

**THE ROLE OF PSYCHOLOGICAL FLEXIBILITY AND RESILIENCE  
ON INDOONESIAN UNIVERSITY STUDENTS' PSYCHOLOGICAL WELL-  
BEING  
IN COVID-19 PANDEMIC ERA**

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**ABSTRACT**

Three years since COVID-19 pandemic, protocols have been changing the lives of many people including university students. This situation has affected university students' psychological well-being. This study aimed to find out the role and contribution of both psychological flexibility and resilience on Indonesian university students' psychological well-being. Scale of Psychological Well-Being, Acceptance and Action Questionnaire II, and Connor – Davidson Resilience Scale 25 were used as instruments for data collection. There were 158 undergraduate students from Indonesia that participated in this study. The participants were Indonesian university students from batch 2017 to 2021 that have been through academic activities on pandemic situation. Multiple linear regressions were done to analyze the data obtained and get the result of  $R^2 = 0.696$ . This shows that both psychological flexibility and resilience have a role in psychological well-being as much as 69.6%. Furthermore, it is proved that both psychological flexibility and resilience has role in Indonesian university students' psychological well-being.

*Keywords:* psychological flexibility, resilience, psychological well-being, university students

## ABSTRAK

Tiga tahun sejak pandemi COVID-19, berbagai protokol kesehatan yang diberlakukan mengubah banyak aspek dalam kehidupan manusia termasuk komunitas mahasiswa. Perubahan-perubahan yang terjadi selama pandemi berdampak pada kesejahteraan psikologis dari mahasiswa. Penelitian ini bertujuan untuk mengungkap peran fleksibilitas psikologis dan resiliensi secara simultan pada kesejahteraan psikologis mahasiswa Indonesia. Penelitian ini menggunakan Scale of Psychological Well-Being, Acceptance and Action Questionnaire II, dan Connor – Davidson Resilience Scale 25 untuk mengukur variabel yang diteliti. Terdapat 158 mahasiswa Indonesia yang berpartisipasi dalam penelitian ini. Berdasarkan analisis linear berganda penelitian ini memperoleh nilai sebesar  $R^2 = 0.696$ . Hasil ini menunjukkan bahwa fleksibilitas psikologis dan resiliensi secara simultan memiliki peran sebanyak 69.6% terhadap kesejahteraan psikologis. Maka dari itu, fleksibilitas psikologis dan resiliensi secara bersamaan memiliki peran dalam kesejahteraan psikologis mahasiswa Indonesia.

*Kata Kunci:* fleksibilitas psikologis, resiliensi, kesejahteraan psikologis, mahasiswa