

# Kesejahteraan psikologis sebagai mediator dalam hubungan antara dispositional mindfulness dan penyesuaian diri di perguruan tinggi pada mahasiswa tahun pertama = The role of psychological well being as a mediator in the relationship between dispositional mindfulness and adjustment to college among first year college students

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## Abstrak

Penyesuaian diri di perguruan tinggi merupakan hal penting yang diperlukan untuk melalui masa transisi yang penuh perubahan. Penelitian melihat bahwa dispositional mindfulness memiliki peran pada penyesuaian diri di perguruan tinggi. Namun, hubungan yang terbentuk terkait dispositional mindfulness dan penyesuaian diri di perguruan tinggi masih dibutuhkan, terutama mengenai hubungannya dengan kesejahteraan psikologis yang seringkali terlibat. Kesejahteraan psikologis merupakan suatu kondisi yang diperlukan dalam penentuan kesehatan mental seseorang. Penelitian korelasional ini melihat peran kesejahteraan psikologis sebagai mediator dalam hubungan antara dispositional mindfulness dan penyesuaian diri di perguruan tinggi pada mahasiswa tingkat pertama N = 207. Instrumen yang digunakan terdiri dari Mindfulness Attention Awareness Scale MAAS, Student Adaptation to College Questionnaire SACQ, dan Ryffs Scale of Psychological Well-being. Dari hasil analisis mediasi yang dilakukan, terdapat indirect effect  $b = 0,54$ .

*Adjustment to college is an important thing needed during the transition period from high school. Dispositional mindfulness has been proven to have a role in adjustment to college. However, research about the relationship that is formed regarding dispositional mindfulness and adaptation in college is still needed, especially about its relationship with psychological well being that is often involved. Psychological well being is a necessary condition in determining one's mental health. Thus, this present research is a correlational research that sees the role of psychological well being as a mediator in the relationship between dispositional mindfulness and adjustment to college among first year college students N 207. The instruments used in this research consisted of Mindfulness Attention Awareness Scale MAAS, Student Adaptation to College Questionnaire SACQ, and Ryff 39 s Scale of Psychological Well being. From the result of mediation analysis, there are indirect effect  $b = 0,54$ .*