

Hubungan antara Perceived Stress dan Kepuasan Hidup pada Usia Dewasa Muda: Inhibitory Control sebagai Moderator = Relationship between Perceived Stress and Life Satisfaction in Emerging Adults: Inhibitory Control as Moderator

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Abstrak

Usia dewasa muda berkaitan dengan banyaknya stres, seperti dalam hal akademik, karier, finansial, maupun hubungan sosial. Perceived stress dan inhibitory control memegang peranan penting dalam kepuasan hidup. Penelitian ini bertujuan untuk menguji hubungan antara ketiga variabel, khususnya peran inhibitory control sebagai moderator pada hubungan antara perceived stress dan kepuasan hidup bagi usia dewasa muda.

Perceived stress diukur dengan menggunakan Depression, Anxiety, and Stress Scale (DASS) versi 21 sub skala stres, kepuasan hidup diukur dengan menggunakan The Satisfaction with Life Scale, dan inhibitory control diukur dengan menggunakan tugas kognitif berupa Negative Affective Priming Task. Penelitian ini dilakukan dengan metode korelasi. Melalui 116 partisipan non-depresi (usia 18-25 tahun), hasil penelitian ini menunjukkan bahwa terdapat efek negatif perceived stress terhadap kepuasan hidup yang signifikan dimana hubungan keduanya dimoderasi oleh inhibitory control. Hasil tersebut dapat membuka wawasan baru terkait proses regulasi emosi secara kognitif dan dapat dijadikan landasan dalam mengembangkan metode intervensi untuk meningkatkan kepuasan hidup bagi usia dewasa muda.

.....Emerging adulthood is associated with a great deal of stress, such as in academics, careers, finances, and social relationships. Perceived stress and inhibitory control play an important role in life satisfaction. This study was aimed to investigate the relationship between those variables, specifically the role of inhibitory control as a moderator in the relationship between perceived stress and life satisfaction in emerging adults. Perceived stress was measured using The Depression, Anxiety, and Stress Scale version 21 of the stress subscale, life satisfaction was measured using The Satisfaction with Life Scale, and inhibitory control was measured by using a cognitive task in the form of Negative Affective Priming Task. This study was carried out using correlation method. The findings of this study, which included 116 non-depressed participants (aged 18-25 years), indicate that perceived stress has a significant negative effect on life satisfaction, with the relationship between the two moderated by inhibitory control. These findings provide new insights on the process of cognitive emotion regulation and can be used to develop intervention methods to improve the life satisfaction of young adults.