

## Gambaran Psychological Well-Being Pada Individu Biseksual Dewasa Muda yang Telah Coming Out = A Description of Psychological Well-Being of the Coming out Bisexual Individuals in Early Adulthood

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### Abstrak

Melihat semakin terbukanya pengetahuan masyarakat tentang LGBT, saat ini tidak hanya lesbian dan gay yang dikenal, tetapi juga biseksual. Oleh karena itu, Coming out sebagai biseksual juga dilakukan para dewasa muda untuk kebutuhan identifikasi. Coming out juga dapat mempengaruhi kesejahteraan psikologis individu biseksual. Maka penelitian ini dilakukan untuk melihat bagaimana gambaran psychological well-being dewasa muda biseksual yang telah coming out. Psychological well-being diukur dengan menggunakan Skala Psychological Well-Being (Ryff & Singer, 2008) yang telah diadaptasi dan berjumlah 42 item. Kemudian untuk melihat orientasi seksual individu yang digunakan Skala Orientasi Seksual (Kanagaraj & Gopal, 2020) yang sudah diadaptasi dan berjumlah 32 item. Penelitian ini dilakukan dengan menggunakan pendekatan kuantitatif deskriptif. Berdasarkan analisa kepada 33 partisipan biseksual yang sudah coming out (usia 18-25 tahun, 60,6 % perempuan), hasil penelitian menunjukkan bahwa psychological well-being mayoritas partisipan berada pada tingkat sedang. Secara spesifik, hasil tersebut diperoleh pada hampir semua dimensi dari psychological well-being kecuali environmental mastery yang menunjukkan skor well-being yang tinggi dengan jumlah yang lebih banyak.

.....Seeing the public's increasing exposure to knowledge about LGBT, currently not only lesbians and gays are known, but also bisexuals. Therefore Coming out as bisexual was also carried out especially as a young adult as a need for identification. Coming out can also affect the psychological well-being of bisexual individuals. So this research was conducted to see how the psychological well-being of bisexual young adults who have come out is described. Psychological well-being is measured using the Psychological Well-Being Scale (Ryff & Singer, 2008) which has 42 items and has been adapted to Bahasa. Meanwhile to see the individual's actual sexual orientation, this research uses Sexual Orientation Scale (Kanagaraj & Gopal, 2020) which has 32 items that also has been adapted to Bahasa. This research was conducted using a descriptive quantitative approach. Through 33 bisexual participants who were already coming out (age 18-25 years, 60.6% female), the results showed that the psychological well-being of the majority of the participants was at a moderate level. Specifically, these results were obtained for almost all dimensions of psychological well-being except for environmental mastery which showed higher results.