

Hubungan antara Tingkat Dukungan Sosial melalui Media Sosial terhadap Tingkat Well-Being Mahasiswa Universitas Indonesia = The Relationship Between The Level of Social Support through Social Media and The Level of Well-Being of Students at The University of Indonesia

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Abstrak

Penelitian ini bertujuan untuk menguji hubungan antara dukungan sosial melalui media sosial terhadap tingkat well-being mahasiswa di Universitas Indonesia. Studi-studi terdahulu sebagian besar menemukan bahwa kepribadian mahasiswa, peran institusi pendidikan, dan dukungan sosial memiliki asosiasi terhadap tingkat well-being pada mahasiswa. Namun pembahasan tentang dukungan sosial mayoritas masih terbatas pada saluran offline saja, belum mencakup pada saluran Online. Oleh karena itu, Peneliti memiliki argumen bahwa dukungan sosial yang diterima oleh mahasiswa melalui saluran media sosial memiliki hubungan dengan well-being mahasiswa. Studi ini menggunakan metode penelitian kuantitatif dengan teknik pengumpulan data melalui survei secara online pada sampel sebanyak 325 responden yang berasal dari populasi yaitu Mahasiswa tingkat akhir Universitas Indonesia yang dipilih menggunakan teknik penarikan sampel probability sampling dengan teknik multistage stratified random sampling. Studi ini juga melakukan wawancara mendalam untuk memperoleh data pendukung. Hasil penelitian menemukan bahwa terdapat hubungan yang signifikan antara tingkat dukungan sosial melalui media sosial dengan tingkat well-being mahasiswa Universitas Indonesia. Dukungan sosial melalui media sosial berupa dukungan emosional, social companionship, informasional, dan instrumental memiliki hubungan yang signifikan serta berkorelasi positif terhadap well-being mahasiswa Universitas Indonesia. Artinya semakin tinggi tingkat dukungan sosial melalui media sosial yang diterima, maka semakin tinggi juga tingkat well-being mahasiswa Universitas Indonesia. Temuan peneliti juga menunjukkan bahwa teman kuliah memiliki peran paling signifikan dalam memberi dukungan sosial melalui media sosial khususnya dalam dukungan emosional, social companionship, dan informasional. Sementara orang tua memiliki peran penting dalam dukungan instrumental. Selain itu, saluran dukungan sosial juga tidak hanya melalui media sosial melainkan terdapat juga platform video conference seperti Zoom dan Google Meet juga sering digunakan

.....This study aims to examine the relationship between social support through social media on the level of well-being of students at the University of Indonesia. Most previous studies have found that student personality, the role of educational institutions, and social support have associations with the level of well-being in students. However, discussions about social support for the majority are still limited to offline channels, not including online channels. Therefore, the researcher has an argument that the social support received by students through social media channels has a relationship with student well-being. This study uses a quantitative research method with data collection techniques through online surveys on a sample of 325 respondents from the population, namely final year students at the University of Indonesia who were selected using a probability sampling technique with a multistage stratified random sampling technique. This study also conducted in-depth interviews to obtain supporting data. The results of the study found that there was a significant relationship between the level of social support through social media and the level of

well-being of University of Indonesia students. Social support through social media in the form of emotional support, social companionship, informational, and instrumental has a significant relationship and is positively correlated to the well-being of University of Indonesia students. This means that the higher the level of social support received through social media, the higher the level of well-being of University of Indonesia students. The research findings also show that college friends have the most significant role in providing social support through social media, especially in emotional support, social companionship, and informational. While parents have an important role in instrumental support. In addition, social support channels are also not only through social media but there are also video conferencing platforms such as Zoom and Google Meet which are also often used.