

Hubungan antara Subjective Well-Being dengan Kepuasan Berpacaran pada Dewasa Muda di Masa Pandemi COVID-19 = The Relationship between Subjective Well-Being and Dating Relationship Satisfaction among Young Adulthood in COVID-19 Pandemic

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Abstrak

Pandemi COVID-19 membawa berbagai perubahan dan tantangan bagi individu di seluruh dunia. Berbagai permasalahan muncul dan kemudian menurunkan kebahagiaan (subjective well-being) individu terhadap hidupnya. Salah satu aspek penting yang juga berpengaruh dalam hidup individu yaitu hubungan sosial yang di dalamnya terdapat hubungan berpacaran. Penelitian ini bertujuan untuk melihat hubungan antara subjective well-being (SWB) dengan kepuasan berpacaran pada individu dewasa muda di masa Pandemi COVID-19. Penelitian ini merupakan penelitian kuantitatif cross-sectional dengan strategi penelitian non-eksperimental. Sebanyak 222 individu dewasa muda yang menjalani hubungan berpacaran mengisi alat ukur Subjective Happiness Scale yang disusun oleh Lyubomirsky dan Lepper (1999), serta alat ukur Relationship Assessment Scale yang disusun oleh Hendrick (1988). Melalui teknik analisis korelasi, ditemukan bahwa terdapat hubungan yang positif dan signifikan antara SWB dengan kepuasan berpacaran. Hasil lain yang didapatkan dari penelitian ini yaitu sebagian besar individu memiliki SWB dan kepuasan berpacaran yang tergolong sedang. Dikarenakan Pandemi COVID-19 diasosiasikan dengan permasalahan yang berdampak negatif, individu dianjurkan untuk tetap menjaga dan/atau meningkatkan perasaan positif terhadap hidup maupun pasangan. Selain itu, individu dianjurkan untuk dapat menyelesaikan atau meminimalisir berbagai permasalahan yang dialami selama Pandemi COVID-19 secara efektif agar tidak menurunkan kebahagiaan dan kepuasan berpacaran.

.....The COVID-19 Pandemic brings various changes and challenges for individuals around the world. Various problems arise and then reduce the individual's happiness (subjective well-being) towards their life. One important aspect that also influences an individual's life is the social relationship, which include dating relationship. This research aims to see the relationship between subjective well-being (SWB) and dating satisfaction among young adults in COVID-19 Pandemic. This research is a cross-sectional quantitative approach with a non-experimental research strategy. A total of 222 young adults in dating relationships completed the Subjective Happiness Scale by Lyubomirsky and Lepper (1999), as well as the Relationship Assessment Scale by Hendrick (1988). Correlation analysis found that there was a positive and significant relationship between SWB and dating satisfaction. Another result obtained from this study is that most individuals have moderate SWB and dating satisfaction. Because the COVID-19 Pandemic is associated with problems that have a negative impact, individuals are suggested to maintain and increase positive affect towards life and their partners. In addition, individuals are suggested to be able to solve various problems experienced during the COVID-19 Pandemic effectively to avoid decrease lowering of happiness and satisfaction with dating.