

# Kontribusi Iklim Sekolah dan Jenis Kelamin terhadap Kesejahteraan Psikologis pada Siswa SMP di Banyuwangi = Contribution of School Climate and Gender to The Psychological Well-Being of Middle School Students in Banyuwangi

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## Abstrak

Kesejahteraan psikologis (PWB) dapat membantu remaja mengatasi stres dan kesulitan. Penelitian ini melihat apakah komponen iklim sekolah (SC) serta jenis kelamin dapat memprediksi PWB remaja di pedesaan Indonesia. Studi epidemiologi dilakukan terhadap 1.023 siswa SMP di Banyuwangi dengan pendekatan berbasis sekolah. Analisis multiple linear regression menunjukkan bahwa siswa laki-laki yang menilai hubungan antar siswa di sekolah baik, harapan sekolah terhadap siswa jelas, peraturan di sekolah adil, dan tingkat perundungan di sekolah rendah memiliki tingkat PWB yang lebih tinggi ( $F(5,1017) = 48,069$ ,  $p < ,001$ ,  $R^2 = 0,191$ ). Penelitian ini menunjukkan pentingnya fokus pada komponen SC tertentu serta memberi dukungan yang berfokus pada perbedaan gender untuk meningkatkan PWB siswa SMP di Banyuwangi.

..... Psychological Well-Being (PWB) is beneficial for adolescents during times of stress and difficulties. This study examines whether components of School Climate (SC) and gender can predict the PWB of rural Indonesian adolescents. An epidemiological study was conducted on 1.023 junior high school students in Banyuwangi. Multiple linear regression analysis showed that male students who perceive positive relationships among students at school, clear school expectations toward students, fair school regulations, and low levels of bullying at school have higher levels of PWB ( $F(5,1017) = 48,069$ ,  $p < ,001$ ,  $R^2 = 0,191$ ). This study shows the importance of focusing on specific components of SC as well as providing support that focuses on gender differences to improve the PWB of middle school students in Banyuwangi.