

ABSTRAK

Nugraheni, Bernadetha Astri Putri. 2026. *Dinamika Psychological Well-being Seniman Dalang Laki-laki di Yogyakarta: Tantangan Perubahan Zaman. Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Tantangan perubahan zaman mengurangi kesempatan pentas seniman dalang akibat penurunan minat masyarakat dan bantuan pemerintah. Penelitian ini bertujuan memahami dinamika *psychological well-being* seniman dalang laki-laki dalam menghadapi tantangan perubahan zaman. Penelitian menggunakan pendekatan kualitatif deduktif terhadap empat seniman dalang laki-laki berusia 43–64 tahun yang berdomisili di Kabupaten Sleman, Kota Yogyakarta dan Kabupaten Bantul. Seluruh partisipan telah menikah dan menjadikan profesi dalang sebagai mata pencaharian utama selama lebih dari 10 tahun. Seluruh partisipan memiliki pengalaman tampil dalang di area Pulau Jawa, terutama Provinsi Daerah Istimewa Yogyakarta dan Jawa Tengah. Data dikumpulkan melalui wawancara semi-terstruktur dan dianalisis menggunakan analisis tematik. Hasil penelitian menunjukkan bahwa partisipan mampu mempertahankan kesejahteraan psikologis pada dimensi *psychological well-being* menurut Ryff, yaitu penerimaan diri, hubungan positif dengan orang lain, otonomi, penguasaan lingkungan, tujuan hidup dan pengembangan diri. Kondisi tersebut didukung oleh pemaknaan profesi dalang sebagai identitas hidup, tanggung jawab budaya, nilai spiritual, serta kemampuan beradaptasi terhadap perubahan sosial dan ekonomi. Temuan ini menunjukkan bahwa *psychological well-being* tidak hanya dipengaruhi kondisi ekonomi dan kesempatan pentas, tetapi juga oleh makna profesi sebagai pelestari budaya.

Kata kunci: *psychological well-being*, seniman dalang, tantangan perubahan zaman.

ABSTRACT

Nugraheni, Bernadetha Astri Putri. 2026. The Dynamics of Psychological Well-being Among Male Wayang Puppeteers in Yogyakarta: The Challenges of Changing Times. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

The challenges of changing times have reduced performance opportunities for wayang puppeteers due to declining public interest and government support. This study aims to understand the dynamics of psychological well-being among male wayang puppeteers as they face the challenges of changing times. The study employs a qualitative deductive approach involving four male wayang puppeteers aged 43–64 who reside in Sleman, Yogyakarta City, and Bantul Regency. All participants are married and have relied on puppetry as their primary source of income for more than 10 years. All participants have experience performing as puppeteers across the island of Java, particularly in the Special Region of Yogyakarta and Central Java. Data were collected through semi-structured interviews and analyzed using thematic analysis. The results of the study indicate that the participants are able to maintain psychological well-being across the dimensions of psychological well-being as defined by Ryff, namely self-acceptance, positive relationships with others, autonomy, environmental mastery, life purpose, and self-development. These conditions are supported by the perception of the puppeteer profession as a life identity, a cultural responsibility, a source of spiritual values, and the ability to adapt to social and economic changes. These findings indicate that psychological well-being is influenced not only by economic conditions and performance opportunities, but also by the meaning of the profession as a cultural preserver.

Keywords: *psychological well-being, puppeteer, the challenges of changing times.*