

ABSTRAK

Krismayanti, Theresia Prawidya. 2026. Hubungan antara dukungan sosial dan *subjective well-being* pada *emerging adulthood*. Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan sosial dan *subjective well-being* pada *emerging adulthood*. Hipotesis yang diajukan adalah terdapat hubungan positif antara dukungan sosial dan *subjective well-being* pada *emerging adulthood*. Subjek yang terlibat dalam penelitian ini sebanyak 207 responden yang berusia 18 - 25 tahun. Pengumpulan data dilakukan menggunakan metode survei dengan menyebarkan skala penelitian melalui kuesioner. Alat ukur yang digunakan dalam penelitian ini adalah Skala *Subjective Well-Being* (21 item, $\alpha = 0,911$) dan Skala Dukungan Sosial (16 item, $\alpha = 0,857$) yang disusun sendiri oleh peneliti. Analisis korelasi menggunakan uji korelasi non-parametrik *Spearman's rho*. Hasil analisis menunjukkan nilai koefisien korelasi (r) sebesar 0,413 dan nilai signifikansi (p) sebesar 0,000. Berdasarkan hasil tersebut, dapat disimpulkan bahwa terdapat hubungan positif dan signifikan antara dukungan sosial dan *subjective well-being* pada *emerging adulthood*. Analisis tambahan menunjukkan bahwa *subjective well-being* berkorelasi positif dengan seluruh jenis dukungan sosial.

Kata kunci: dukungan sosial, *subjective well-being*, *emerging adulthood*

ABSTRACT

Krismayanti, Theresia Prawidya. 2026. *The relationship between social support and subjective well-being in emerging adulthood. Thesis.* Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

This research aims to examine the relationship between social support and subjective well-being in emerging adulthood. The hypothesis proposed in this study is that there is a positive relationship between social support and subjective well-being in emerging adulthood. The participants in this study consisted of 207 respondents aged 18 - 25 years. Data were collected using a survey method by distributing this research scales through questionnaires. The instruments used in this study were the Subjective Well-Being Scale (21 items, $\alpha = 0,911$) and the Social Support Scale (16 items, $\alpha = 0,857$), both developed by the researcher. Correlation analysis was conducted using the non-parametric Spearman's rho test. The results showed a correlation coefficient (r) of 0,413 and a significance value (p) of 0,000. Based on these findings, it can be concluded that there is a positive and significant relationship between social support and subjective well-being in emerging adulthood. Additional analysis indicated that subjective well-being is positively correlated with all types of social support.

Keywords: *social support, subjective well-being, emerging adulthood*