

Peran Persepsi Dukungan Sosial Terhadap Resiliensi Pada Mahasiswa Dengan Fleksibilitas Psikologis Sebagai Mediator

A. Mursyidah Yusuf¹, Diana Setiyawati²

^{1,2}Fakultas Psikologi Universitas Gadjah Mada

e-mail: 1amursyidahyusuf@mail.ugm.ac.id, 2diana@ugm.ac.id

Abstract. Resilience plays a crucial role in helping university students cope with various challenges. It is a dynamic construct shaped by the interaction between external resources, such as social support, and internal strengths, such as psychological flexibility. This study aimed to examine the role of psychological flexibility as a mediator in the relationship between perceived social support and resilience among university students. A survey was conducted involving 391 students aged 18–29 years (291 females, 100 males), using the Connor-Davidson Resilience Scale-10 (CD-RISC-10), the Psy-Flex Scale, and the Multidimensional Scale of Perceived Social Support (MSPSS). Mediation analysis was carried out using the medmod module in Jamovi 2.6.26. The findings revealed that psychological flexibility significantly mediated the relationship between perceived social support and resilience (indirect effect, $\beta = 0.104$, $p < 0.001$). These results highlight the importance of perceived social support in fostering psychological flexibility, which in turn contributes to the development of resilience in university students.

Keywords: *Psychological flexibility, resilience, perceived social support, college students*

Abstrak. Resiliensi berperan penting dalam membantu mahasiswa menghadapi berbagai tantangan. Resiliensi merupakan suatu konsep yang dinamis yang terbentuk melalui interaksi sumber daya eksternal seperti dukungan sosial dan kekuatan internal individu seperti fleksibilitas psikologis. Penelitian ini bertujuan untuk mengetahui peran fleksibilitas psikologis sebagai mediator hubungan antara persepsi dukungan sosial dan resiliensi pada mahasiswa. Survei melibatkan 391 orang mahasiswa berusia 18-29 tahun (291 perempuan, 100 laki-laki) menggunakan skala *Connor-Davidson Resilience Scale-10* (CD-RISC-10), *Psy-Flex*, dan *The Multidimensional Scale of Perceived Social Support* (MSPSS). Analisis mediasi dilakukan dengan paket *module medmod* Jamovi 2.6.26. Hasil penelitian menunjukkan bahwa fleksibilitas psikologis memiliki efek mediasi terhadap persepsi dukungan sosial dan resiliensi (*indirect effect*, $\beta = 0,104$, $p < 0,001$). Hasil penelitian ini menegaskan pentingnya persepsi dukungan sosial untuk membangun fleksibilitas psikologis, yang pada gilirannya berkontribusi terhadap pengembangan resiliensi pada mahasiswa.

Kata kunci: *Fleksibilitas psikologis, resiliensi, persepsi dukungan sosial, mahasiswa*