

**ABSTRAK**

Alto Kusumo Yondrian, 110911179, Hubungan antara *Life Skills* dengan *Subjective Well-Being* pada Remaja di Panti Asuhan, *Skripsi*, Fakultas Psikologi Universitas Airlangga Surabaya, 2014.  
xvii + 68 halaman, 6 Lampiran

*Penelitian ini bertujuan untuk menguji dan menganalisis secara empiris hubungan antara life skills dengan subjective well-being pada remaja di panti asuhan. Life skills adalah kemampuan adaptif dan perilaku positif yang membantu individu memenuhi tantangan dan tuntutan sehari-hari secara efektif. Subjective well-being adalah evaluasi seseorang tentang kepuasan hidupnya secara umum dan spesifik pada domain tertentu kehidupan, serta frekuensi munculnya afek positif dan negatif.*

*Sampel penelitian ini melibatkan 74 anak asuh mukim berusia 11 sampai dengan 19 tahun di empat panti asuhan di Surabaya. Penelitian korelasional ini menggunakan prosedur penelitian survei dengan penyusunan alat ukur dalam bentuk kuesioner. Alat ukur yang digunakan adalah alat ukur life skills dan subjective well-being. Uji reliabilitas pada kedua alat ukur masing-masing menghasilkan koefisien reliabilitas sebesar 0,730 untuk alat ukur life skills, dan 0,830 untuk alat ukur subjective well-being. Analisis data dilakukan menggunakan teknik korelasi Pearson product moment dengan bantuan SPSS 16.0 for Windows.*

*Hasil analisis data penelitian menunjukkan bahwa koefisien korelasi ( $r$ ) dan taraf signifikansi ( $p$ ) antara life skills dengan subjective well-being adalah 0,651 dan 0,000. Hal tersebut menunjukkan bahwa terdapat hubungan yang signifikan antara life skills dengan subjective well-being pada remaja di panti asuhan.*

**Kata Kunci:** *Life Skills, Subjective Well-Being, Remaja, Panti Asuhan*

Daftar Pustaka, 37 (1988-2014)

**ABSTRACT**

Alto Kusumo Yondrian, 110911179, Relationship between Life Skills and Subjective Well-Being toward Adolescents in Orphanage, *Undergraduate Thesis*, Faculty of Psychology, Airlangga University Surabaya, 2014.  
xvii + 68 pages, 6 appendix.

*This research aimed to examine and analyse the relationship between life skills and subjective well-being toward adolescents in orphanage. Life skills is defined as abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life. Subjective well-being is defined as one's evaluation about global satisfaction with life, domain satisfaction, and the frequency about appearances of positive and negative affects.*

*At least 74 adolescents from four orphanages in Surabaya have involved as sample of this research. This correlation research was conducted with survey's research procedure, that used questionnaire as the assesment tools. Data were collected with life skills scale and subjective well-being scale. Reliability test toward those scales showed that value of reliability coefficient for life skills scale is 0,730, and 0,830 for subjective well-being scale. Data analysis method used in this research is correlation technique of Pearson product moment with data processing assistance SPSS 16.0 for Windows.*

*Data analysis result showed that correlation coefficient ( $r$ ) and significant degree ( $p$ ) between life skills and subjective well-being is 0,651 and 0,000, respectively. Based on these findings, there is a significant correlation between life skills and subjective well-being toward adolescents in orphanage.*

**Keyword:** *Life Skills, Subjective Well-Being, Adolescent, Orphanage*

*Bibliography, 37 (1988-2014)*