

Peran keberfungsian keluarga terhadap subjective well-being pada mahasiswa di masa pandemi Covid-19 = The role of family functioning on college students subjective well-being in Covid-19 pandemic

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Abstrak

Pandemi Covid-19 tentunya menyebabkan banyak sekali penyesuaian yang harus dilakukan oleh masyarakat, termasuk mahasiswa. Pada masa pandemi ini, mahasiswa banyak melakukan kegiatan secara daring yang menyebabkan perubahan hidup yang cukup signifikan pada mahasiswa. Situasi ketidakpastian akibat pandemi berdampak pada subjective well-being mahasiswa. Keluarga sebagai salah satu sumber dukungan sosial, berperan penting dalam membantu mempertahankan tingkat subjective well-being yang tinggi pada mahasiswa. Studi ini bertujuan untuk melihat peran keberfungsian keluarga terhadap subjective well-being mahasiswa pada masa pandemi Covid-19. Peneliti menggunakan tipe penelitian kuantitatif dengan strategi penelitian noneksperimental, di mana peneliti menyebarkan kuesioner keberfungsian keluarga (Family Assessment Device) dan kuesioner subjective well-being (Subjective Happiness Scale) kepada partisipan. Sebanyak total 390 mahasiswa dan mahasiswi S1 dengan rentang usia 18 - 23 tahun berpartisipasi pada penelitian ini. Berdasarkan hasil analisis multiple regression, diketahui bahwa keberfungsian keluarga berperan secara signifikan terhadap subjective well-being mahasiswa di masa pandemi Covid-19 ($R^2 = 0,274$, $p < 0,05$). Dimensi keberfungsian keluarga yang berperan secara signifikan adalah dimensi komunikasi, peran, dan respon afektif. Oleh karena itu, keluarga diharapkan dapat meningkatkan komunikasi, pembagian peran dan respon afektif sehingga dapat mempertahankan tingkat subjective well-being yang baik.....

The Covid-19 pandemic has caused a lot of adjustments that need to be done by the community, including college students. During this pandemic, students are doing a lot of online activities that cause significant life changes for students. The situation of uncertainty due to the pandemic has an impact on the subjective wellbeing of students. Family as a source of social support plays an important role in helping to maintain a high level of subjective well-being in students. This study aims to determine the role of family functioning on college students' subjective well-being in Covid-19 pandemic. This research is a quantitative nonexperimental study, using Family Assessment Device (FAD) and Subjective Happiness Scale (SHS) questionnaire. A total of 390 men and women college students in the range of 18 - 23 years old participated in this study. Using multiple regressions analysis, the results showed that family functioning has a significant role on college students' subjective well-being in Covid-19 pandemic situation ($R^2 = 0,274$, $p < 0,05$). In addition, we obtained that communications, roles, and affective response dimensions have a significant role on subjective well-being. Therefore, families are expected to improve communication, roles and affective responses to maintain a good level of subjective well-being in college students.