

# Dispositional Mindfulness sebagai Mediator Hubungan Intolerance of Uncertainty dan Psychological Well-being pada Remaja di Indonesia = Dispositional Mindfulness as Mediator Between Intolerance of Uncertainty and Psychological Well-being among Adolescents in Indonesia

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## Abstrak

Psychological Well-being (PWB) selama masa remaja menjadi salah satu penentu kesehatan mental di masa dewasa mendatang. Penelitian terdahulu menemukan bahwa Intolerance of Uncertainty (IU), sebagai variabel yang mempengaruhi bagaimana seseorang memaknai dan menanggapi situasi yang tidak pasti, dapat mempengaruhi PWB individu. Salah satu variabel yang diduga dapat menjelaskan hubungan keduanya adalah Dispositional Mindfulness (DM), yaitu kapasitas bawaan untuk mempertahankan perhatian pada pengalaman saat ini dengan sikap terbuka dan tidak menghakimi. Namun, dinamika antara ketiga variabel tersebut belum pernah diteliti pada remaja di Indonesia, sedangkan karakteristik tahap perkembangan remaja menunjukkan pentingnya ketiga variabel di masa ini. Maka penelitian ini bertujuan melihat bagaimana peran DM sebagai mediator antara hubungan IU dan PWB pada remaja di Indonesia. IU diukur menggunakan skala IUS-12, DM dengan skala MAAS, dan PWB dengan skala Ryff's Psychological Well-being. Partisipan berjumlah 352 remaja SMP dan SMA berusia 13-18 tahun ( $M = 16.08$ ) yang mengisi seluruh alat ukur secara daring. Berdasarkan hasil analisis mediasi, ditemukan bahwa DM secara parsial memediasi hubungan antara IU dan PWB ( $b = -.17, p < .01$ ).

.....Psychological Well-being (PWB) during adolescence becomes one of the determinants of mental health in adulthood. Previous research found that Intolerance of Uncertainty (IU), as a variable that influences how a person perceives, interprets, and responds to uncertain situations, can affect individual PWB. One of the variables that is thought to explain the relationship between the two is Dispositional Mindfulness (DM), namely the innate capacity to maintain attention on current experiences in an open and non-judgmental attitude. However, the dynamics between these three variables has never been studied in adolescents in Indonesia, while the characteristics of the stages of adolescent development show the importance of the three variables at this time. So this study aims to see how the role of DM as a mediator between the relationship between IU and PWB in adolescents in Indonesia. IU was measured using the IUS-12 scale, DM was measured by the MAAS scale, and PWB was measured by Ryff's Psychological Well-being scale. The participants were 352 junior high and high school youth aged 13-18 years ( $M = 16.08$ ) who filled out all measuring instruments online. Based on the results of mediation analysis, it was found that DM partially mediated the relationship between IU and PWB ( $b = -.17, p < .01$ ).