

## Peran Dukungan Sosial Keluarga dan Resiliensi Terhadap *Subjective Well Being* Siswa SMA Selama Masa Pandemi Covid-19

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### Abstrak

Penelitian ini bertujuan untuk menguji peran dukungan sosial keluarga dan resiliensi terhadap *subjective well being* siswa SMA di Pekalongan. Hipotesis yang diajukan adalah terdapat peran dukungan sosial keluarga dan resiliensi terhadap *subjective well being* pada siswa SMA di Pekalongan. Partisipan dalam penelitian ini berjumlah 256 siswa SMA N 1 Pekalongan dengan rentang usia 15-18 tahun. Alat ukur yang digunakan adalah PANAS, SWLS, skala resiliensi, dan skala dukungan sosial keluarga. Metode analisis data menggunakan analisis regresi ganda. Berdasarkan analisis menunjukkan dukungan sosial dan resiliensi berperan terhadap *subjective well being* siswa dengan nilai sebesar  $R = 0,280$   $F = 10,768$  dengan nilai signifikansi  $p = 0,00$  ( $p < 0,05$ ). Besarnya sumbangan efektif dukungan sosial dan resiliensi dalam meningkatkan *subjective well being* sebesar 7,8%.

Kata Kunci : *Subjective well being*, dukungan sosial keluarga, resiliensi

### Abstract

*This study aims to examine the role of family social support and resilience on subjective well being of high school students in Pekalongan. The hypothesis put forward is the role of family social support and resilience on subjective well being of high school students in Pekalongan. Participants in this study were 256 students of SMA N 1 Pekalongan with an age range of 15-18 years. The measuring instruments used are PANAS, SWLS, the resilience scale, and the family social support scale. Methods of data analysis using multiple regression. Based on the analysis shows that social support and resilience play a role in students' subjective well being with a value of  $R = 0.280$   $F = 10,768$  with a significance value of  $p = 0.00$  ( $p < 0.05$ ). The amount of effective contribution of social support and resilience in increasing subjective well being is 7.8%.*

Keyword : *Subjective well being, Family social support, Resilience*

