

HUBUNGAN DUKUNGAN SOSIAL TEMAN SEBAYA DAN *PSYCHOLOGICAL WELL-BEING* MAHASISWA BERORGANISASI

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INTISARI

Penelitian ini dilakukan untuk mencari hubungan antara dukungan sosial teman sebaya dan *psychological well-being* pada mahasiswa berorganisasi. Dukungan sosial teman sebaya diukur menggunakan skala yang didasarkan pada teori Sarafino (2002), sedangkan *psychological well-being* diukur dengan skala kesejahteraan psikologis yang disusun Ryff (1995) dan diadaptasi oleh Rachmayani dan Ramdhani (2014). Subjek dalam penelitian ini berjumlah 117 orang, terdiri dari 73 wanita (62,4%) dan 44 pria (37,6%). Regresi linear sederhana digunakan untuk mengukur hubungan antara dukungan sosial teman sebaya dan *psychological well-being*. Hasil utama dari penelitian ini adalah bahwa ada hubungan positif dan signifikan antara dukungan sosial teman sebaya dan *psychological well-being* mahasiswa berorganisasi ($R = 0,526$; $p = 0,000$). Artinya, semakin tinggi dukungan sosial teman sebaya semakin tinggi *psychological well-being* mahasiswa berorganisasi.

Kata kunci: Dukungan sosial teman sebaya, *psychological well-being*, mahasiswa berorganisasi.



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THE RELATIONSHIP BETWEEN PEER SOCIAL SUPPORT AND PSYCHOLOGICAL WELL-BEING OF STUDENTS TO ORGANIZE

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ABSTRACT

This study was conducted to find the relationship between peer social support and psychological well-being in managing students. Peer social support was measured using a scale based on Sarafino's theory (2002), where as psychological well-being was measured by the Psychological Well-Being Scale compiled by Ryff (1995) and adapted by Rachmayani and Ramdhani (2014). Participants in this study amounted to 117 people, consisting of 73 women (62.4%) and 44 men (37.6%). A simple linear regression is used to measure the relationship between peer social support and psychological well-being. The main result of this study is that there is a positive and significant relationship between peer social support and psychological well-being of the student organize ($R = 0,526$; $p = 0,000$). This means, the higher the social support of peers, the higher the psychological well-being in student organize.

Keywords: Peer social support, psychological well-being, student organize.