

## **SELF-ADJUSTEMENT AND PROBLEM-FOCUSED COPING AS PREDICTOR OF SUBJECTIVE WELL-BEING IN SMK PENERBANGAN STUDENTS**

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### **ABSTRACT**

This research began from the concept of a semi-military school background which had effect to the subjective wellbeing of students in learning process. They could not have adequate self-adjustment with problem focused coping. The purposed of this research is to find significant contribution of self-adjustment and problem-focused coping to subjective wellbeing. Subject of this research are 150 students from SMK Penerbangan Yogyakarta which resulted from random selection. Data is collected in Likert scale type. This results show that self-adjustment and problem-focused coping are significant predictor of subjective wellbeing as 31%. Self-adjustment had contribute 11.6% and problem focused coping contribute 19,4% to subjective wellbeing.

**Keyword:** subjective well-being, self-adjustment, problem focused coping.

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## **PENYESUAIAN DIRI DAN *PROBLEM FOCUSED COPING* SEBAGAI PREDIKTOR *SUBJECTIVE WELL-BEING* SISWA SMK PENERBANGAN YOGYAKARTA**

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### **INTISARI**

Penelitian ini bermula dari konsep sekolah yang berlatar belakang semi militer mampu mempengaruhi *subjective well-being* siswa dalam proses belajar, dikarenakan ketidakmampuan siswa untuk mampu menyesuaikan diri dan menggunakan *problem focused coping* dengan baik. Penelitian ini bertujuan untuk membuktikan dugaan bahwa penyesuaian diri dan *problem focused coping* merupakan prediktor *subjective well-being*. Subjek penelitian adalah siswa SMK Penerbangan Yogyakarta berjumlah 150 orang yang diambil secara acak. Data dihimpun menggunakan skala dengan penskoran mengikuti model *Likert*. Hasil penelitian menunjukkan bahwa penyesuaian diri dan *problem focused coping* merupakan prediktor *subjective well-being*. Secara bersama-sama dua prediktor tersebut terbukti dapat memprediksi *subjective well-being* dengan kontribusi 31%. Penyesuaian diri memiliki kontribusi sebesar 11,6% dan *problem focused coping* berkontribusi sebesar 19,4%.

**Kata kunci:** *subjective well-being*, penyesuaian diri, *problem focused coping*.

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