

# Hubungan antara perceived social support dengan distres psikologis terhadap emerging adults miskin di Jakarta = The relationship between perceived social support and psychological distress among poor emerging adults in Jakarta

Mohamad Rifqi Hadyan, author

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## Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara distres psikologis dan perceived social support pada masyarakat miskin emerging adults di Jakarta. Penelitian ini dilakukan menggunakan metode kuantitatif. Partisipan dalam penelitian ini adalah 260 masyarakat miskin emerging adults di Jakarta usia 18-29 tahun yang terdiri dari 168 orang perempuan (64,6%) dan 92 orang laki-laki (35,4%). Distres psikologis diukur menggunakan Hopkins Symptom Checklist-25 (HSCL-25) dan perceived social support diukur menggunakan Social Provisions Scale (SPS).

Hasil penelitian ini menunjukkan bahwa terdapat korelasi yang negatif dan signifikan antara distres psikologis dan perceived social support pada masyarakat miskin emerging adult di Jakarta ( $r(258) = -0,155$ ,  $p = 0,01$ , signifikan pada LoS 0,05). Artinya, semakin tinggi perceived social support pada masyarakat miskin emerging adult di Jakarta, semakin rendah distres psikologis yang dimilikinya.

.....This research aimed to investigate the relationship between psychological distress and perceived social support among poor emerging adult in Jakarta. This research was conducted using quantitative method. The participants of this research were 260 poor emerging adult in Jakarta aged 18-29 years old which consisted of 168 female (64,6%) and 22 male (35,4%). Psychological distress was measured using Hopkins Symptom Checklist – 25 (HSCL-25) and perceived social support was measured using Social Provisions Scale (SPS). The result of this research showed that there was a significant negative correlation between perceived social support and psychological distress among poor emerging adult in Jakarta ( $r = -0,155$ ,  $p = 0,01$ , significant at LoS 0,05). It means that the higher psychological distress, the lower perceived social support among poor emerging adult in Jakarta.