

ABSTRAK

Ratriaji, A. Y. (2026). Hubungan kepuasan hidup dan *alcohol craving* pada mahasiswa *emerging adulthood* di Yogyakarta. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara kepuasan hidup dan *alcohol craving* pada mahasiswa yang berada dalam tahap *emerging adulthood* di Kota Yogyakarta. Penelitian kuantitatif dengan desain korelasional ini melibatkan 265 mahasiswa yang dipilih menggunakan teknik *convenience sampling*. Kepuasan hidup diukur menggunakan *Satisfaction With Life Scale*, sedangkan *alcohol craving* diukur menggunakan *Approach and Avoidance of Alcohol Questionnaire*. Data dianalisis menggunakan korelasi Spearman's rho. Hasil penelitian menunjukkan bahwa kepuasan hidup berhubungan negatif dengan dimensi *inclined* ($r = -0,353$; $p < 0,001$) dan *obsessed* ($r = -0,272$; $p < 0,001$), serta berhubungan positif dengan dimensi *resolved* ($r = 0,404$; $p < 0,001$). Temuan ini menunjukkan bahwa semakin tinggi kepuasan hidup, semakin rendah dorongan untuk mengonsumsi alkohol dan semakin tinggi dorongan untuk menghindarinya.

Kata kunci: kepuasan hidup, *alcohol craving*, *emerging adulthood*, mahasiswa

ABSTRACT

Ratriaji, A. Y. (2026). *The relationship between life satisfaction and alcohol craving among university students in Yogyakarta. Thesis*. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

This study aimed to examine the relationship between life satisfaction and alcohol craving among university students in emerging adulthood in Yogyakarta City. This quantitative correlational study involved 265 students selected through convenience sampling. Life satisfaction was measured using the Satisfaction With Life Scale, while alcohol craving was assessed using the Approach and Avoidance of Alcohol Questionnaire. Data were analyzed using Spearman's rho correlation. The results showed that life satisfaction was negatively correlated with the inclined dimension ($r = -0.353$, $p < 0.001$) and the obsessed dimension ($r = -0.272$, $p < 0.001$), but positively correlated with the resolved dimension ($r = 0.404$, $p < 0.001$). These findings indicate that higher life satisfaction is associated with a lower tendency to consume alcohol and a stronger tendency to avoid it.

Keywords: *life satisfaction, alcohol craving, emerging adulthood, university students*