

Hubungan Antara Social Self-Efficacy dan Well-Being pada Remaja Penggemar K-Pop di Indonesia = Relationship Between Social Self-Efficacy and Well-Being in Adolescents K-Pop Fans in Indonesia

Zahrotul Mufidah Rahiyan, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920516548&lokasi=lokal>

Abstrak

Penggemar budaya industri K-Pop semakin banyak bermunculan dari berbagai kalangan, tidak terkecuali remaja. Fenomena terkini menunjukkan bahwa penggemar K-Pop memiliki well-being yang baik. Salah satu faktor yang memengaruhi well-being adalah self-efficacy. Self-efficacy individu dapat berbeda-beda pada setiap domain spesifik dalam kehidupan mereka, salah satunya domain sosial. Penelitian ini melihat hubungan antara social self-efficacy dan well-being menggunakan metode kuantitatif. Karakteristik partisipan penelitian ini adalah remaja berusia 15–19 tahun dan penggemar K-Pop (N = 579). Instrumen yang digunakan dalam penelitian ini adalah Self-Efficacy Questionnaire for Children dan EPOCH Measure of Adolescents Well-Being. Hasil analisis korelasi Pearson menunjukkan bahwa terdapat hubungan positif yang signifikan antara social self-efficacy dan well-being ($r(579) = .523$). Hubungan positif yang signifikan juga ditemukan antara social self-efficacy dan engagement ($r(579) = .184$), perseverance ($r(579) = .368$), optimism ($r(579) = .325$), connectedness ($r(579) = .428$), serta happiness ($r(579) = .432$). Implikasi dari penelitian ini adalah remaja dan orang dewasa di sekitarnya perlu bekerja sama untuk berpartisipasi dalam membangun self-efficacy pada diri remaja karena semakin baik tingkat self-efficacy pada domain sosial, maka akan semakin baik pula well-being mereka, dan sebaliknya.Fans of the South Korean pop music industry's culture are increasingly emerging from various backgrounds, including teenagers. Recent phenomena show that K-Pop fans have good well-being. One of the factors that influence well-being is self-efficacy. Individual self-efficacy can vary in each specific domain in their life. This study looks at the relationship between social self-efficacy and well-being using quantitative methods. The participants in this study were adolescents aged 15–19 years and K-Pop fans (N = 579). The instruments used in this study were the Self-Efficacy Questionnaire for Children and the EPOCH Measure of Adolescents Well-Being. The results of the Pearson correlation analysis show that there is a significant positive relationship between social self-efficacy and well-being ($r(579) = .523$). Significant positive relationship also found between social self-efficacy and engagement ($r(579) = .184$), perseverance ($r(579) = .368$), optimism ($r(579) = .325$), connectedness ($r(579) = .428$), also happiness ($r(579) = .432$). The implication of this research is that adolescents and adults around them need to work together to participate in building self-efficacy in adolescents because the better the level of social self-efficacy, the better their well-being will be, and vice versa.