

ABSTRAK

Penelitian ini bertujuan untuk memahami gambaran psychological well-being pada individu gay dewasa awal berdasarkan enam dimensi Ryff, yaitu self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, dan personal growth. Penelitian ini menggunakan pendekatan kualitatif deskriptif dengan metode wawancara mendalam semi-terstruktur terhadap tiga laki-laki gay dewasa awal. Data dianalisis menggunakan analisis tematik deduktif berdasarkan kerangka psychological well-being Ryff. Hasil penelitian menunjukkan bahwa kesejahteraan psikologis partisipan terbentuk melalui proses memahami diri, membangun hubungan positif, menentukan pilihan hidup, mengelola lingkungan, mempertahankan tujuan hidup, dan mengembangkan potensi diri. Pengalaman stigma internal dan eksternal ditemukan sebagai konteks yang memengaruhi perjalanan psikologis partisipan melalui konflik pribadi, kekhawatiran terhadap penilaian sosial, serta tuntutan lingkungan. Namun, stigma tersebut tidak menjadi faktor tunggal yang menentukan kesejahteraan psikologis, karena partisipan tetap mampu membangun penerimaan diri, dukungan sosial, kemandirian, arah hidup, dan perkembangan pribadi. Temuan ini menunjukkan bahwa psychological well-being individu gay dewasa awal merupakan proses dinamis yang dipengaruhi oleh interaksi antara pemahaman diri, pengalaman sosial, nilai pribadi, dan kemampuan adaptasi terhadap lingkungan.

Kata kunci: *psychological well-being, gay, dewasa awal, stigma sosial, Ryff*

ABSTRACT

This study aims to understand the psychological well-being of young adult gay individuals based on Ryff's six dimensions, namely self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth. This study employed a descriptive qualitative approach with semi-structured in-depth interviews involving three young adult gay men. The data were analyzed using deductive thematic analysis based on Ryff's psychological well-being framework. The findings indicate that participants' psychological well-being developed through processes of self-understanding, building positive relationships, making life decisions, managing the environment, maintaining life goals, and developing personal potential. Internal and external stigma were identified as contextual experiences influencing participants' psychological processes through personal conflicts, concerns about social judgment, and social expectations. However, stigma was not the sole factor determining psychological well-being, as participants were still able to develop self-acceptance, social support, autonomy, life direction, and personal growth. These findings indicate that the psychological well-being of young adult gay individuals is a dynamic process influenced by the interaction between self-understanding, social experiences, personal values, and adaptive abilities in managing life challenges.

Keywords: *psychological well-being, gay, early adulthood, social stigma, Ryff*