



Peran Kepribadian Big Five Terhadap Psychological well-being Dengan Adaptive coping Sebagai Mediator Pada Siswa Penghafal Al-Quran

The Role of the Big Five Personalities to Psychological Well-Being With Adaptive coping As a Mediator in Students Who Memorize the Al-Quran

Tika Faizatul M¹, Sofia Retnowati²

^{1,2}Fakultas Psikologi Universitas Gadjah Mada. Jl. Sosio Humaniora, Bulaksumur, Yogyakarta

Koparticipansi: 1tikafaiza75@mail.ugm.ac.id, 2sofi_53@ugm.ac.id

Abstract. *Positive psychology shifts the discussion of pathology in humans towards a more positive discussion, including the discussion of adolescents. Previously, adolescents were viewed from a negative perspective, but now there is a lot of discussion on the positive functions of adolescents, although there are still far fewer of them than adults. Psychological well-being is an important indicator of quality of life, potential growth, and optimal functioning. Various efforts have been made to optimize psychological well-being, including the presence of flagship school programs such as memorizing the Koran. In this study, the personality of the Big Five is an important predictor for understanding psychological well-being, with adaptive coping as a mediator. A cross-sectional survey was conducted using three instruments on 226 students who memorized the Koran at a boarding school. Hypothesis testing with SEM-PLS shows agreeableness, extraversion, and openness to experience to be significantly positively related to psychological well-being through adaptive coping as mediators. Conscientiousness and neuroticism were not shown to have a relationship*

Keywords: *positive psychology, youth, quality of life, psychological well-being, school, memorizing the Koran, personality, adaptive coping.*

Abstrak. Psikologi positif menggeser bahasan patologis pada manusia menuju bahasan yang lebih positif, termasuk pada bahasan mengenai remaja. Sebelumnya remaja dipandang dari segi negatif, namun dewasa ini bahasan fungsi positif pada remaja mulai banyak meski terhitung jauh lebih sedikit dibandingkan pembahasan pada orang dewasa. *Psychological well-being* menjadi indikator penting dalam melihat kualitas hidup, pertumbuhan potensi, dan keoptimalan fungsi hidup remaja. Berbagai usaha dilakukan untuk optimalisasi *psychological well-being*, termasuk upaya sekolah menghadirkan program unggulan seperti menghafal Alquran. Dalam penelitian ini, kepribadian *Big Five* menjadi prediktor penting untuk memahami *psychological well-being* dengan mediator *adaptive coping*. Survei *crosssectional* dilakukan dengan tiga instrumen pada 226 siswa penghafal Alquran di sebuah sekolah berbasis asrama. Uji hipotesis dengan SEM-PLS menunjukkan *agreeableness*, *extraversion*, dan *openness to experience* terbukti berhubungan positif signifikan terhadap *psychological well-being* melalui mediator *adaptive coping*. Sedangkan *conscientiousness* dan *neuroticism* tidak terbukti memiliki hubungan.

Kata kunci: *psikologi positif, remaja, kualitas hidup, psychologicl well-being, sekolah, menghafal Al-Quran, kepribadian, koping daptif.*