

ABSTRAK

HUBUNGAN DUKUNGAN SOSIAL DENGAN KESEJAHTERAAN PSIKOLOGIS MAHASISWA RANTAU (Studi Deskriptif Korelasi pada Mahasiswa Baru Angkatan 2023 Prodi BK Universitas Sanata Dharma Yogyakarta)

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Penelitian ini memiliki tujuan untuk mengidentifikasi (1) tingkat dukungan sosial mahasiswa rantau Prodi BK Angkatan 2023 Universitas Sanata Dharma, (2) capaian skor terkait item skala dukungan sosial yang diperoleh kurang optimal, (3) tingkat kesejahteraan psikologis mahasiswa rantau Prodi BK Angkatan 2023 Universitas Sanata Dharma, (4) capaian skor terkait item skala kesejahteraan psikologis yang diperoleh kurang optimal, (5) hubungan dukungan sosial dengan kesejahteraan psikologis mahasiswa rantau Prodi BK Angkatan 2023 Universitas Sanata Dharma.

Penelitian menggunakan pendekatan kuantitatif jenis korelasional, dengan subjek mahasiswa rantau Prodi BK angkatan 2023 berjumlah 71 sampel. Pengumpulan data dengan menyebarkan kuesioner melalui *Google Form* menggunakan Skala Dukungan Sosial sebanyak 28 item dengan nilai *Cronbach's Alpha* 0,905 dan Skala Kesejahteraan Psikologis sebanyak 40 item dengan nilai *Cronbach's Alpha* 0,896.

Hasil penelitian menunjukkan bahwa (1) tingkat dukungan sosial mahasiswa rantau Prodi BK angkatan 2023 tergolong dalam kategori sangat tinggi, (2) capaian skor item skala dukungan sosial yang kurang optimal terdapat pada 2 butir item (7%) dalam kategori sedang, (3) tingkat kesejahteraan psikologis mahasiswa rantau Prodi BK angkatan 2023 berada pada kategori tinggi, (4) capaian skor item skala kesejahteraan psikologis yang kurang optimal terdapat pada 5 butir item (13%) dalam kategori sedang, (5) terdapat hubungan positif yang signifikan antara variabel dukungan sosial dengan kesejahteraan psikologis dengan nilai $r = 0,529$ dan nilai $p = < 0,001$ ($p < 0,05$).

Kata kunci : Dukungan sosial, kesejahteraan psikologis, mahasiswa rantau

ABSTRACT

**THE RELATIONSHIP OF SOCIAL SUPPORT WITH
PSYCHOLOGICAL WELL-BEING OF MIGRANT STUDENTS
(Correlational Descriptive Study on New Students of 2023 in the Guidance and
Counseling Program Sanata Dharma University Yogyakarta)**

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This study aims to identify (1) the level of social support of migrant students in the Guidance and Counseling Program class of 2023 at Sanata Dharma University, (2) the scores related to the social support scale items obtained are less than optimal, (3) the level of psychological well-being of migrant students in the Guidance and Counseling Program class of 2023 at Sanata Dharma University, (4) the scores related to the psychological well-being scale items obtained are less than optimal, (5) the relationship of social support with psychological well-being of migrant students in the Guidance and Counseling Program class of 2023 at Sanata Dharma University.

The research uses a quantitative correlational approach, with the subjects being 71 migrant students class of 2023 Guidance and Counseling Program. Data collection by distributing questionnaires through Google Form using a 28 items Social Support Scale with a Cronbach's Alpha value of 0.905 and a 40 items Psychological Well-being Scale with a Cronbach's Alpha value of 0,896.

The results of the study indicate that (1) the level of social support of migrant students in the Guidance and Counseling Program class of 2023 is at a very high category, (2) the achievement of the social support scale score items that are less than optimal in 2 items (7%) in the medium category, (3) the level of psychological well-being of migrant students in the Guidance and Counseling Program class of 2023 is at a high category, (4) the achievement of the psychological well-being scale score items that are less than optimal in 5 items (13%) in the medium category, (5) there is a significant positive relationship between social support variable and psychological well-being with a value of $r = 0.529$ and a value of $p = < 0.001$ ($p < 0.05$).

Keywords: *Social support, psychological well-being, migrant students*