

Hubungan spiritualitas dan distres psikologis pada mahasiswa baru Universitas Indonesia = Correlation between spirituality and psychological distress in first-year students of Universitas Indonesia

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Abstrak

Berbagai penelitian telah menemukan bahwa mahasiswa baru merupakan populasi yang kerap mengalami distres psikologis. Di sisi lain, masyarakat Indonesia memiliki karakteristik yang sangat erat dengan hal-hal spiritualitas atau keagamaan. Oleh karena itu, penelitian ini bertujuan untuk melihat hubungan antara spiritualitas dan distres psikologis pada mahasiswa baru Universitas Indonesia. Partisipan penelitian ini terdiri dari 278 mahasiswa baru Universitas Indonesia.

Variabel distres psikologis diukur menggunakan Self Report Questionnaire 20 (SRQ-20), sementara variabel spiritualitas diukur menggunakan Intrinsic Spirituality Scale (ISS). Hasil analisis data menunjukkan bahwa terdapat hubungan negatif yang signifikan ($r_b = -0,117$, $p < 0,05$, one-tailed) antara spiritualitas dan distres psikologis.

Various studies have found that new students constitute a population often experience psychological distress. On the other hand, Indonesian people have characteristics that are very closely related to matters of spirituality or religion. Therefore Thus, this study aims to look at the relationship between spirituality and distress psychologically at the freshmen of the University of Indonesia. The participants of this study consisted from 278 new students at the University of Indonesia.

The psychological distress variable was measured using Self Report Questionnaire 20 (SRQ-20), while the spirituality variable measured using the Intrinsic Spirituality Scale (ISS). The results of data analysis show that there is a significant negative relationship ($r_b = -0.117$, $p < 0.05$, one-tailed) between spirituality and psychological distress.