

ABSTRAK

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Judul Skripsi : Hubungan Antara Dukungan Sosial Dengan *Subjective Well-Being* Pada Individu Dewasa Awal Yang Mengalami Perceraian Orang Tua
Pembimbing : Dr. Dearly, M.Psi., Psikolog.

Salah satu upaya agar individu dapat menerima pengalaman perceraian orang tua yang mereka alami yaitu dengan adanya dukungan sosial yang individu terima. Tujuan penelitian ini adalah untuk mengetahui hubungan antara dukungan sosial dengan *subjective well-being* pada individu dewasa awal yang mengalami perceraian orang tua. Metode penelitian yang digunakan adalah kuantitatif korelasional. Dengan teknik sampling *accidental sampling*, diperoleh sampel sebanyak 187 responden dengan kriteria individu dewasa awal yang mengalami perceraian orang tua yang tinggal di DKI Jakarta. Alat ukur yang digunakan untuk mengukur *subjective well-being* yaitu *Flourishing Scale* (FS) dan *Scale of Positive Affect and Negative Affect* (SPANE) dari Diener et al. (2009) dan *Multidimensional Scale of Perceived Social Support* (MSPSS) dari Zimet et al. (1988) yang telah diadaptasi ke dalam bahasa Indonesia. *Flourishing Scale* (FS) terdiri dari 8 item, SPANE 11 item dan MSPSS 12 item yang valid dan reliabel (Cronbach's Alpha FS = 0.877, SPANE= 0.865, MSPSS = 0.905). Data dianalisis dengan teknik korelasi *Spearman* menggunakan aplikasi SPSS versi 22. Hasil penelitian membuktikan bahwa terdapat hubungan yang positif dan signifikan antara dukungan sosial dengan dimensi kesejahteraan subjektif, yaitu *flourishing* ($r = 0.677$, $p = 0.00$). Hal ini berarti semakin banyak individu mendapatkan dukungan dari keluarga, teman, dan orang terdekat lainnya, semakin tinggi pula kesejahteraan subjektifnya. Setelah orang tua bercerai individu ikut dengan dan usia saat orang tua bercerai menjadi faktor yang membedakan tingkat dukungan sosial dan *subjective well-being* dewasa awal yang mengalami perceraian orang tua.

Kata Kunci : *Subjective Well-Being*, Dukungan Sosial, dewasa awal, perceraian orang tua

ABSTRACT

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In Young Adult Individuals Experiencing Parental Divorce
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One effort so that individuals can accept the experience of their parents divorce is with the social support that individuals receive. The purpose of this study was to determine the relationship between social support and subjective well-being in early adulthood individuals who have experienced parental divorce. The research method used is correlational quantitative. Using the accidental sampling technique, a sample of 187 respondents was obtained with the criteria of early adult individuals who experienced divorce from their parents living in DKI Jakarta. The measurement tools used to measure subjective well-being are the Flourishing Scale (FS) and the Scale of Positive Affect and Negative Affect (SPANE) from Diener et al. (2009) and the Multidimensional Scale of Perceived Social Support (MSPSS) from Zimet et al. (1988) which has been adapted into Indonesian. Flourishing Scale (FS) consists of 8 items, SPANE 11 items and MSPSS 12 items which are valid and reliable (Cronbach's Alpha FS = 0.877, SPANE = 0.865, MSPSS = 0.905). Data were analyzed using the Spearman correlation technique using SPSS version 22. The results of the study proved that there was a positive and significant relationship between social support and the dimensions of subjective well-being, namely flourishing ($r = 0.677$, $p = 0.00$). This means that the more individuals get support from family, friends, and other closest people, the higher their subjective well-being. After the parents divorce, the individual comes with them and the age when the parents divorce is a factor that differentiates the level of social support and subjective well-being of early adults who experience parental divorce.

Keywords: *Subjective Well-Being, Social Support, young adults who experience, parental divorce.*