

CORRELATION BETWEEN PURPOSE IN LIFE AND SUBJECTIVE WELL-BEING AMONG EMERGING ADULT UNIVERSITY STUDENT

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ABSTRACT

This research aimed to describe the correlation between purpose in life and subjective well-being among emerging adult college student. The subject in this study were emerging adult college students between 18-25 years old. There were one major hypothesis and three minor hypotheses. The main hypothesis was purpose in life and subjective well-being had positive correlation. The minor hypotheses were, first, purpose in life and life satisfaction had positive correlation, second, purpose in life and positive emotion had positive correlation and third, purpose in life and negative emotion had negative correlation. The purpose in life construct was measured by self-made purpose in life scale with the reliability of 0.894. Life satisfaction was measured with an adapted Satisfaction with Life Scale with the reliability of 0.740. Positive emotion and negative emotion were measured with adapted Scale of Positive and Negative Experience. Positive emotion had the reliability of 0.816, and negative emotion had the reliability of 0.766. The result shows that purpose in life and life satisfaction had a positive correlation with the coefficient of 0.399. The purpose in life and positive emotion also had a positive correlation with the coefficient of 0.511. Whereas purpose in life and negative emotion had a negative correlation with coefficient of -0.401. The conclusion of the study showed that purpose in life and subjective well-being had a positive and significant correlation, the hypotheses were all accepted.

Key word : purpose in life, subjective well-being, university student, emerging adult

HUBUNGAN TUJUAN HIDUP DAN SUBJECTIVE WELL-BEING PADA MAHASISWA DEWASA AWAL

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara tujuan hidup dan *subjective well-being* (SWB). Subjek dalam penelitian ini adalah mahasiswa yang berusia 18-25 tahun. Ada satu hipotesis mayor dan tiga hipotesis minor. Hipotesis mayor dalam penelitian ini adalah tujuan hidup dan SWB memiliki hubungan positif. Hipotesis minor pertama yaitu tujuan hidup dan kepuasan hidup memiliki hubungan positif, kedua, tujuan hidup dan emosi positif memiliki hubungan positif, ketiga, tujuan hidup dan emosi negatif memiliki hubungan negatif. Variabel tujuan hidup akan diukur menggunakan skala tujuan hidup yang disusun oleh peneliti dengan reliabilitas sebesar 0.894. Kepuasan hidup akan diukur menggunakan skala adaptasi *Satisfaction with Life Scale* (SWLS) dengan reliabilitas sebesar 0.740. Emosi positif dan emosi negatif akan diukur menggunakan skala adaptasi *Scale of Positive and Negative Experience* (SPANE). Emosi positif memiliki reliabilitas sebesar 0.816, sedangkan emosi negatif memiliki reliabilitas sebesar 0.766. Hasil penelitian menunjukan bahwa terdapat hubungan positif antara tujuan hidup dan kepuasan hidup dengan koefisien korelasi sebesar 0.399. Terdapat hubungan positif juga antara tujuan hidup dan emosi positif dengan koefisien korelasi sebesar 0.511. Sedangkan tujuan hidup dan emosi negatif memiliki hubungan negatif dengan koefisien korelasi sebesar -0.401. Ketiga hipotesis diterima, kesimpulan dari penelitian ini adalah tujuan hidup dan SWB memiliki hubungan positif.

Kata kunci : tujuan hidup, *subjective well-being*, kesejahteraan subjektif mahasiswa, dewasa awal