

ABSTRAK

**“PENGARUH DUKUNGAN SOSIAL TERHADAP
KESEJAHTERAAN PSIKOLOGIS MAHASISWA PERANTAU
PAPUA DI FKIP UNIVERSITAS SANATA DHARMA”**

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Penelitian ini bertujuan untuk, (1) mengetahui tingkat kesejahteraan psikologis mahasiswa perantau Papua di FKIP Universitas Sanata Dharma, (2) mengetahui tingkat dukungan sosial mahasiswa perantau Papua di FKIP Universitas Sanata Dharma, dan (3) mengetahui pengaruh dukungan sosial terhadap kesejahteraan psikologis mahasiswa perantau Papua di FKIP Universitas Sanata Dharma Yogyakarta.

Penelitian ini menggunakan pendekatan kuantitatif dengan desain regresi linear sederhana. Populasi penelitian adalah seluruh mahasiswa perantau Papua yang aktif di FKIP Universitas Sanata Dharma, berjumlah 159 mahasiswa. Sampel yang digunakan sebanyak 112 responden yang dipilih menggunakan teknik purposive sampling. Pengumpulan data dilakukan melalui kuesioner dengan dua skala, yaitu Skala Kesejahteraan Psikologis yang mengacu pada teori (Ryff, 1989) dan Skala Dukungan Sosial berdasarkan teori Sarafino dan Smith (2011). Analisis data menggunakan uji regresi linear sederhana dengan bantuan aplikasi JASP.

Hasil penelitian menunjukkan bahwa, (1) sebagian besar mahasiswa perantau Papua memiliki tingkat kesejahteraan psikologis dalam kategori tinggi (50%) dan sangat tinggi (20%), (2) tingkat dukungan sosial mahasiswa perantau Papua mayoritas berada pada kategori sedang (41%) yang cenderung tinggi (38%), dan (3) terdapat pengaruh positif dan signifikan dari dukungan sosial terhadap kesejahteraan psikologis mahasiswa perantau Papua, dibuktikan dengan nilai $p < 0,001$ dan koefisien regresi sebesar 0,853. Nilai koefisien determinasi $R^2 = 0,593$ menunjukkan bahwa dukungan sosial berkontribusi sebesar 59,3% terhadap kesejahteraan psikologis mahasiswa perantau Papua.

Kata kunci: Dukungan Sosial, Kesejahteraan Psikologis, Mahasiswa Perantau Papua.

ABSTRACT

***“THE EFFECT OF SOCIAL SUPPORT ON THE
PSYCHOLOGICAL WELL-BEING OF PAPUAN MIGRANT
STUDENTS AT FKIP SANATA DHARMA UNIVERSITY”***

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This study aims to, (1) determine the level of psychological well-being of Papuan migrant students at the faculty of teacher training and education, sanata dharma university, (2) determine the intensity of social support received by papuan migrant students at the faculty of teacher training and education, sanata dharma university, and (3) determine the effect of social support on the psychological wellbeing of papuan migrant students at the faculty of teacher training and education, sanata dharma university, yogyakarta.

this study used a quantitative approach with a simple linear regression design. the study population was all 159 papuan migrant students active at the faculty of teacher training and education, sanata dharma university. a sample of

112 respondents was selected using a purposive sampling technique. data collection was conducted through a questionnaire with two scales: the Psychological Well-Being Scale based on Ryff's (1989) theory and the Social Support Scale based on Sarafino's (2011) theory. Data analysis used a simple linear regression test with the help of the JASP application.

The results showed that, (1) the majority of Papuan migrant students had high (50%) and very high (20%) levels of psychological well-being, (2) the majority of Papuan migrant students' levels of social support were in the moderate (41%) and tended towards high (38%) categories, and (3) there was a positive and significant influence of social support on the psychological well-being of Papuan migrant students, as evidenced by a p-value < 0.001 and a regression coefficient of 0.853. The coefficient of determination (R^2) value of 0.593 indicates that social support contributed 59,3% to the psychological well-being of Papuan migrant students.

Keywords: *Social Support, Psychological Well-being, Papuan Migrant Students*