

Kontribusi respons terhadap stres, traits kepribadian dan persepsi terhadap dukungan sosial pada Subjective Well-Being remaja di masa Pandemi COVID-19 = Contribution of response to stress, personality traits and perceived social support in adolescents' Subjective Well-being during Pandemic COVID-19

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Abstrak

Pandemi COVID-19 menyebabkan munculnya konsekuensi negatif bagi Subjective well-being (SWB) remaja, yang merupakan kelompok paling rentan karena karakteristik perkembangannya. Penelitian ini bertujuan untuk mengetahui kontribusi respons terhadap stres (primary control engagement coping, secondary control engagement coping, disengagement coping, involuntary engagement dan involuntary disengagement), traits kepribadian (extraversion, agreeableness, conscientiousness, neuroticism, openness to experience) dan persepsi terhadap dukungan sosial (keluarga, teman, figur yang signifikan) pada SWB remaja selama masa pandemi COVID-19. Partisipan adalah 313 orang remaja Indonesia (13-18 tahun) yang dipilih menggunakan metode convenience sampling. Alat ukur yang digunakan adalah Satisfaction with Life Scale, Scale of Positive and Negative Experience, Child Self Report Responses to Stress Questionnaire-COVID-19 dan Multidimensional Scale of Perceived Social Support. Data dianalisis dengan regresi hierarki berganda. Hasil penelitian menunjukkan bahwa respons terhadap stres, traits kepribadian, dan persepsi terhadap dukungan sosial berkontribusi terhadap SWB (LS, PA dan NA) remaja. Secara khusus, involuntary disengagement response, extraversion, neuroticism dan persepsi terhadap dukungan sosial dari keluarga secara signifikan berkontribusi pada SWB remaja. Hasil penelitian ini memberikan implikasi praktis bagi para praktisi untuk menyusun intervensi bagi remaja agar dapat mengembangkan respon terhadap stres yang adaptif dan untuk orang tua agar memberikan dukungan kepada remaja sehingga dapat mengoptimalkan SWB remaja Indonesia pada masa pandemi COVID-19 dan seterusnya.

.....COVID-19 pandemic causes negative consequence for adolescents' subjective well-being (SWB) as they are the most vulnerable group due to their developmental characteristic. This research investigated contribution response to stress (primary control engagement coping, secondary control engagement coping, disengagement coping, involuntary engagement dan involuntary disengagement), personality traits (extraversion, agreeableness, conscientiousness, neuroticism, openness to experience), and perceived social support (family, friends, significant figure) of adolescent SWB during COVID-19 pandemic period. The participants were 313 Indonesian adolescents (13-18 years old), selected using convenience sampling method. The measurements were Satisfaction with Life Scale, Scale of Positive and Negative Experience, Child Self Report Responses to Stress Questionnaire-COVID-19 dan Multidimensional Scale of Perceived Social Support. Data were analyzed using hierarchical multiple regression. Results showed that response to stress, personality traits, and perceived social support together contributed to adolescents' SWB (LS, PA & NA) significantly. Specifically, involuntary disengagement response, extraversion, neuroticism and perceived social support from family significantly contributed to adolescents' SWB. The practical implication for professionals are to develop psychological intervention for adolescents to be able to develop adaptive response to stress and for parents to give support to adolescents in order optimize their SWB in

Indonesian context during the COVID-19 pandemic and onward.