

Psychological Immunity sebagai Mediator Hubungan antara Loneliness dan Subjective Well-Being pada Mahasiswa
The Mediation Role of Psychological Immunity Between Loneliness and Subjective Well-Being Among University Student

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Abstract. Subjective well-being is an important component for students to have. On the other hand, loneliness is a phenomenon that is often found in the student population and is associated with low subjective well-being. This study aims to determine the role of psychological immunity as a mediator between of loneliness and student subjective well-being. The participants in this study ($N = 347$) are active undergraduate students aged 18-25 years. This study used four measurement tools, namely UCLA Loneliness version 3, the Psychological Immunity Scale, the Positive Affect Negative Affect Scale (PANAS) and Satisfaction With Life Scale (SWLS). The mediation analysis found that psychological immunity partially mediates the relationship between loneliness and subjective well-being ($\beta = -0.246$, $p < 0.001$). The results of this study can contribute for literature studies in developing interventions that improve subjective well-being of student with loneliness problem.

Keywords: *loneliness, student, psychological immunity, subjective well being*

Abstrak. *Subjective well-being* merupakan komponen yang penting dimiliki mahasiswa. Di sisi lain, kesepian merupakan fenomena yang seringkali ditemui pada populasi mahasiswa dan berhubungan dengan rendahnya *subjective well-being*. Penelitian ini bertujuan untuk mengetahui apakah *psychological immunity* dapat memediasi pengaruh kesepian terhadap *subjective well-being* mahasiswa. Partisipan penelitian ini ($N = 347$) adalah mahasiswa aktif S1 berusia 18-25 tahun. Penelitian ini menggunakan empat alat ukur yaitu *UCLA Loneliness* versi 3, skala *Psychological Immunity*, serta skala *Positive Affect Negative Affect Scale* (PANAS) dan *Satisfaction With Life Scale* (SWLS). Analisis mediasi yang dilakukan menemukan bahwa *psychological immunity* memediasi parsial hubungan kesepian dengan *subjective well-being* ($\beta = -0.246$, $p < 0.001$). Hasil penelitian ini diharapkan dapat menjadi salah satu acuan kajian pustaka dalam menyusun intervensi untuk meningkatkan *subjective well-being* mahasiswa dengan permasalahan kesepian.

Kata kunci: *kesepian, mahasiswa, psychological immunity, subjective well being*