

HUBUNGAN DUKUNGAN SOSIAL DENGAN KESEJAHTERAAN PSIKOLOGIS MAHASISWA TINGKAT AKHIR DIMASA PANDEMI COVID-19 YOGYAKARTA

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INTISARI

Latar Belakang: Masa pandemi ini mempengaruhi kesehatan mental pada mahasiswa, di Brazil terdapat 19,56% mengalami gangguan mental karena proses pembelajaran daring, sedangkan di China pada mahasiswa mengalami dukungan sosial dan kesejahteraan psikologis mendapatkan hasil 29,86% masuk ke dalam kategori sedang. Di Indonesia, pada masa pandemi didapatkan hasil 37,15% rata-rata mahasiswa mengalami dukungan sosial dan kesejahteraan psikologis yang sedang.

Tujuan: Mengetahui hubungan dukungan sosial dengan kesejahteraan psikologis mahasiswa tingkat akhir dimasa pandemi covid-19 Yogyakarta

Metode Penelitian: Jenis Penelitian ini adalah kuantitatif non eksperimental dengan desain analitik korelasi dan menggunakan pendekatan *cross-sectional*. Sampel diambil menggunakan teknik *Convenience Sampling* sebanyak 53 mahasiswa tingkat akhir. Data diambil menggunakan kuesioner *Social Provisions Scale (SPS)* dan *Psychological Well Being (PWB)*. Analisa data korelasi menggunakan uji *somers' d*.

Hasil: Mayoritas responden berjenis kelamin perempuan (73,6%) dengan rata-rata mengalami dukungan sosial dalam kategori tinggi (50,9%) dan kesejahteraan psikologis dalam kategori sedang (75,5%). Sebagian besar mahasiswa tingkat akhir merasakan dukungan sosial sedang (92,0%) dengan kesejahteraan psikologis yang sedang (57,5%). Sedangkan hasil analisa hubungan dukungan sosial dengan kesejahteraan psikologis didapatkan hasil $p=0,002 (>0,05)$ dengan nilai keeratan (0,375).

Kesimpulan: Ada hubungan yang signifikan antara dukungan sosial dengan kesejahteraan psikologis mahasiswa tingkat akhir dimasa pandemi covid-19 Yogyakarta. Semakin tinggi tingkat dukungan sosial yang dirasakan mahasiswa maka semakin tinggi tingkat kesejahteraan psikologis

Kata Kunci: Dukungan Sosial, Kesejahteraan Psikologis Mahasiswa Tingkat Akhir.

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Social Support Relationship With Psychological Welfare of Final-Level Students During the Covid-19 Pandemic Yogyakarta

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ABSTRACT

Background: This pandemic period affected the mental health of students, in Brazil there is 19.56% experiencing mental disorders due to the online learning process, while in China, students experiencing social support and psychological well-being get 29.86% results that fall into the moderate category. In Indonesia, during the pandemic, the results obtained were 37.15% on average students experience moderate social support and psychological well-being.

Objectives: To determine the relationship between social support and psychological well-being of final year students during the COVID-19 pandemic in Yogyakarta

Research Methods: This research type was quantitative non-experimental with a correlation analytic design and using *cross-sectional approach*. Samples were taken using *Convenience Sampling technique* as many as 53 final year students. Data were taken using *Social Provisions Scale (SPS)* and *Psychological Well Being (PWB)* questionnaires. Analysis of correlation data using *test somers'd*.

Results: The majority of respondents were female (73.6%) with an average of social support in the high category (50.9%) and psychological well-being in the medium category (75.5%). Most of the final year students felt moderate social support (92.0%) with moderate psychological well-being (57.5%). While the results of the analysis of the relationship between social support and psychological well-being, it was found that $p = 0.002 (> 0.05)$ with a closeness value (0.375).

Conclusion: There was a significant relationship between social support and the psychological well-being of final year students during the Yogyakarta covid-19 pandemic. The higher level of social support felt by students, the higher the level of psychological well-being

Keywords: Social Support, Psychological Welfare of Final Year Students.

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