

# Peran health-promoting behavior dan optimisme terhadap distres psikologis pada emerging adults miskin di DKI Jakarta = The role of health-promoting behavior and optimism toward psychological distress among poor emerging adults in DKI Jakarta

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## Abstrak

Saat ini, distres merupakan masalah kesehatan mental yang cukup sering terjadi di dunia. Penelitian ini bertujuan untuk menguji hubungan antara health-promoting behavior, optimisme, dan distres psikologis pada emerging adults miskin di DKI Jakarta, sebagai kelompok yang rentan mengalami distres psikologis. Partisipan penelitian ini berjumlah 258 masyarakat miskin DKI Jakarta yang berusia emerging adults. Distres psikologis diukur menggunakan Hopkins Symptom Checklist-25 (HSCL-25), health-promoting behavior diukur menggunakan Health-Promoting Lifestyle Profile II (HPLP II), dan optimisme diukur menggunakan Life Orientation Test-Revised (LOT-R).

Hasil penelitian menunjukkan bahwa health-promoting behavior bukan merupakan prediktor yang signifikan dari distres psikologis ( $b = 0,14$ ,  $SE(b) = 0,08$ ,  $t = 1,89$ ,  $p > 0,05$ ), sedangkan optimisme merupakan prediktor yang signifikan dari distres psikologis ( $b = -0,03$ ,  $SE(b) = 0,01$ ,  $t = -2,88$ ,  $p < 0,05$ ). Hubungan negatif antara optimisme dan distres psikologis mengindikasikan bahwa tingkat optimisme yang semakin tinggi akan memprediksi distres psikologis yang semakin rendah.

.....Nowadays, distress is a mental health problem that frequently occurs in the world. The aim of this research is to examine the relationship between health-promoting behavior, optimism, and psychological distress among poor emerging adults in DKI Jakarta, as the vulnerable group to high psychological distress. Participants of this research were 258 poor emerging adults in DKI Jakarta. Psychological distress was measured using Hopkins Symptom Checklist-25 (HSCL-25), health-promoting behavior was measured using Health Promoting Lifestyle Profile II (HPLP II), and optimism was measured using Life Orientation Test-Revised (LOT-R).

The result indicated that health-promoting behavior is not a significant predictor of psychological distress ( $b = 0,14$ ,  $SE(b) = 0,08$ ,  $t = 1,89$ ,  $p > 0,05$ ), whereas optimism is a significant predictor of psychological distress ( $b = -0,03$ ,  $SE(b) = 0,01$ ,  $t = -2,88$ ,  $p < 0,05$ ). The negative relationship between optimism and psychological distress indicates that higher level of optimism will predict the lower psychological distress.