

Peran Keberfungsian Keluarga terhadap Aspek Kognitif dan Aspek Afektif Subjective Well-Being pada Emerging Adult = The Role of Family Functioning on Cognitive and Affective Aspects of Subjective Well-Being in Emerging Adult

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Abstrak

Dihadapi dengan ketidakstabilan dan tantangan masa emerging adulthood, individu cenderung rentan akan masalah psikologis. Salah satu hal yang dapat menjadi faktor protektif individu pada masa ini adalah keluarga. Penelitian ini bertujuan untuk mengetahui peran keberfungsian keluarga terhadap aspek kognitif dan aspek afektif subjective well-being pada emerging adult. Terdapat 311 partisipan WNI berusia 18–25 tahun yang diukur keberfungsian keluarga serta subjective well-being-nya menggunakan Family Assessment Device, Satisfaction With Life Scale, dan Positive and Negative Affect Scale. Hasil penelitian menunjukkan keberfungsian keluarga secara signifikan berperan pada subjective well-being, baik pada aspek kognitif (Adjusted R² = 0,262, $p < 0,001$), afek positif (Adjusted R² = 0,093, $p < 0,001$), maupun afek negatif (Adjusted R² = 0,090, $p < 0,001$). Dari 6 dimensi keberfungsian keluarga (pemecahan masalah, komunikasi, peran, respon afektif, keterlibatan afektif, dan kontrol perilaku), dimensi peran dan respon afektif berperan pada aspek kognitif dan afek positif subjective wellbeing sementara dimensi keterlibatan afektif berperan pada afek negatif subjective wellbeing. Melalui hasil penelitian ini, keluarga dan emerging adult diharapkan mampu membentuk fungsi peran, respon afektif, dan keterlibatan afektif yang efektif agar subjective well-being individu pada emerging adult optimal.

.....Emerging adults tend to be vulnerable to psychological problems due to the instability and challenges of emerging adulthood. One of the protective factors in this life period is family. This research aims to examine the influence of family functioning on cognitive and affective aspects of subjective well-being in emerging adult. There were 311 Indonesian participants, aged 18–25 years old, who had their family functioning and subjective well-being measured using the Family Assessment Device, Satisfaction With Life Scale, and Positive and Negative Affect Scale. Research results show that family functioning significantly influences subjective well-being, whether in life satisfaction (Adjusted R² = 0,262, $p < 0,001$), positive affect (Adjusted R² = 0,093, $p < 0,001$), or negative affect (Adjusted R² = 0,090, $p < 0,001$). Among the 6 dimensions of family functioning (problem solving, communication, role, affective responsiveness, affective involvement, and behavior control), the role and affective responsiveness dimension influences the cognitive aspects and positive affect of subjective well-being. On the other hand, affective involvement dimension influences the negative affect of subjective wellbeing. From these results, family and emerging adults should be able to maintain effective functioning of family roles, affective responsiveness, and affective involvement so that emerging adults' subjective well-being is optimal.