

## 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

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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.*