

Hubungan antara self-monitoring dan psychological well-being pada Mahasiswa Universitas Indonesia = Correlation between self-monitoring and psychological well-being of college students in Universitas Indonesia

Aminah Trikusumaningrum, author

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Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara self-monitoring dan psychological well-being pada mahasiswa Universitas Indonesia yang berusia 18-24 tahun. Peneliti menggunakan pendekatan penelitian kuantitatif dengan mengukur variabel self-monitoring menggunakan Revised Self-monitoring Scale yang dikembangkan oleh Lennox dan Wolfe (1984) dan mengukur variabel psychological well-being menggunakan Ryff's Scale of Psychological Well-being (1995). Responden penelitian sejumlah 198 orang yang tersebar dalam 12 fakultas dan Pendidikan Vokasi di Universitas Indonesia.

Hasil penelitian menunjukkan bahwa terdapat hubungan positif yang signifikan antara self-monitoring dan psychological well-being pada mahasiswa Universitas Indonesia ($r = + 0,427$, $n = 198$, $p < 0,01$ (one tailed)). Hal ini menunjukkan semakin tinggi self-monitoring yang dimiliki oleh mahasiswa maka semakin tinggi pula psychological well-being-nya. Oleh karena itu, hipotesis alternatif ditolak dan dibahas lebih lanjut di dalam subbab diskusi.

This research aimed to find correlation between self-monitoring and psychological well-being of college students in Universitas Indonesia who having an age of 18-24 years old. Researcher used quantitative approach to find this correlation. Self-monitoring was measured using Revised Self-monitoring Scale (Lennox & Wolfe, 1984) and psychological well-being was measured using Ryff's Scale of Psychological Well-being (Ryff, 1995). Participants of this research are 198 college students from 12 Faculties and Vocational Program in Universitas Indonesia.

The result of this research shows that there is positive significant correlation between self-monitoring and psychological well-being of college students in Universitas Indonesia ($r = + 0,427$, $n = 198$, $p < 0,01$ (one tailed)). This result means the higher self-monitoring in participants, the higher their psychological well-being. Then, alternative hypothesis was rejected and be discussed further in discussion subchapter.