

ABSTRAK

Bimantoko, A. D. (2026). Gambaran Kesejahteraan Psikologis Pekerja Sosial Dewasa Awal Dalam Sistem Multi-Layanan Rehabilitasi Sosial. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologis, Universitas Sanata Dharma.

Implementasi kebijakan Asistensi Rehabilitasi Sosial (ATENSI) melalui Permensos No. 7 Tahun 2022 mentransformasi sistem layanan rehabilitasi sosial Indonesia dari model terspesialisasi menjadi sistem multi-layanan, yang berimplikasi pada munculnya tekanan psikologis berlapis bagi pekerja sosial, khususnya mereka yang berada pada fase dewasa awal. Fase ini dicirikan oleh proses eksplorasi identitas, pembentukan komitmen kerja, dan negosiasi peran sosial yang belum sepenuhnya terkonsolidasi. Penelitian ini bertujuan mendeskripsikan gambaran kesejahteraan psikologis pekerja sosial dewasa awal yang bertugas di salah satu Sentra rehabilitasi sosial multi-layanan di wilayah Jawa Tengah. Penelitian menggunakan pendekatan kualitatif deskriptif dengan metode *directed qualitative content analysis* (Hsieh & Shannon, 2005) yang mengacu pada kerangka enam dimensi *psychological well-being* Ryff (1989). Tiga informan dipilih melalui *purposive sampling* dengan kriteria pekerja sosial aktif berusia 20 hingga 40 tahun dan memiliki variasi rentang masa kerja. Pengumpulan data dilaksanakan melalui wawancara semi-terstruktur mendalam. Hasil penelitian menunjukkan bahwa keenam dimensi *psychological well-being* termanifestasi secara kontekstual dan tidak linear, berkembang melalui lompatan yang dipicu oleh krisis identitas pada setiap fase karier. Penerimaan diri teridentifikasi sebagai fondasi utama ketahanan psikologis, sementara tujuan hidup yang bersumber dari nilai spiritualitas dan panggilan melayani merupakan sumber makna yang khas secara kultural. Selain itu, ditemukan tiga *emergent codes* yang melampaui kerangka Ryff, yakni 1) tindakan proaktif berbasis nilai personal, 2) pengelolaan tuntutan lintas peran, dan 3) pemaknaan kebahagiaan melalui dampak positif terhadap orang lain. Penelitian ini menyimpulkan bahwa kesejahteraan psikologis pekerja sosial dewasa awal bersifat dinamis dan kontekstual, dibentuk oleh interaksi antara sumber daya personal, relasional, dan struktural organisasional.

Kata Kunci: kesejahteraan psikologis, pekerja sosial, dewasa awal, sistem multi-layanan, rehabilitasi sosial.

ABSTRACT

Bimantoko, A. D. (2026). A Profile of Psychological Well-Being Among Early Adult Social Workers in a Multi-Service Social Rehabilitation System. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

The implementation of the Social Rehabilitation Assistance (ATENSI) policy through Ministerial Regulation of Social Affairs No. 7 of 2022 transformed Indonesia's social rehabilitation service system from a specialized model into a multi-service system, with implications for the emergence of compounded psychological pressures among social workers, particularly those in the early adulthood phase. This phase is characterized by the process of identity exploration, the formation of occupational commitment, and the negotiation of social roles that have not yet been fully consolidated. This study aims to describe the psychological well-being of early adult social workers employed at a multi-service social rehabilitation center in Central Java. The study employed a descriptive qualitative approach using directed qualitative content analysis (Hsieh & Shannon, 2005), anchored in Ryff's (1989) six-dimensional framework of psychological well-being. Three informants were selected through purposive sampling, based on the criteria of being active social workers between the ages of 20 and 40 years with varying lengths of professional experience. Data were collected through in-depth semi-structured interviews. The findings indicate that all six dimensions of psychological well-being manifested contextually and non-linearly, developing through leaps triggered by identity crises at each stage of career development. Self-acceptance was identified as the primary foundation of psychological resilience, while purpose in life rooted in spiritual values and a sense of calling to serve constituted a culturally distinctive source of meaning. Furthermore, three emergent codes beyond Ryff's original framework were identified, namely 1) proactive action grounded in personal values, 2) management of cross-role demands, and 3) the construction of meaning through positive impact on others. This study concludes that the psychological well-being of early adult social workers is dynamic and contextual in nature, shaped by the interplay between personal, relational, and structural-organizational resources.

Keywords: *psychological well-being, social workers, early adulthood, multi-service system, social rehabilitation.*