

# HUBUNGAN *SUBJECTIVE HAPPINESS* DAN *SOCIAL SUPPORT* DENGAN RESILIENSI PADA INDIVIDU DEWASA AWAL DI JABODETABEK

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## ABSTRAK

Individu dalam menghadapi tantangan perkembangan masa dewasa awal akan menemui berbagai pertanyaan dari masyarakat tentang kehidupan pribadinya. Tuntutan dari lingkungan sosial ini akan menjadi sumber tekanan psikologis individu hingga mengalami permasalahan krusial; terutama pada masa dewasa awal. Penelitian ini bertujuan untuk mengetahui hubungan antara *subjective happiness* dan *social support* dengan resiliensi pada individu dewasa awal di Jabodetabek. Penelitian ini dilakukan terhadap 385 individu dewasa awal dengan rentang usia 20-30 tahun. Metode yang digunakan dalam penelitian ini adalah kuantitatif dengan teknik analisis data korelasi *Spearman*. Pengambilan sampel dilakukan dengan menggunakan *non-probability sampling* dengan teknik *convenience sampling*. Instrumen dalam penelitian ini menggunakan *Connor-Davidson Resilience Scale* (CD-RISC), *Subjective Happiness Scale* (SHS), dan *Multidimensional Scale of Perceived Social Support* (MSPSS). Hasil penelitian menunjukkan bahwa terdapat hubungan positif yang signifikan antara *subjective happiness* dan *social support* dengan resiliensi pada individu dewasa awal di Jabodetabek.

**Kata Kunci:** *Subjective Happiness*, *Social Support*, Resiliensi, Dewasa Awal

***THE RELATIONSHIP BETWEEN SUBJECTIVE HAPPINESS AND  
SOCIAL SUPPORT WITH RESILIENCE IN EARLY ADULTHOOD  
INDIVIDUALS IN JABODETABEK***

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***ABSTRACT***

*Individuals in facing the developmental challenges of early adulthood will meet various questions from society about their personal lives. The demands from this social environment will be a source of psychological pressure on individuals to experience crucial problems; especially, during early adulthood. The aim of this study is that to determine the relationship between subjective happiness and social support with resilience in early adulthood individuals in Jabodetabek. This study was conducted on 385 early adults with an age range of 20-30 years. The method used in this study was quantitative with Spearman's correlation data analysis technique. Moreover, sampling was conducted by using non-probability sampling with convenience sampling technique. The instruments used in this study were the Connor-Davidson Resilience Scale (CD-RISC), the Subjective Happiness Scale (SHS), and the Multidimensional Scale of Perceived Social Support (MSPSS). The result of this study shows that there is a significant positive relationship between subjective happiness and social support with resilience in early adulthood individuals in Jabodetabek.*

***Keywords:*** *Subjective Happiness, Social Support, Resilience, Early Adulthood*