

Peran Regulasi Diri terhadap *Psychological Well-Being* pada Mahasiswa Rantau dengan Resiliensi Sebagai Moderator

The Role of Self-Regulation on Psychological Well-Being in Out Of Province University Students with Resilience As Moderator

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Abstrak. Mahasiswa yang merantau mengalami berbagai perubahan dan permasalahan mulai dari kegiatan akademik dan non akademik hingga bertanggung jawab atas dirinya sendiri. Berbagai perubahan dan permasalahan tersebut dapat mempengaruhi *psychological well-being* para mahasiswa merantau. Penelitian ini bertujuan untuk mengetahui peran regulasi diri terhadap *psychological well-being* dengan resiliensi sebagai moderator. Responden penelitian ini berjumlah 182 orang mahasiswa merantau di perguruan tinggi berusia 18-23 tahun dari angkatan 2016-2018. Alat ukur yang digunakan adalah skala *psychological well-being*, *Self-Regulation Questionnaire-Czech* (SRQ-CZ), dan *10-item Connor-Davidson Resilience Scale* (CD-RISC). Hasil *moderated regression analysis* (MRA) membuktikan resiliensi mampu memoderasi peran regulasi diri dalam meningkatkan *psychological well-being*, dengan sumbangan efektif sebesar 58,4 % ($p < 0,05$). Peran resiliensi dalam penelitian ini yakni sebagai *quasi-moderator*.

Kata kunci: *psychological well-being, regulasi diri, resiliensi, mahasiswa merantau*

Abstract. *Out of province university students are experiencing various changes and problems ranging from academic and non-academic activities, as well as being responsible for themselves. These various changes and problems could affect the psychological well-being of the out of province university students. This study aims to determine the role of self-regulation on psychological well-being with resilience as a moderator. The number of respondents in this study was 182 out of province university students aged 18-23 year olds from batch 2016-2018. The measuring instruments used were the Psychological Well-being scale, the Self-Regulation Questionnaire-Czech scale (SRQ-CZ), and the 10-item Connor-Davidson Resilience Scale (CD-RISC). The results of moderated regression analysis (MRA) proved that resilience was able to moderate the role of self-regulation in increasing psychological well-being, with an effective contribution of 58.4% ($p < 0.05$). The role of resilience in this research is as a quasi-moderator.*

Keyword: *psychological well-being, resilience, self-regulation, out of province university students*