

Dewasa Awal pada Masa Pandemi COVID-19: *Mixed Methods*

Atikah Prastowo¹, Avin Fadilla Helmi²

^{1,2}Fakultas Psikologi Universitas Gadjah Mada

Abstrak

Pandemi COVID-19 mengubah *well-being* masyarakat akibat jaga jarak fisik yang berdampak pada kecenderungan peningkatan penggunaan media sosial. Hipotesis penelitian ini adalah penggunaan media sosial pasif berperan negatif terhadap *psychological wellbeing*. Penelitian juga bertujuan untuk mengeksplorasi kondisi *well-being* di masa pandemi dengan fokus pengguna Instagram usia 18-25 tahun (N=314). Hasil penelitian menunjukkan bahwa hipotesis diterima ($F = 6,652$, $p = <0,05$) dengan $R = -0,144$, ($p < 0.05$). Hal ini menunjukkan pentingnya penggunaan media sosial aktif yang mendukung interaksi sosial dan evaluasi positif akan diri sendiri. *Psychological wellbeing* subjek cenderung baik dengan pengalaman-pengalaman hidup yang dipersepsi secara positif maupun negatif.

Kata kunci: Media sosial, pandemi, penggunaan media sosial pasif, well-being

Abstract

The COVID-19 pandemic is changing people's well-being due to physical distancing which has an impact on the increasing trend of social media use. The hypothesis of this research is that the use of passive social media has a negative role on psychological wellbeing. The study also aims to explore well-being conditions during a pandemic with a focus on Instagram users aged 18-25 years (N = 314). The results showed that the hypothesis was accepted ($F = 6.652$, $p = <0.05$) with $R = -0.144$, ($p < 0.05$). This shows the importance of using active social media that supports social interaction and positive self-evaluation. Participants' psychological wellbeing tends to be good with life experiences that are perceived both positively and negatively.

Keywords: Social media, passive social media use, pandemic, well-being