

# Peran life satisfaction sebagai mediator dalam hubungan antara self-esteem dan distres psikologis pada mahasiswa baru = The role of life satisfaction as a mediator in the relationship between self-esteem and psychological distress in first-year university students

Devina Rizkiyanti Salmania, author

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## Abstrak

Kala memasuki lingkungan perkuliahan, mahasiswa baru dihadapkan dengan beragam tantangan. Banyaknya rintangan yang harus mereka lalui dapat menimbulkan distres psikologis dalam diri mereka. Penelitian ini bertujuan untuk menyelidiki hubungan antara distres psikologis dan self-esteem pada mahasiswa baru, juga life satisfaction sebagai mediator dalam hubungan antara kedua variabel tersebut. Penelitian dilakukan dengan melibatkan 255 mahasiswa baru dengan meminta mereka mengisi kuesioner penelitian, termasuk alat ukur Rosenberg Self-Esteem Scale, Satisfaction with Life Scale, dan Self-Reporting Questionnaire (20 item). Hasil penelitian menunjukkan bahwa life satisfaction memediasi secara parsial hubungan antara self-esteem dan distres psikologis (indirect effect ( $b = -0,1121$ ,  $SE = 0,0395$ , 95%  $CI [-0,1913, -0,0358]$ ) dan direct effect ( $b = -0,4912$ ,  $SE = 0,0633$ , 95%  $CI [-0,6159, -0,3665]$ ) signifikan,  $p < 0,001$ ). Implikasi terhadap pengalaman mahasiswa baru di Indonesia, khususnya terkait pentingnya intervensi terhadap distres psikologis yang mereka alami, juga didiskusikan dalam laporan ini.

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Upon entering university, new students are faced with various challenges. These myriad obstacles may cause the occurrence of psychological distress within them. This research investigated the relationship between psychological distress and self-esteem in university freshmen, as well as life satisfaction as a mediator in the relationship between them. Research was done by asking 255 university freshmen to complete a questionnaire of the research instruments, including Rosenberg Self-Esteem Scale, Satisfaction with Life Scale, and Self-Reporting Questionnaire (20 items). This research yielded evidence that life satisfaction partially mediates the relationship between self-esteem and psychological distress (significant indirect effect ( $b = -0,1121$ ,  $SE = 0,0395$ , 95%  $CI [-0,1913, -0,0358]$ ) and direct effect ( $b = -0,4912$ ,  $SE = 0,0633$ , 95%  $CI [-0,6159, -0,3665]$ ),  $p < 0,001$ ). Research implications towards the experience of university freshmen in Indonesia, particularly regarding the importance of interventions regarding psychological distress they may experience, are discussed.