

Hubungan antara persepsi kreativitas diri dalam pekerjaan dengan psychological well-being pada dewasa muda = The relationship between self perception creativity at work and psychological well being in early adulthood

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Abstrak

Individu dalam usia dewasa muda akan memasuki dunia pekerjaan dan menghadapi berbagai tekanan psikologis. Tekanan tersebut mengakibatkan tingginya tingkat kecemasan dan stress pada pekerja. Pekerja membutuhkan kreativitas untuk menurunkan tingkat stress sehingga psychological well-being dapat tercapai. Penelitian ini dilakukan untuk mengetahui hubungan antara persepsi kreativitas diri dalam pekerjaan dengan psychological well being pada dewasa muda. Penelitian ini dilakukan pada 173 partisipan. Kreativitas dalam pekerjaan diukur menggunakan self-perception of creativity (Reiter-Palmon, Robinson-Morrall, Kaufman, & Santo, 2012), sedangkan Psychological Well-Being Scale (Ryff, 1989) digunakan untuk mengukur psychological well-being.

Hasil penelitian menunjukkan bahwa terdapat hubungan positif yang signifikan antara kreativitas dalam pekerjaan dan psychological well-being ($r_s = 0,388$; $p = 0.000$, signifikan pada L.o.S 0.01). Penelitian selanjutnya diharapkan memperhatikan data kontrol seperti usia partisipan pada jenis kreativitas tertentu serta menggunakan pengukuran kreativitas yang lebih objektif.

A person in early adulthood is filled with many changes and developments. In Indonesia, early adults are concerned with career selection and career longevity. They will facing various psychological strains especially at work. That strains resulted in high levels of anxiety and stress on workers in Indonesia. Workers need creativity to reduce the level of stress caused by continuously psychological strains, so that psychological well-being can be achieved. This study aim to find correlation between self-perceptions of creativity at work and psychological well-being in early adulthood. 173 people participated in this study. Self-perception of creativity at work was measured using Self-perception of creativity (Reiter-Palmon, Robinson-Morrall, Kaufman, & Santo, 2012), and Psychological Well-Being Scale (Ryff, 1989) used for measuring psychological well-being.

Result of this study showed that there is a significant positive relationship between self-perception of creativity at work and psychological well-being ($r_s = 0,388$; $p = 0.000$, significant at L.o.S 0.01). Further research should consider the control data such as the age of the participants in a particular kind of creativity and using more objective instrument for measuring creativity.