

Peran Grit terhadap Well-Being pada Emerging Adults

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Abstrak. Masa transisi *emerging adult* merupakan masa yang sensitif untuk perkembangan *well-being* individu. Untuk itu, mengoptimalkan *well-being* diperlukan untuk kesuksesan perkembangan tahap *emerging adult*. Studi ini bertujuan untuk mengetahui peran *grit* terhadap *well-being* pada *emerging adults*. Penelitian ini melibatkan 284 remaja akhir hingga dewasa awal berusia 18-29 tahun. Alat ukur penelitian menggunakan *The PERMA Profiler* dan *The Triarchic Model of Grit Scale*. Data dianalisis menggunakan regresi linier sederhana yang menunjukkan bahwa terdapat peran *grit* terhadap *well-being* sebesar 38.7%. Semakin tinggi tingkat *grit*, semakin tinggi tingkat *well-being*.

Kata kunci: *Emerging Adult*, *Grit*, dan *Well-Being*.

The Role of Grit on Well-Being in Emerging Adults

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Abstract. The emerging adult transition period is sensitive to the development of individual well-being. Thus, optimizing well-being is necessary for a successful development of this stage. This study aims to determine the role of grit in the well-being of emerging adults. Participants in this study were 284 Indonesian emerging adults aged 18-29 years. The research aspects measured using The PERMA Profiler and The Triarchic Model of Grit Scale. Data analysis conducted through simple regression analysis, revealed that grit played a role in well-being of emerging adults in Indonesia. Grit contributed 38.7% to the well-being, with higher levels of grit determine higher levels of well-being.

Keywords: *Emerging Adult*, *Grit*, and *Well-Being*.