

## **Dinamika Subjective Well-being pada Sukarelawan Mahasiswa Tanggap Bencana Alam**

Ela Restu Insani<sup>1</sup>, Fuad Hamsyah<sup>2</sup>  
Fakultas Psikologi, Universitas Gadjah Mada  
Email: [ela.restu.insani@ugm.ac.id](mailto:ela.restu.insani@ugm.ac.id)

**Abstract.** Non-professional volunteers are describe as volunteers who voluntarily offers to help in natural disaster response efforts without experience and training, college students among them. Therefore, lack of experience in responding to conditions of natural disasters puts them at greater risk of being psychologically affected. This study aims to explore the dynamics of subjective well-being in college student volunteers in natural disaster response efforts who are faced with high-risk conditions. Additionally, this research also explores the motivation of college students to join as volunteers for natural disaster response. The qualitative-phenomenological approach was carried out through in-depth interviews with three participants selected by purposive sampling. The results show that natural disaster response volunteers can achieve subjective well-being in condition of negative experiences with the right coping strategies. When subject of the research could manage their negative experience through right coping mechanism, they can develop positive feelings which can influence the meaning of their experiences and lead to life satisfaction. Volunteering in natural disaster response efforts is considered valuable since it is an opportunity not many college students can experience.

**Keywords:** *natural disaster, volunteer, subjective well-being, motivation*

**Abstrak.** Sukarelawan non-profesional merupakan sukarelawan yang membantu menanggapi bencana alam tanpa pengalaman dan pelatihan seperti mahasiswa. Sukarelawan non-profesional memiliki risiko terdampak psikologis karena minimnya pengalaman. Penelitian ini bertujuan untuk menggali dinamika *subjective well-being* pada sukarelawan mahasiswa tanggap bencana alam yang dihadapkan oleh kondisi yang penuh risiko. Selain itu, penelitian ini juga mengulas motivasi mahasiswa bergabung menjadi sukarelawan tanggap bencana alam. Pendekatan kualitatif-fenomenologis dilakukan melalui wawancara mendalam terhadap 3 partisipan yang dipilih dengan *purposive sampling*. Hasil menunjukkan bahwa partisipan dapat mencapai *subjective well-being* apabila mereka dapat mengelola pengalaman negatif dengan strategi koping yang tepat dan mengembangkan perasaan positif yang nantinya dapat mempengaruhi pemaknaan pengalamannya dan memunculkan kepuasan hidupnya. Pengalaman menjadi sukarelawan tanggap bencana alam dinilai berharga oleh mahasiswa.

**Kata kunci:** *bencana alam, sukarelawan, subjective well-being, motivasi*