

Judul

Peran *Well-being* terhadap Resiliensi berdasarkan Model PERMA
pada *Emerging Adulthood*

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Abstrak

Lima elemen pembentuk *well-being*—*positive emotion, engagement, relationships, meaning, dan accomplishment* atau PERMA—dipahami sebagai pembentuk resiliensi. Penelitian ini bertujuan menelusuri bagaimana PERMA dan kelima elemennya berkontribusi terhadap resiliensi pada kelompok usia *emerging adulthood*. Penelitian ini menggunakan desain survey dengan teknik *convenience sampling* dan melibatkan partisipan berusia 18-25 tahun ($N = 156$, $M = 21,3$) yang sebagian besarnya merupakan mahasiswa. Hasil analisis regresi sederhana menunjukkan PERMA berkontribusi positif dan signifikan pada resiliensi. Sementara itu, hasil analisis regresi berganda menunjukkan hanya *positive emotion* dan *accomplishment* yang berkontribusi positif dan signifikan pada resiliensi. *Engagement* berkontribusi negatif dan signifikan sementara *relationships* serta *meaning* tidak berkontribusi signifikan pada resiliensi. Skor PERMA partisipan ditemukan berbeda secara signifikan antarsubkelompok demografis status pekerjaan dan sumber pendapatan. Hasil penelitian ini menggambarkan kontribusi relatif kelima elemen PERMA terhadap resiliensi yang dapat memengaruhi pengembangan intervensi berbasis prioritas.

Kata kunci: *resiliensi, well-being, PERMA, emerging adulthood*

Abstract

The five elements forming *well-being*—*positive emotion, engagement, relationships, meaning, and accomplishment* or PERMA—are conceptualized as the building blocks of resilience. This study aims to explore how PERMA and its five elements contribute to resilience in *emerging adulthood*. This study used a survey design with *convenience sampling* technique and involved participants aged 18-25 years ($N = 156$, $M = 21.3$) who were mostly college students. Results from simple regression analysis showed that PERMA contributes positively and significantly to resilience. Meanwhile, multiple regression analysis revealed that only *positive emotion* and *accomplishment* contribute positively and significantly to resilience. *Engagement* was found to contribute negatively and significantly, while *relationships* and *meaning* did not show significant contributions. PERMA scores also differed significantly across demographic subgroups based on employment status and sources of income. These findings illustrate the relative contributions of the five PERMA elements to resilience and may inform the development of targeted, priority-based interventions.

Keywords: *resilience, well-being, PERMA, emerging adulthood*