

Hubungan antara optimisme dan distres psikologis pada emerging adults miskin di DKI Jakarta = The relationship between optimism and psychological distress among poor emerging adults in DKI Jakarta

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Abstrak

Masyarakat miskin dan kelompok usia emerging adulthood rentan mengalami distres psikologis. Penelitian ini bertujuan untuk melihat hubungan antara optimisme dan distres psikologis emerging adults miskin di DKI Jakarta. Optimisme diukur dengan Life Orientation Test-Revised (LOT-R) dan distres psikologis diukur dengan Hopkins Symptoms Checklist-25 (HSCL-25). Partisipan penelitian ini berjumlah 261 orang dengan rentang usia 18-29 tahun, terdiri dari 92 (35,2%) laki-laki dan 169 (64,8%) perempuan. Dengan analisis Pearson Correlation, ditemukan hasil bahwa optimisme memiliki hubungan yang signifikan dengan distres psikologis ($r(259) = -0,161$, $p = 0,009$, two-tailed) dan $r^2 = 0,026$.

The poor and emerging adults groups are vulnerable to psychological distress. This study aim to examine the relationship between optimism and psychological distress among poor emerging adults in DKI Jakarta. Optimism was measured by the Life Orientation Test-Revised (LOT-R) and psychological distress measured by Hopkins Symptoms Checklist-25 (HSCL-25). The participants in this study were 261 with age range of 18-29 years old, consisting of 92 (35,2%) man and 169 (64,8%) women. With Pearson Correlation analysis, it was found that optimism had a significant relationship with psychological distress ($r(259) = -0,161$, $p = 0,009$, two-tailed) and $r^2 = 0,026$.