

## Kontribusi perceived social support terhadap subjective well-being pada remaja panti asuhan di Jakarta = Perceived social support's contribution in subjective well being among Jakarta's orphanage adolescent

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### Abstrak

Penelitian ini dilakukan untuk melihat besaran kontribusi perceived social support terhadap subjective well-being pada remaja panti asuhan di Jakarta. Remaja panti asuhan dipilih karena mereka menghadapi kondisi kehidupan yang berbeda dengan remaja secara umum. Partisipan dalam penelitian ini adalah 130 remaja berusia 11 ndash; 21 tahun yang berasal dari 11 panti di Jakarta. Pengambilan data dilakukan dengan meminta partisipan untuk mengisi kuesioner perceived social support dan subjective well-being. Perceived social support diukur dengan menggunakan alat ukur Multidimensional Scale of Perceived Social Support yang dikembangkan oleh Gregory D. Zimet 1988 . Subjective well-being diukur dengan menggunakan dua alat ukur yang berbeda. Alat ukur Satisfaction With Life Scale yang disusun oleh Ed Diener 1985 digunakan untuk mengukur komponen kognitif kepuasan hidup. Alat ukur Positive Affect and Negative Affect Schedule PANAS yang dikembangkan oleh Watson, Clark, Tellegan 1988 digunakan untuk mengukur afeksi positif dan negatif. Hasil penelitian menunjukkan bahwa perceived social support berkontribusi secara signifikan terhadap komponen afeksi positif subjective well-being  $R^2 = 0,146$ ,  $p = 0,000$ , namun tidak berkontribusi secara signifikan terhadap komponen kognitif kepuasan hidup subjective well-being  $R^2 = 0,019$ ,  $p = 0,328$  dan terhadap komponen afeksi negatif subjective well-being  $R^2 = 0,027$ ,  $p = 0,478$ . Hasil ini menunjukkan bahwa semakin tinggi perceived social support yang dimiliki oleh remaja panti asuhan, maka semakin tinggi juga afeksi positif subjective well-being yang dimilikinya.

*This research paper is conducted to investigate the contribution of perceived social support in subjective well being among the orphanage adolescents in Jakarta. The adolescent orphanages are selected because they have different living conditions with adolescents in general. The research subjects are 130 adolescents between 11 ndash 21 years old who lived in 11 orphanage in Jakarta. The data is collected by asking participants to fill out perceived social support and subjective well being questionnaires. Perceived social support was measured by Multiple Scale of Perceived Social Support constructed by Gregory D. Zimet 1988. Subjective well being was measured using two different instruments. Cognitive component life statisfaction of subjective well being was measured by Satisfaction With Life Scale constructed by Ed Diener 1985. Affective component positive and negative affection was measured by Positive Affect and Negative Affect Schedule PANAS constructed by Watson, Clark, Tellegan 1988 . The result of this research showed that perceived social support has significantly contributed to positive affect component of subjective well being  $R^2 0,146$ ,  $p 0,000$  but perceived social support has no significant contribution to cognitive component or life satisfaction  $R^2 0,019$ ,  $p 0, 0,328$  and negative affect component of subjective well being  $R^2 0,027$ ,  $p 0,478$ . These results indicate that the higher perceived social support they feel, the higher positive affect of subjective well being they have.*