

ABSTRAK

Marie, Cecillia Louisa. 2026. Hubungan Dukungan Sosial Teman Sebaya dengan Kesejahteraan Psikologis Mahasiswa Perantau di Yogyakarta. Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk menguji secara empiris hubungan antara dukungan sosial dari teman sebaya dan kesejahteraan psikologis yang dirasakan oleh mahasiswa perantau di Yogyakarta. Bagi mahasiswa yang menempuh pendidikan jauh dari kampung halaman, tantangan adaptasi, beban akademik, serta berbagai permasalahan personal sering kali menjadi pemicu menurunnya kesejahteraan psikologis. Dukungan sosial dari teman sebaya sangat penting untuk mendorong mahasiswa beradaptasi dan menjalani kehidupan lebih baik di lingkungan baru. Penelitian ini menggunakan pendekatan kuantitatif dengan metode korelasional untuk menguji hubungan antara dukungan sosial teman sebaya dan kesejahteraan psikologis mahasiswa perantau. Partisipan penelitian ini melibatkan 201 mahasiswa perantau berusia 18–25 tahun. Sampel dipilih melalui teknik *convenience sampling* sesuai kriteria. Instrumen yang digunakan berupa terjemahan *Psychological Well-Being Scale Ryff* (1989) dengan 18 item dan *The Social Provisions Scale Cutrona & Russell* (1987) dengan 24 item. Analisis data dilakukan menggunakan uji korelasi *Spearman's Rho* karena data penelitian tidak berdistribusi normal. Hasilnya menjabarkan hubungan positif sangat kuat dan signifikan antara dukungan sosial teman sebaya dan kesejahteraan psikologis mahasiswa perantau di Yogyakarta ($r = 0,773$; $p = >0,05$) sehingga hipotesis diterima. Semakin tinggi dukungan sosial teman sebaya yang diterima, maka semakin tinggi kesejahteraan psikologis mahasiswa perantau.

Kata kunci: dukungan sosial teman sebaya, kesejahteraan psikologis, mahasiswa perantau, Yogyakarta

ABSTRACT

Marie, Cecillia Louisa. 2026. The Relationship Between Peer Social Support and Psychological Well-Being of Migrant Students in Yogyakarta. Thesis. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This study aims to empirically examine the relationship between social support from peers and psychological well-being felt by migrant students in Yogyakarta. For students who study far from their hometowns, adaptation challenges, academic burdens, and various personal problems are often triggers for a decline in psychological well-being. Social support from peers is essential to encourage students to adapt and live a better life in a new environment. This study uses a quantitative approach with a correlational method to examine the relationship between peer social support and the psychological well-being of overseas students. The participants of this study involved 201 migrant students aged 18–25 years. Samples were selected through *convenience sampling techniques* according to the criteria. The instruments used were translations of *Ryff's Psychological Well-Being Scale* (1989) with 18 items and Cutrona's & Russell's *The Social Provisions Scale* (1987) with 24 items. Data analysis was carried out using *the Spearman's Rho correlation test* because the research data were not normally distributed. The results described a very strong and significant positive relationship between peer social support and the psychological well-being of migrant students in Yogyakarta ($r = 0.773$; $p = >0,05$) so that the hypothesis was accepted. The higher the social support of peers received, the higher the psychological well-being of overseas students.

Keywords: peer social support, psychological well-being, migrant students, Yogyakarta