

Perceived social support sebagai mediator hubungan antara bersyukur dan psychological well-being dan emerging adults = Perceived social support as mediator of the relationship between gratitude and psychological well-being in emerging adults

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Abstrak

Tujuan dari penelitian ini adalah untuk mengetahui perceived social support sebagai mediator hubungan antara bersyukur dan psychological well-being pada emerging adults. Mengingat masa emerging adulthood merupakan masa transisi, maka psychological well-being sangat penting dimiliki oleh emerging adults. Penelitian ini menggunakan teknik analisis regresi dengan 806 emerging adults Indonesia yang berusia 18-25 tahun. Hasil analisis mediasi menunjukkan bahwa terdapat indirect effect ( $= .05, .00 < .01$ ) dan direct effect ( $= .78, .00 < .01$ ) yang signifikan, yang mengindikasikan bahwa perceived social support memediasi secara parsial hubungan antara bersyukur dan psychological well-being. Dengan kata lain, bersyukur dapat melewati perceived social support terlebih dahulu untuk memengaruhi psychological well-being, namun juga dapat memengaruhi psychological well-being secara langsung.

*The purpose of this study was to find out whether perceived social support mediates the relationship between gratitude and psychological well-being in emerging adults. Given maintaining psychological well-being is very important for emerging adults to face transition period. This study used a regression analysis technique with 806 developing Indonesian adults aged 18-25 years. The results of the mediation analysis has shown a significant indirect ( $= .05, .00 < .01$ ) and direct effect ( $= .78, .00 < .01$ ), which indicates that perceived social support partially mediates the relationship between gratitude and psychological well-being. In other words, gratitude can pass through perceived social support first to influence psychological well-being, but it can also affect psychological well-being directly.*