

Peran *Perceived Social Support* Terhadap Kesejahteraan Psikologis Mahasiswa Selama Masa Pandemi Covid-19

Salma Hulwah¹ & Arum Febriani²

^{1,2} Fakultas Psikologi Universitas Gadjah Mada

Email: ¹salma.hulwah@mail.ugm.ac.id, ²arum_febriani@ugm.ac.id

Abstrak

Kesejahteraan psikologis adalah salah satu aspek penting yang menjadi penunjuk keberhasilan proses penyesuaian diri mahasiswa dalam menghadapi berbagai macam kondisi selama masa pandemi COVID-19. Penelitian ini bertujuan untuk menguji peran *perceived social support* terhadap kesejahteraan psikologis mahasiswa selama masa pandemi COVID-19. Partisipan dalam penelitian ini berjumlah 148 remaja yang merupakan mahasiswa aktif dengan rentang usia 18-21 tahun. Penelitian ini menggunakan instrumen *Ryff's Psychological Well-being Scale (RPWBS)* dan *Multidimensional Scale of Perceived Social Support (MSPSS)*. Hasil analisis menunjukkan bahwa *perceived social support* memiliki peran yang signifikan dalam meningkatkan kesejahteraan psikologis mahasiswa selama masa pandemi COVID-19 dengan sumbangan efektif sebesar 19,7%.

Kata kunci: *kesejahteraan psikologis, perceived social support, mahasiswa, covid-19*

Abstract

Psychological well-being is one of the important aspects that indicates the success of the student's self-adjustment process in dealing with various conditions during the COVID-19 pandemic. This study aims to examine the role of perceived social support on the psychological well-being of university students during the COVID-19 pandemic. The participants in this study are 148 active students within 18-21 years of age. This study used Ryff's Psychological Well-being Scale (RPWBS) and Multidimensional Scale of Perceived Social Support (MSPSS) as the instruments. The results of the analysis show that perceived social support has a significant role in improving the psychological well-being of university students during the COVID-19 pandemic with an effective contribution of 19.7%.

Keywords: *psychological well-being, perceived social support, students, covid-19*