

ABSTRAK

HUBUNGAN *SOCIAL SUPPORT* DENGAN *PSYCHOLOGICAL WELL-BEING* PADA MAHASISWA RANTAU JIP ANGKATAN 2024 UNIVERSITAS SANATA DHARMA

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Penelitian ini bertujuan untuk mengetahui: 1) tingkat *social support* mahasiswa rantau JIP Angkatan 2024 Universitas Sanata Dharma, 2) tingkat *psychological well-being* mahasiswa rantau JIP Angkatan 2024 Universitas Sanata Dharma, dan 3) hubungan *social support* dengan *psychological well-being* pada mahasiswa rantau JIP Angkatan 2024 Universitas Sanata Dharma. Mahasiswa rantau pada tahun kedua perkuliahan umumnya telah memasuki tahap penyesuaian diri yang lebih stabil terhadap lingkungan kampus maupun kehidupan di perantauan. Dalam proses tersebut, *social support* menjadi salah satu faktor penting yang dapat membantu mahasiswa mempertahankan *psychological well-being*.

Penelitian ini menggunakan pendekatan kuantitatif korelasional. Subjek penelitian berjumlah 72 mahasiswa rantau JIP Angkatan 2024 Universitas Sanata Dharma. Pengumpulan data dilakukan menggunakan instrumen *social support* dan *psychological well-being*. Hasil uji validitas pada instrumen *social support* menunjukkan bahwa 36 item valid, sedangkan pada instrumen *psychological well-being* menunjukkan bahwa 53 item valid. Hasil uji reliabilitas menunjukkan bahwa skala *social support* memiliki nilai reliabilitas sebesar 0,951 dan skala *psychological well-being* sebesar 0,966. Analisis data dilakukan menggunakan uji korelasi Pearson's Product-Moment.

Hasil penelitian menunjukkan bahwa: 1) tingkat *social support* mahasiswa rantau sebagian besar berada pada kategori tinggi dan sangat tinggi, 2) tingkat *psychological well-being* mahasiswa rantau sebagian besar berada pada kategori tinggi dan sangat tinggi, dan 3) terdapat hubungan positif yang kuat dan signifikan antara *social support* dengan *psychological well-being* dengan nilai koefisien korelasi sebesar $r = 0,624$ dan nilai signifikansi $p < 0,001$. Semakin tinggi *social support* yang diterima mahasiswa rantau, semakin tinggi pula *psychological well-being* yang dimiliki.

Kata kunci: *social support*, *psychological well-being*, mahasiswa rantau

ABSTRACT

***THE RELATIONSHIP BETWEEN SOCIAL SUPPORT AND
PSYCHOLOGICAL WELL-BEING AMONG OUT-OF-TOWN STUDENTS
JIP IN THE CLASS OF 2024 AT SANATA DHARMA UNIVERSITY***

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This study aims to determine: 1) the level of social support among out-of-town students JIP in the class of 2024 at Sanata Dharma University, 2) the level of psychological well-being among out-of-town students JIP in the class of 2024 at Sanata Dharma University, and 3) the relationship between social support and psychological well-being among out-of-town students JIP in the class of 2024 at Sanata Dharma University. Out-of-town students in their second year of college generally entered a more stable phase of adjustment to both the campus environment and life away from home. In this process, social support is a key factor in helping students maintain their psychological well-being.

This study employs a quantitative correlational approach. The study sample consisted of 72 out-of-town students of JIP in the Class of 2024 at Sanata Dharma University. Data collection was conducted using instruments of social support and psychological well-being. The validity test results for the social support instrument showed that 26 items were valid, while the results for the psychological well-being instrument showed that 53 items were valid. The reliability test results showed that the social support scale had a reliability value of 0.951, and the psychological well-being scale had a value of 0.966. Data analysis was performed using Pearson's Product-Moment correlation test.

The results of study indicate that: 1) the level of social support among out-of-town students is mostly in the high and very high categories, 2) the level of psychological well-being among out-of-town students is mostly in the high and very high categories, and 3) there is a strong and significant positive relationship between social support and psychological well-being, with a correlation coefficient of $r = 0.624$ and a significance level of $p < 0.001$. The higher the social support received by out-of-town students, the higher their psychological well-being.

Keywords: *social support, psychological well-being, out-of-town students.*