

THE ROLE OF ANCHOR VIRTUE, ANCHOR MATERIAL, ANCHOR SELF, AND ANCHOR OTHERS TO FLOURISHING IN EMERGING ADULTHOOD

PERAN ANCHOR VIRTUE, ANCHOR MATERIAL, ANCHOR SELF, SERTA ANCHOR OTHERS TERHADAP FLOURISHING PADA EMERGING ADULTHOOD

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Abstract

Happiness or well-being is an important topic to research because it is beneficial for mental health, both at the individual level to the level of country development. The goal of the theory of well-being in positive psychology is to achieve a flourishing condition in human beings. Personality is an important factor influencing flourishing, but there is no research that examines the relationship between anchor personality and flourishing. This study aims to determine the relationship between anchor virtue, anchor material, anchor self, and anchor others on the flourishing among emerging adulthood. The research method is a non-experimental quantitative in the form of an online survey. Research participants are Indonesian Citizens aged 18-25 years. The results of the Structural Equation Model (SEM) analysis show that the anchor virtue is the only anchor that predicts overall-flourishing positively and significantly. Anchor virtue also significantly predict each PERMA element separately. Anchor self and material do not predict flourishing significantly, while anchor others predict flourishing negatively. The results of this study prove empirically the importance of emerging adulthood in order to hold on to anchor virtues to achieve a state of flourishing.

Keywords: *anchor personality, emerging adulthood, flourishing, virtue, well-being*

Abstrak

Kebahagiaan atau *well-being* adalah topik yang penting untuk diteliti karena bermanfaat untuk kesehatan mental masyarakat, baik di level individu hingga level pembangunan negara. Tujuan dari teori *well-being* dalam psikologi positif adalah untuk tercapainya kondisi *flourishing* pada manusia. Kepribadian merupakan faktor penting yang mempengaruhi *flourishing*, namun belum ada penelitian yang menelaah hubungan antara kepribadian *anchor* terhadap *flourishing*. Penelitian ini bertujuan untuk mengetahui hubungan antara *anchor virtue*, *anchor material*, *anchor self*, dan *anchor others* terhadap *flourishing* pada kelompok individu dalam tahap perkembangan *emerging adulthood*. Metode penelitian yang digunakan adalah kuantitatif non-eksperimen yang berupa survei secara *online*. Partisipan penelitian adalah Warga Negara Indonesia (WNI) yang berusia 18-25 tahun. Hasil analisis Structural Equation Model (SEM) menunjukkan bahwa *anchor virtues* adalah satu-satunya *anchor* yang memprediksi *overall-flourishing* secara positif dan signifikan. *Anchor virtues* juga secara signifikan memprediksi masing-masing elemen PERMA secara terpisah. *Anchor self* dan *materials* tidak memprediksi *flourishing* secara signifikan, sedangkan *anchor others* memprediksi *flourishing* secara negatif. Hasil penelitian ini membuktikan secara empiris pentingnya *emerging adulthood* agar berpegang pada *anchor virtues* untuk mencapai kondisi *flourishing*.

Kata kunci: *emerging adulthood, flourishing, kepribadian anchor, virtue, well-being*