

ABSTRAK

Nama : Sri Maryati
NIM : 46118320004
Program Studi : Psikologi
Judul Laporan Skripsi : Gambaran Dinamika Kesejahteraan Psikologis (*Psychological Well-Being*) Seorang *Entrepreneur* Pada Masa Pemulihan Usaha Pasca Pandemi Covid-19
Pembimbing : Firman Firdaus, M.Si.

Di LPKSM Al Bayan Madani, Bekasi ditemukan dampak Pandemi Covid-19 berimbas kepada ekonomi dan psikologis *entrepreneur*, tujuan penelitian ini melihat gambaran dinamika Kesejahteraan Psikologis (*Psychological Well-Being*) seorang *entrepreneur* dimasa pemulihan usaha pasca pandemi Covid-19.

Metode penelitian kualitatif pendekatan studi kasus, pengambilan data dengan wawancara semi terstruktur, observasi (catatan pengamatan lapangan) serta dokumentasi. Teknik analisis data dengan *Analysis thematic*, sampel 3 orang *entrepreneur*. Teori Ryff & Keyes (1989) menyatakan konsep kesejahteraan psikologis (*psychological Well-Being*) mencakup enam dimensi teoretis : (1) penerimaan diri (*self acceptance*), (2) kemandirian (*autonomy*), (3) hubungan positif dengan orang lain (*positive relations with others*), (4) penguasaan lingkungan (*environmental mastery*), dan (5) pertumbuhan pribadi (*personal growth*), (6) tujuan hidup (*purpose in life*)

Hasil penelitian menggambarkan dinamika dimensi penerimaan diri merupakan fungsi positif dari kemampuan mengolah pengalaman, dimensi hubungan positif dengan orang lain merupakan fungsi dari tingginya rasa saling percaya dengan pasangan, dimensi kemandirian (*autonomy*) merupakan fungsi positif dari integritas diri, dimensi tujuan hidup (*purpose in life*) merupakan fungsi dari niat dan harapan untuk kebermanfaatannya diri dan orang lain, dimensi pengembangan pribadi (*personal growth*) merupakan fungsi dari kemampuan membangun generasi dan menyesuaikan diri dengan perubahan.

Temuan gambaran khas dari 4 (empat) dimensi yaitu dinamika kedekatan hubungan dengan Tuhan pada dimensi hubungan positif dengan orang lain, gambaran kematangan psikologis yang terbentuk alamiah melalui proses pada dimensi pengembangan diri (*personal growth*) dan dimensi penguasaan lingkungan (*environmental mastery*). Sikap berserah yang didahului dengan usaha maksimal pada dimensi kemandirian (*autonomy*). Faktor yang mendasarinya (1) religius, (2) dukungan sosial, (3) latar belakang pengalaman dan pengetahuan berbeda, (4) serta budaya/culture.

Kata Kunci : *Entrepreneur, Kesejahteraan Psikologis, Pandemi Covid -19*

ABSTRACT

Name : Sri Maryati
NIM : 46118320004
Study Program : *Psychology*
Title of Thesis : *An Overview of the Dynamics of Psychological Well-Being of an Entrepreneur During the Post-Covid-19 Pandemic Business Recovery*
Counsellor : Firman Firdaus,M.Si

At LPKSM Al Bayan Madani, Bekasi, it was found that the impact of the Covid-19 Pandemic had an impact on the economy and psychology of entrepreneurs. The purpose of this study is to look at the dynamics of Psychological Well-Being (Psychological Well-Being) of an entrepreneur during the business recovery period after the Covid-19 pandemic.

The qualitative research method is a case study approach, collecting data using semi-structured interviews, observations (field observation notes) and documentation. Data analysis techniques using thematic analysis, a sample of 3 entrepreneurs. The theory of Ryff & Keyes (1989) states that the concept of psychological well-being includes six theoretical dimensions: (1) self-acceptance, (2) autonomy, (3) positive relationships with others (positive relations with others), (4) environmental mastery, and (5) personal growth, (6) purpose in life.

The results of the study describe the dynamics of the dimensions of self-acceptance as a positive function of the ability to process experiences, the dimensions of positive relationships with others are a function of high mutual respect.

believe in a partner, the dimension of independence (autonomy) is a positive function of self-integrity, the dimension of life goals (purpose in life) is a function of intentions and expectations for the benefit of oneself and others, the dimension of personal development (personal growth) is a function of the ability to build generations and adapt to change.

The findings of a typical picture of 4 (four) dimensions, namely the dynamics of closeness to God in the dimension of positive relations with other people, a picture of psychological maturity that is formed naturally through processes on the dimensions of personal growth and environmental mastery dimensions. which is preceded by maximum effort on the dimension of independence (autonomy). The underlying factors are (1) religious, (2) social support, (3) different experience and knowledge backgrounds, (4) and culture/culture.

Keywords: Covid-19 pandemic, Entrepreneur, Psychological Well-Being