

Subjective Wellbeing, Emosi Positif, Emosi Negatif Mahasiswa di Masa Pandemi COVID-19

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Abstrak. Kesejahteraan subjektif dan emosi positif mahasiswa menjadi semakin memburuk akibat adanya pandemi COVID-19 disebabkan oleh beban kerja yang tinggi, ketidakpastian, karantina, stres, dan masalah keuangan. Penelitian ini bertujuan memberikan gambaran kesejahteraan subjektif, optimisme, kebahagiaan, syukur, stres, figur lekat, dan teknik regulasi emosi yang digunakan mahasiswa jenjang S1/D3/D4 selama pandemi COVID-19. 128 mahasiswa dan 463 mahasiswi diberikan skala *subjective wellbeing*, optimisme, kebahagiaan, syukur, stres, kedekatan dengan figur lekat, dan teknik regulasi emosi secara daring melalui *google form*. Hasil penelitian menunjukkan bahwa mahasiswa memiliki rata – rata empirik kesejahteraan subjektif, optimisme, kebahagiaan, syukur, dan stres lebih tinggi daripada rata -rata teoritik. Tingkat kesejahteraan subjektif yang berada pada kategori sedang; optimisme, kebahagiaan, syukur, stres pada kategori tinggi. Mahasiswa memiliki skor tertinggi pada kedekatan orangtua dan teknik regulasi emosi dengan mendengarkan musik. Hasil penelitian ini dapat dimanfaatkan untuk membentuk program peningkatan kesejahteraan dan kesehatan mental mahasiswa.

Kata kunci : Emosi positif, Kesejahteraan subjektif, Mahasiswa, Pandemi COVID-19.

Abstract. *The subjective wellbeing and positive affect of college students are getting worse due to COVID-19 pandemic as it causes high workload, uncertainty, quarantine, stress, and financial problems. This study aims to provide an overview of subjective wellbeing, optimism, happiness, gratitude, stress, attachment figures, and emotional regulation techniques that are used by undergraduate (S1) as well as diploma (D3/D4) students during the COVID-19 pandemic. 128 male students as well as 463 female students were given scales on subjective wellbeing, optimism, happiness, gratitude, stress, closeness to attachment figures, and emotional regulation techniques via google form. The results showed that college students had higher empirical average on subjective wellbeing, optimism, happiness, gratitude, and stress than its theoretical average. The level of subjective wellbeing is in the medium category; optimism, happiness, gratitude, and stress in the high category. Students have the highest score in parental closeness and listening to music as their emotional regulation techniques. This research can be used to develop a program to improve the wellbeing and mental health of students.*

Keywords: *College students, COVID-19 pandemic, Positive affect, Subjective wellbeing*