

ABSTRAK

Zelina Frismana Putri, 111211133101, Hubungan Antara Keterampilan Sosial dan Psychological Wellbeing Pada Siswa SMP Negeri 1 Surabaya, Skripsi Fakultas Psikologi Universitas Airlangga Surabaya, 2019.
xx+ 71 halaman, 11 lampiran

Penelitian ini bertujuan untuk mengetahui adakah hubungan antara keterampilan sosial dengan *psychological wellbeing* pada siswa SMP Negeri 1 Surabaya.

Penelitian ini dilakukan pada 217 siswa dimana dalam hal ini siswa Sekolah Menengah Pertama Negeri 1 Surabaya. Teknik pengumpulan data penelitian adalah survei dengan menggunakan kuesioner, skala penelitian keterampilan sosial (*social skill*) adaptasi menggunakan aspek-aspek dari Merrel & Gimpel. Sedangkan *psychological wellbeing* modifikasi menggunakan alat ukur Ryff's Psychological Wellbeing dikembangkan oleh Ryff (1989). Setelah melalui uji validitas dan reliabilitas, skala keterampilan sosial berjumlah 32 aitem (0,969) dan *psychological wellbeing* berjumlah 42 aitem (0,855). Kuesioner disebarakan secara langsung di lokasi sekolah SMP Negeri 1 Surabaya.

Analisis data dilakukan dengan uji Spearman's Rho menggunakan IBM SPSS *Statistics 20.0 for windows*. Berdasarkan hasil analisis data penelitian, terdapat hubungan antara keterampilan sosial dan *psychological wellbeing* pada remaja ($\rho = 0,00$; $r = 0,530$).

Kata Kunci: Keterampilan Sosial, *Psychological Wellbeing*, Siswa

Daftar Pustaka, 59 (1980-2019)

ABSTRACT

Zelina Frismana Putri, 111211133101, The Relationship Between Social Skills and Psychological Wellbeing in Adolescents, Undergraduate Thesis, Faculty of Psychology Universitas Airlangga Surabaya, 2019.
xx + 71 pages, 11 appendixes

This study aims to determine whether there is a relationship between social skills and psychological well-being in students of Surabaya Middle School 1.

This study was conducted on 217 students in this case in SMP Negeri 1 Surabaya. The technique of collecting research data is a survey using a questionnaire, a scale of social skills research, using aspects of Merrel & Gimpel. While psychological well-being was modified using Ryff's Psychological Wellbeing measuring instruments developed by Ryff (1989). After going through the tests of validity and reliability, the social skills scale beat 32 items (0.969) and psychological well-being collected 42 items (0.855). The questionnaire was distributed directly at the location of the Surabaya 1 Public Middle School.

Data analysis was performed by the Spearman's Rho test using IBM SPSS Statistics 20.0 for Windows. Based on the results of the analysis of research data, there is a correlation between social skills and psychological well-being in adolescents ($\rho = 0.00$; $r = 0.530$).

Key Words:*Social Skills, Psychological Wellbeing, Students.*

References, 59 (1980-2019)