

Peran *Clutter* dan Kebiasaan *Decluttering* terhadap *Subjective Well-Being* Mahasiswa yang Tinggal di Rumah dan Kost selama Pandemi COVID-19

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Abstract

Subjective well-being is important since it can provide an overview of mental health. Especially during COVID-19, when nearly all activities are often carried out in homes. It is undisputable that COVID-19 has an impact on all aspects of life, including the psychological aspect. Clutter and decluttering habit are predicted to contribute as factors that influence subjective well-being. Therefore, this study aims to determine the role of clutter and decluttering habit on the subjective well-being of students living in home and boarding house during the COVID-19. Data was measured by using the Clutter Quality of Life Scale, Satisfaction with Life Scale, and Positive Negative Affect Schedule; and a question regarding the frequency of decluttering during the previous month. The results of multiple linear regression analysis of 244 participants indicate that clutter and decluttering habit simultaneously have roles in predicting subjective well-being of students living at home and in boarding house.

Keywords: clutter, decluttering habit, subjective well-being

Abstrak

*Subjective well-being penting untuk diperhatikan karena dapat memberi gambaran tentang kesehatan mental. Termasuk pada saat terjadinya kondisi pandemi COVID-19 ini yang mana hampir seluruh aktivitas seringkali dilakukan di tempat tinggal. Tak dapat dipungkiri bahwa pandemi COVID-19 berdampak pada setiap dimensi kehidupan, tak terkecuali dimensi psikologis. Terdapat beberapa faktor yang diprediksi dapat berperan terhadap *subjective well-being*, yaitu clutter dan kebiasaan *decluttering*. Dengan demikian, penelitian ini bertujuan untuk mengetahui peran clutter dan kebiasaan *decluttering* terhadap *subjective well-being* mahasiswa yang tinggal di rumah dan kost selama pandemi COVID-19. Pengumpulan data diukur dengan menggunakan *Clutter Quality of Life Scale*, *Satisfaction with Life Scale*, dan *Positive Negative Affect Schedule*, serta pertanyaan mengenai frekuensi *decluttering* selama satu bulan terakhir. Hasil analisis regresi linear berganda pada 244 partisipan menunjukkan bahwa clutter dan kebiasaan *decluttering* berperan secara simultan dalam memprediksi *subjective well-being* mahasiswa yang tinggal di rumah dan kost selama pandemi COVID-19.*

Kata kunci: clutter, kebiasaan decluttering, subjective well-being