

# Hubungan Religious Coping dan Subjective Well-being pada Emerging Adulthood yang Berduka Pasca Kematian Anggota Keluarga = The Relationship Between Religious Coping and Subjective Well-Being in Emerging Adults Who Are Grieving After the Death of a Family Member

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## Abstrak

Pengalaman kematian anggota keluarga merupakan pengalaman traumatis dan non-normatif bagi para emerging adult yang memengaruhi subjective well-being-nya. Penelitian bertujuan untuk melihat peranan religious coping terhadap subjective well-being para emerging adult di konteks pengalaman kehilangan anggota keluarga. Terdapat 172 partisipan berjenis kelamin perempuan dan laki-laki, berusia 18-25 tahun, beragama, berstatus warga negara Indonesia, dan memiliki anggota keluarga yang meninggal dunia. Penelitian korelasional ini menggunakan metode multiple regression dengan alat ukur Brief RCOPE untuk mengukur tingkat penggunaan religious coping, SWLS mengukur tingkat kepuasan hidup sebagai komponen kognitif subjective well-being, dan The PANAS Scale mengukur tingkat afek sebagai komponen afektif subjective well-being. Hasil menunjukkan bahwa positive religious coping dan negative religious coping berkontribusi secara signifikan terhadap seluruh aspek subjective well-being, baik pada kepuasan hidup ( $F(2, 172) = 25.034, p < 0.05, \delta^2 = .229, \text{adjusted } \delta^2 = .219$ ) dengan medium&mdash;large effect size, afek positif ( $F(2, 172) = 8.268, p < 0.05, \delta^2 = .089, \text{adjusted } \delta^2 = .078$ ) dengan small effect size, maupun afek negatif ( $F(2, 172) = 10.139, p < 0.05, \delta^2 = .107, \text{adjusted } \delta^2 = .097$ ) dengan small&mdash;medium effect size. Penelitian ini mendemonstrasikan peranan religious coping terhadap subjective well-being para emerging adult yang kehilangan anggota keluarga.

The death of a family member can be a traumatic and non-normative event. It can affect the well-being of emerging adults. This study examines the role of religious coping on subjective well-being among emerging adults who have lost a family member. The study included 172 participants who were female and male, Indonesian citizens, religious, aged between 18&mdash;25 years, and had experienced the death of a family member within the past five years. This correlational study utilized the multiple regression method to analyze measures such as the Brief RCOPE to measure the level of use of religious coping, the SWLS to measure the level of life satisfaction as the cognitive component of subjective well-being, and the PANAS scale to measure the level of affect as part of the affective component of subjective well-being. The data suggested that positive religious coping and negative religious coping contributed significantly to all aspects of subjective well-being, including life satisfaction ( $F(2, 172) = 25.034, p < 0.05, \delta^2 = .229, \text{adjusted } \delta^2 = .219$ ) with medium-large effect size, positive affect ( $F(2, 172) = 8.268, p < 0.05, \delta^2 = .089, \text{adjusted } \delta^2 = .078$ ) with small effect size, and negative affect ( $F(2, 172) = 10.139, p < 0.05, \delta^2 = .107, \text{adjusted } \delta^2 = .097$ ) with small-medium effect size. This research demonstrates how religious coping may influence the subjective well-being of emerging adults who have lost a family member.