

ABSTRAK

Buttulayuk, Tiara Angelli. 2026. Hubungan Antara *Subjective well being* dan Perilaku Pencegahan Penyakit Pada Mahasiswa. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk menguji hubungan antara *Subjective Well-Being* (SWB) dan Perilaku Pencegahan Penyakit pada mahasiswa. SWB diukur menggunakan kombinasi *Satisfaction with Life Scale* (SWLS) dan *Positive and Negative Affect Schedule* (PANAS). Perilaku Pencegahan Penyakit diukur menggunakan instrumen yang dikembangkan sendiri oleh peneliti berdasarkan tinjauan literatur, terdiri dari 12 aitem yang mencakup tiga aspek, yaitu Pola Makan Sehat, Penghindaran Zat Berbahaya, dan Gaya Hidup Sehat. Partisipan penelitian berjumlah 101 mahasiswa aktif program sarjana di Indonesia yang dipilih menggunakan teknik *convenience sampling*. Hasil analisis menunjukkan bahwa seluruh instrumen memiliki reliabilitas yang memadai. Uji asumsi menunjukkan bahwa data berdistribusi normal dan hubungan kedua variabel bersifat linier. Pengujian hipotesis menggunakan korelasi *product-moment* Pearson menunjukkan terdapat hubungan positif yang signifikan antara SWB dan Perilaku Pencegahan Penyakit ($r = 0,836$; $p < 0,001$) dengan besar efek yang tergolong besar. Temuan ini menunjukkan bahwa mahasiswa dengan SWB yang lebih tinggi cenderung lebih sering melakukan perilaku pencegahan penyakit. Hasil penelitian ini diharapkan dapat memberikan kontribusi bagi pengembangan program intervensi psikologis yang menargetkan peningkatan kesejahteraan subjektif sebagai strategi untuk mendorong perilaku kesehatan preventif pada mahasiswa.

Kata kunci: *Subjective Well-Being*, perilaku pencegahan penyakit, mahasiswa, kepuasan hidup, afek positif

ABSTRACT

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This study aimed to examine the relationship between Subjective Well-Being (SWB) and Preventive Health Behavior among university students. SWB was measured using a combination of the Satisfaction with Life Scale (SWLS) and the Positive and Negative Affect Schedule (PANAS). Preventive Health Behavior was measured using a self-developed instrument based on a literature review, consisting of 12 items across three aspects: Healthy Eating, Avoidance of Harmful Substances, and Healthy Lifestyle. Participants consisted of 101 active undergraduate students in Indonesia selected through convenience sampling. Results indicated that all instruments demonstrated adequate reliability. Assumption tests indicated that the data were normally distributed and that the relationship between the two variables was linear. Hypothesis testing using Pearson product-moment correlation revealed a significant positive relationship between SWB and Preventive Health Behavior ($r = .836$; $p < .001$), with a large effect size. These findings suggest that students with higher levels of SWB tend to engage more frequently in preventive health behaviors. This study is expected to contribute to the development of psychological intervention programs targeting the enhancement of Subjective Well-Being as a strategy to promote preventive health behavior among university students.

Keywords: Subjective Well-Being, preventive health behavior, university students, life satisfaction, positive affect