

***PSYCHOLOGICAL WELL-BEING* DITINJAU DARI
BIG FIVE PERSONALITY PADA MAHASISWA**

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ABSTRAK

Penelitian ini bertujuan untuk menguji peran *Big Five Personality* terhadap *psychological well-being* pada mahasiswa. Variabel *psychological well-being* diukur menggunakan Skala *Psychological Well-Being* yang disusun oleh peneliti. Variabel kepribadian diukur dengan *Big Five Inventory* (BFI). Subjek di dalam penelitian ini adalah 367 mahasiswa tahun terakhir. Analisis data dengan teknik analisis regresi *stepwise* mendapatkan hasil bahwa faktor kepribadian *Big Five Personality* berperan secara signifikan terhadap *psychological well-being* pada mahasiswa. Hasil menunjukkan ($R^2 = 0,680$, $F = 153,647$, $p < 0,01$) sehingga *conscientiousness*, *extraversion*, *agreeableness*, *neuroticism*, dan *openness* secara berurutan berperan terhadap *psychological well-being* pada mahasiswa dengan sumbangan efektif sebesar 68%. *Neuroticism* berhubungan dengan penerimaan diri dan otonomi. *Extraversion* berhubungan dengan hubungan positif dengan orang lain dan penguasaan lingkungan. *Conscientiousness* berhubungan dengan tujuan dalam hidup dan pertumbuhan diri.

Kata kunci : mahasiswa, *psychological well-being*, *Big Five Personality*

***PSYCHOLOGICAL WELL-BEING AS PREDICTED BY
BIG FIVE PERSONALITY OF COLLEGE STUDENTS***

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ABSTRACT

This research aimed to examine the contribution of Big Five Personality to psychological well-being among college students. The variable was psychological well-being measured by using Psychological Well-Being Scale that was compiled by researcher. The variable was personality measured by using Big Five Inventory. The subject of this research were 367 final year college students. Through stepwise regression analysis, it was found that Big Five Personality had significant contribution to psychological well-being among college students. Result showed ($R^2 = 0,680$, $F = 153,647$, $p < 0,01$), thus, conscientiousness, extraversion, agreeableness, neuroticism, and openness sequentially had contribution to psychological well-being among college students with effective contribution was 68%. Neuroticism was linked with self-acceptance and autonomy. Extraversion was linked with positive relations with others and environmental mastery. Conscientiousness was linked with purpose in life and personal growth.

Keywords : college students, psychological well-being, Big Five Personality