

## Hubungan persepsi kebebasan dalam waktu luang dan subjective well-being pada Mahasiswa Universitas Indonesia = The relationship between perceived freedom in leisure and subjective well being in University of Indonesia Students / Dimas Herwibowo

Dimas Herwibowo, author

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### Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara persepsi kebebasan dalam waktu luang dengan subjective well-being pada mahasiswa Universitas Indonesia. Sampel penelitian ini adalah mahasiswa Universitas Indonesia pada program studi S1. 126 responden penelitian diminta mengisi instrumen penelitian, yaitu perceived freedom in leisure short form (Witt & Ellis, 1985), Satisfaction With Life Scale (Diener et al, 1985), dan Positive Affect ? Negative Affect Scale (Watson & Tellegen, 1985) secara online. Penelitian menemukan adanya korelasi positif antara persepsi kebebasan dalam waktu luang dan affect balance ( $r=-0,500$ ,  $p<0,05$ ) serta korelasi positif antara persepsi kebebasan dalam waktu luang dan kepuasan hidup ( $r= 0,203$ ,  $p<0,05$ ). Analisis tambahan menunjukkan bahwa terdapat data kontrol ,yakni jenis kelamin, berpengaruh terhadap hasil penelitian.

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This research aimed to find the correlation between perceived freedom in leisure and subjective well-being among students of University of Indonesia. 126 respondents were asked to fill our instruments, perceived freedom in leisure short form (Witt & Ellis, 1985), Satisfaction With Life Scale (Diener et al, 1985), dan Positive Affect ? Negative Affect Scale (Watson & Tellegen, 1985) through internet. The finding of this research is that there is a positive correlation between perceived freedom in leisure and affect balance ( $r=-0,500$ ,  $p<0,05$ ) and also positive correlation between perceived freedom in leisure and life satisfaction ( $r= 0,203$ ,  $p<0,05$ ). Additional analyses showed that gender did have influence the result of this study.