

## Hubungan antara motivasi kerelawanan dan distres Psikologis pada relawan emerging adulthood = The Correlation between volunteering motivation and Psychological distress among emerging adulthood volunteer

Mugi Silih Mulyadi, author

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### Abstrak

Penelitian ini bertujuan untuk melihat bagaimana hubungan antara motivasi kerelawanan dan distres psikologis pada relawan usia 18-29 tahun emerging adulthood. Penelitian ini merupakan penelitian korelasional dengan responden relawan yang berjumlah 909 orang dengan jenis kegiatan kerelawanan yang berbeda-beda. Motivasi kerelawanan diukur dengan menggunakan Volunteer Functions Inventory VFI, dan distres psikologis diukur dengan menggunakan Hopkins Symptom Checklist-25 HSCL-25, kedua instrumen tersebut telah diadaptasi ke dalam bahasa Indonesia. Terdapat enam dimensi motivasi kerelawanan yaitu perlindungan, nilai, karir, sosial, pemahaman, dan pengembangan. Hasil penelitian menunjukkan bahwa terdapat hubungan signifikan dan positif antara motivasi kerelawanan dimensi perlindungan dan distres psikologis. Sementara itu, tidak terdapat hubungan yang signifikan antara dimensi nilai, sosial, karir, pemahaman, dan pengembangan dengan distres psikologis.

.....The purpose of this research is to examine the correlation between volunteering motivation and psychological distress among volunteer with age 18 29 years old emerging adulthood. This research uses correlational method with 909 respondents that have participated in various volunteering activity. Volunteering motivation was measured by Volunteer Functions Inventory VFI, and psychological distress was measured by Hopkins Symptom Checklist 25 HSCL 25, both have been adapted into Indonesian. Volunteering motivation consist of six dimensions, protective, values, career, social, understanding, and enhancement. Result shows that there was significant positive correlation between one dimensions of volunteering motivation protective with psychological distress. There was not significant correlation between five dimension of volunteering motivation values, social, career, understanding, enhancement and psychological distress.