ABSTRAK

Putra., W., T. (2023). Hubungan Antara Resiliensi Akademik dan *Psychological Well-Being* pada Mahasiswa yang sedang Mengerjakan Skripsi. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara resiliensi akademik dengan *psychological well-being* pada mahasiswa yang sedang mengerjakan skripsi. Hipotesis yang diajukan dalam penelitian ini ialah terdapat hubungan positif antara akademik dengan *psychological well-being* pada mahasiswa yang sedang mengerjakan skripsi. Responden dalam penelitian ini adalah 403 mahasiswa yang sedang mengerjakan skripsi. Penelitian ini merupakan penelitian kuantitatif dengan teknik pengambilan sampel *non-probability sampling*. Metode pengumpulan data dalam penelitian ini menggunakan dua skala yang diadaptasi, yaitu skala resiliensi akademik (Cassidy, 2015) dan *Ryff's Psychological Well-being Scale* (Ryff, 1989). Uji coba skala menghasilkan koefisien reliabilitas pada skala resiliensi akademik (ARS-30) sebesar 0,895 dan pada *Ryff's Psychological Well-being Scale* sebesar 0,927. Data penelitian dianalisis dengan menggunakan teknik koefisien korelasi *Spearman* karena data berdistribusi tidak normal. Hasil uji korelasi menunjukkan skor koefisien korelasi sebesar 0,710 dan nilai signifikansi sebesar $p = 0,000$ ($p < 0,05$). Berdasarkan hasil tersebut, dapat disimpulkan bahwa terdapat hubungan positif yang signifikan antara resiliensi akademik dan *psychological well-being* pada mahasiswa yang sedang mengerjakan skripsi.

Kata kunci: resiliensi akademik, *psychological well-being*, mahasiswa

ABSTRACT

Putra., W., T. (2023). Correlation Between Academic Resilience and Psychological Well-Being in Students whose Working on Their Thesis. *Skripsi*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

*This research aims to determine the relationship between academic resilience and psychological well-being in students whose working on their thesis. The hypothesis proposed that there is a positive correlation between academic and psychological well-being in students who are working on their thesis. Respondents in this study were 403 students whose working on their thesis. This research is a quantitative research with non-probability sampling technique. The data collection method in this study used two adaption scales, namely the academic resilience scale (*Cassidy, 2015) *and Ryff's Psychological Well-being Scale* (Ryff, 1989)*. From the try-out of scales, the reliability of coefficient on the academic resilience scale (ARS-30) was 0.895 and the Ryff's Psychological Well-being Scale was 0.927. The research data were analyzed using the Spearman correlation coefficient technique because the data were not normally distributed. The results showed that academic resilience is correlated positively with psychological well-being with the value of correlation test was 0.710 and the significance level (p) was 0.000 (p <0.05). Based on these results, it can be concluded that there is a significant positive correlation between academic resilience and psychological well-being in students who are working on their thesis.*

Keywords: *academic resilience, psychological well-being, student*