychological well-being among young mothers in Padokan Kidul Hamlet.

This research employed a quantitative method with a correlational design. The participants consisted of 52 young mothers aged 20–35 years who are married and have at least one child. Data analysis was conducted using categorization techniques, normality test, linearity test, and correlation hypothesis testing. The instruments used in this study were a self-efficacy scale with 18 valid items and a reliability coefficient of 0.918, and a psychological well-being scale with 67 valid items and a reliability coefficient of 0.973.

The results showed that: (1) the level of self-efficacy among young mothers in Padokan Kidul Hamlet was in the very high category, with 30 respondents in the very high category, 19 respondents in the high category, and 3 respondents in the moderate category; (2) the level of psychological well-being was also in the high category; and (3) there was a positive and significant relationship between self-efficacy and psychological well-being, as indicated by a Pearson correlation coefficient of 0.781 with a significance value of $p < 0.001$. These findings indicate that the higher the self-efficacy of young mothers, the better their level of psychological well-being.

Keywords: self-efficacy, psychological well-being, young mothers.