

## Perceived social support sebagai moderator hubungan distres psikologis dan kesejahteraan psikologis pada emerging adults = Perceived social support as moderator of the relationship between psychological distress and psychological wellbeing in emerging adults

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### Abstrak

Penelitian ini bertujuan untuk mengetahui apakah perceived social support memoderasi hubungan antara distres psikologis dan kesejahteraan psikologis. Partisipan dalam penelitian ini adalah emerging adults Indonesia berusia 18-25 tahun berjumlah 828 partisipan. Hasil pengolahan data menggunakan teknik analisis regresi menunjukkan bahwa perceived social support tidak memoderasi hubungan antara distres psikologis dan kesejahteraan psikologis,  $\beta = 0.0016$ ,  $t(828) = 0,66$ ,  $p > 0,5$ , yang berarti perceived social support tidak memperkuat atau memperlemah hubungan antara distres psikologis dan kesejahteraan psikologis. Namun, jika dilihat secara terpisah, ditemukan bahwa distres psikologis secara signifikan dapat memprediksi kesejahteraan psikologis,  $\beta = -0.27$ ,  $t(828) = -15.05$ ,  $p < 0.05$ . Selain itu, perceived social support secara signifikan dapat memprediksi kesejahteraan psikologis,  $\beta = 0.51$ ,  $t(828) = 11.65$ ,  $p < 0.05$ .

*This study aims to determine whether perceived social support moderates the relationship between psychological distress and psychological well-being. Participants in this study were Indonesian emerging adults aged 18-25 years totaling 828 participant. The results of data processing using regression analysis techniques show that perceived social support does not moderate the relationship between psychological distress and psychological well-being,  $\beta = 0.0016$ ,  $t(828) = 0.66$ ,  $p > 0.5$ , which means perceived social support does not strengthen or weaken the relationship between psychological distress and psychological well-being. However, when viewed separately, it was found that psychological distress could significantly predict psychological well-being,  $\beta = -0.27$ ,  $t(828) = -15.05$ ,  $p < 0.05$ . In addition, perceived social support can significantly predict psychological well-being,  $\beta = 0.51$ ,  $t(828) = 11.65$ ,  $p < 0.05$ .*