

# Kontribusi kesepian, traits kepribadian, dan persepsi terhadap dukungan sosial terhadap Subjective Well-Being remaja pada masa pandemi COVID-19 di Indonesia = Contribution of loneliness, personality traits, and perceived social support towards adolescents' Subjective Well-Being during COVID-19 Pandemic in Indonesia

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## Abstrak

Pandemi COVID-19 tidak hanya berdampak pada kesehatan fisik namun juga pada SWB remaja. Remaja merupakan kelompok paling rentan terhadap dampak tersebut berkaitan dengan karakteristik perkembangannya. Penelitian ini bertujuan untuk mengetahui kontribusi kesepian, traits kepribadian (extraversion, agreeableness, conscientiousness, neuroticism, openness to experience), dan persepsi terhadap dukungan sosial (keluarga, teman, figur yang signifikan) terhadap SWB (LS, PA, NA) remaja pada masa pandemi COVID-19 di Indonesia. Partisipan penelitian ini adalah 313 orang remaja yang tinggal di Indonesia usia 13-18 tahun ( $M= 15.72$ ;  $SD=1$ ) dengan tingkat pendidikan sekolah menengah ( sederajat SMP dan SMA). Partisipan dipilih menggunakan metode convenience sampling, pengumpulan data dilakukan secara daring. Alat ukur dalam penelitian ini adalah Satisfaction with Life Scale, Scale of Positive and Negative Experience, R-UCLA Loneliness Scale Version 3, dan Multidimensional Scale of Perceived Social Support. Analisis data menggunakan teknik regresi hirarki berganda. Hasil penelitian menunjukkan bahwa kesepian, traits kepribadian, dan persepsi terhadap dukungan sosial berkontribusi terhadap SWB (LS, PA, NA) remaja secara signifikan. Kontributor yang signifikan adalah kesepian, neuroticism dan openness to experience, serta persepsi terhadap dukungan sosial dari keluarga. Hasil penelitian ini dapat dimanfaatkan untuk menyusun intervensi psikologis bagi remaja dan psikoedukasi bagi orangtua dalam meningkatkan SWB remaja pada masa pandemi.

.....The COVID-19 pandemic not only has an impact on physical health but also on adolescents' subjective well-being (SWB). Adolescent is the most vulnerable group affected by the negative consequences of COVID-19 pandemic. This research investigated the contribution of loneliness, personality trait (extraversion, agreeableness, conscientiousness, neuroticism, openness to experience), and perceived social support (family, friend, and significant figure) to adolescents' SWB during COVID-19 pandemic. The participants were 313 of Indonesian adolescents aged 13- 18 years ( $M= 15.72$ ;  $SD=1.517$ ), with junior and senior high education. Participants were selected using the convenience sampling method and data were collected online. The measuring instruments used in this study are Satisfaction with Life Scale, Scale of Positive and Negative Experience, R-UCLA Loneliness Scale Version 3, and Multidimensional Scale of Perceived Social Support. Data were analyzed using hierarchical multiple regression technique. The results showed that loneliness, personality traits, and perceived social support contributed to adolescent SWB (LS, PA, NA). Loneliness, neuroticism and openness to experience, and perceived social support from family were significant contributors to SWB (LS, PA, NA). This study can be implemented to develop psychological interventions for adolescents and psychoeducation for parents in increasing adolescent SWB during the pandemic.