

ABSTRAK

HUBUNGAN *SUBJECTIVE WELL-BEING* DAN *PSYCHOLOGICAL WELL-BEING* DENGAN *FLOURISHING* PADA ANGGOTA IKATAN PENSIUNAN UNIVERSITAS Z DI KOTA MALANG

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Penelitian ini bertujuan untuk memvalidasi hubungan *subjective well-being* dan *psychological well-being* dengan *flourishing* pada anggota Ikatan Pensiunan Universitas Z di Kota Malang. Jenis penelitian ini adalah penelitian korelasional. Partisipan penelitian ini berjumlah 72 orang anggota Ikatan Pensiunan Universitas Z.

Instrumen pada penelitian ini mengadaptasi skala *PERMA-profiler* (23 aitem, $\alpha = 0,886$), *Satisfaction with Life Scale* (4 aitem, $\alpha = 0,777$), *Scale of Positive Experience* (6 aitem, $\alpha = 0,882$), *Scale of Negative Experience* (6 aitem, $\alpha = 0,800$), dan *Psychological Well-Being Scale* (39 aitem, $\alpha = 0,898$). Hasil uji regresi linear berganda menunjukkan adanya hubungan yang signifikan dan positif antara *subjective well-being* dan *psychological well-being* dengan *flourishing* ($R = 0,465$, $p = 0,000 < 0,05$).

Variabel *subjective well-being* memberikan kontribusi sebesar 5,9% ($R^2 = 0,059$, $F = 4,353$, $p = 0,041 < 0,05$) terhadap *flourishing*, ketika variabel lain ditambahkan dalam hal ini adalah variabel *psychological well-being* nilai kontribusi keduanya berubah menjadi 21,6% ($R^2 = 0,216$, $F = 9,528$, $p = 0,000 < 0,05$). Sebesar 21,6% nilai kontribusi diberikan oleh variabel *subjective well-being* dan *psychological well-being* terhadap *flourishing* sedangkan 78,4% lainnya berasal dari kontribusi variabel yang tidak diteliti. Penelitian ini telah membuktikan bahwa terdapat hubungan yang signifikan dan bernilai positif antara *subjective well-being* dan *psychological well-being* dengan *flourishing* pada anggota Ikatan Pensiunan Universitas Z di Kota Malang.

Kata kunci: *subjective well-being*, *psychological well-being*, *flourishing*, pensiun

ABSTRACT

RELATIONSHIP BETWEEN SUBJECTIVE WELL-BEING AND PSYCHOLOGICAL WELL-BEING WITH FLOURISHING ON MEMBERS OF THE UNIVERSITY Z RETIREMENT ASSOCIATION IN MALANG

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This study aims to validate the relationship between subjective well-being and psychological well-being with flourishing among members of the University Z Retirement Association in Malang City. This type of research is correlational research. The participants of this study were 72 members of the University Z Retirement Association.

The instrument in this study adapted the scale PERMA-profiler (23 items, $\alpha = 0.886$), Satisfaction with Life Scale (4 items, $\alpha = 0.777$), Scale of Positive Experience (6 items, $\alpha = 0.882$), Scale of Negative Experience (6 items, $\alpha = 0.800$), and Psychological Well-Being Scale (39 items, $\alpha = 0.898$). The results of the multiple linear regression test showed that there was a significant and positive relationship between subjective well-being and psychological well-being with flourishing ($R = 0.465$, $p = 0.000 < 0.05$).

Variable subjective well-being contributed 5.9% ($R^2 = 0.059$, $F = 4.353$, $p = 0.041 < 0.05$) to flourishing, when other variables were added in this is the variable psychological well-being the value of the contribution of both changes to 21.6% ($R^2 = 0.216$, $F = 9.528$, $p = 0.000 < 0.05$). 21.6% of the contribution value was given by the variables subjective well-being and psychological well-being to flourishing while the other 78.4% came from the contribution of variables not studied. This study has proven that there is a significant and positive relationship between subjective well-being and psychological well-being with flourishing among members of the University Z Retirement Association in Malang.

**Keywords: subjective well-being, psychological well-being, flourishing,
retirement**