

ABSTRAK

Siti Rochma, 111611133162, Hubungan Antara Keberfungsian Keluarga dan Dukungan Sosial Teman Sebaya dengan *Subjective Well-Being* (Studi pada Remaja yang Mengalami Stres di masa Pandemi COVID-19), *Skripsi*, Fakultas Psikologi Universitas Airlangga, 2020.

xix+104 Halaman, 95 Lampiran.

Penelitian ini bertujuan untuk mengetahui apakah terdapat hubungan antara keberfungsian keluarga dan dukungan sosial teman sebaya terhadap *subjective well-being* remaja yang mengalami stres di masa pandemi COVID-19. Keberfungsian keluarga yang digunakan dalam penelitian ini merupakan teori dari Epstein, Bishop & Levin (1978), teori dukungan sosial teman sebaya oleh Cobb (1976), teori *subjective well-being* oleh Diener (2000), dan teori stres oleh Sarafino (2008).

Penelitian ini menggunakan pendekatan kuantitatif dengan teknik pengumpulan data berupa survei. Skala yang digunakan untuk mengukur ialah skala tingkat stres, *Family Assessment Device* (FAD), skala Dukungan Sosial Teman Sebaya, skala *Satisfaction With Life Scale* (SWLS) dan *Positive Affect and Negative Affect Scale* (PANAS). Penelitian ini melibatkan 212 subjek remaja berusia 14-21 tahun yang diperoleh melalui metode *purposive sampling*. Analisis data dilakukan dengan uji korelasi *pearson* dan *multiple correlation* dengan bantuan *software SPSS versi 26.0 for windows*.

Hasil dari penelitian ini menunjukkan bahwa terdapat hubungan yang negatif antara keberfungsian keluarga dengan *subjective well-being* dengan nilai ($r=0,151$, $p=0,028$), terdapat hubungan yang positif antara dukungan sosial teman sebaya dengan *subjective well-being* dengan nilai ($r=0,285$, $p=0,001$), dan terdapat hubungan positif dan signifikan antara keberfungsian keluarga dan dukungan sosial teman sebaya dengan *subjective well-being* $p=0,000$ atau $<0,05$ dan $F=9,456 >F$ tabel 3,04. Penelitian ini menambahkan variansi baru bahwa keberfungsian keluarga dan dukungan sosial teman sebaya secara bersama-sama mampu memprediksi *subjective well-being* sebesar 8,3%.

Kata Kunci: keberfungsian keluarga, dukungan sosial teman sebaya, *subjective well-being*, stres, remaja, COVID-19

Daftar Pustaka, 95 (1961-2020)

ABSTRACT

Siti Rochma, 111611133162, Relationship Between Family Function and Peer Social Support with Subjective Well-Being (Study of Adolescents Experiencing Stress during the COVID-19 Pandemic), *Thesis*, Faculty of Psychology, Airlangga University, 2020.

xix+104 Pages, 95 Appendix.

This study aims to determine whether there is a relationship between family functioning and peer social support for the subjective well-being of adolescents experiencing stress during the COVID-19 pandemic. The theory of family function used in this study is a by Epstein, Bishop & Levin (1978), theory of peer social support by Cobb (1976), theory of subjective well-being by Diener (2000), and theory of Stress by Sarafino (2008).

This study uses quantitative approach with survey technique. The scale used to measure is Stress Level scale, Family Assessment Device (FAD), Peer Social Support scale, Satisfaction With Life Scale (SWLS) and Positive Affect and Negative Affect Scale (PANAS). By using the purposive sampling method, 212 subjects in adolescent age 14-21 years are involved. Data analysis was done by using Pearson correlation test and multiple correlation with SPSS version 26.0 for windows software.

The results of this study indicate that there is a negative relationship between family functioning and subjective well-being with value ($r=-0.151$, $p=0.028$), there is a positive relationship between peer social support and subjective well-being with value ($r=0.285$, $p=0.001$), and there is a positive relationship and significant between family functioning and peer social support with subjective well-being $p=0.000$ ($p<0,05$) and $F=9,456 >F$ table 3,04. This research adds a new variance that family functioning and peer social support together are able to predict subjective well-being by 8.3%.

Keywords: family functioning, peer social support, subjective well-being, stress, adolescent, COVID-19

References, 95 (1961-2020)