

HUBUNGAN ANTARA OPTIMISME DENGAN *PSYCHOLOGICAL WELL-BEING* PADA MAHASISWA PROGRAM STUDI PROFESI NERS POLTEKKES KEMENKES SURAKARTA

Afifah Isna Ariyani

Fakultas Psikologi, Universitas Diponegoro,
Jalan Prof. Soedarto, SH., Tembalang, Semarang, Indonesia 50275

afifahisnaariyani@gmail.com

Abstrak

Psychological well-being penting untuk dimiliki oleh mahasiswa keperawatan, terlebih mahasiswa ners yang kelak menjadi perawat profesional karena berhubungan dengan penyesuaian diri yang baik, memiliki dampak positif terhadap kesehatan, dan berhubungan negatif dengan distres psikologis. Penelitian ini bertujuan untuk mengetahui hubungan empiris antara optimisme dengan *psychological well-being* pada mahasiswa Program Studi Profesi Ners Poltekkes Kemenkes Surakarta. Populasi dalam penelitian ini adalah mahasiswa Program Studi Profesi Ners Poltekkes Kemenkes Surakarta yang berjumlah 87 mahasiswa dengan karakteristik 1) berstatus mahasiswa aktif saat penelitian berlangsung, 2) telah menempuh minimal satu semester perkuliahan karena dianggap telah memiliki gambaran menjadi perawat profesi melalui kegiatan praktik klinik, sedangkan sampel yang digunakan dalam penelitian ini berjumlah 57 mahasiswa. Teknik pengambilan sampel menggunakan *purposive sampling*. Alat ukur dalam penelitian ini adalah *Ryff Psychological Well-Being Scale* (PWBS) yang telah diadaptasi ke dalam bahasa Indonesia oleh Engger (2015) (61 aitem, $\alpha=0,963$) dan Skala Optimisme (21 aitem, $\alpha=0,906$). Penelitian ini menggunakan teknik analisis regresi sederhana dengan bantuan SPSS versi 24.0. Hasil analisis regresi sederhana menunjukkan koefisien korelasi (r_{xy})=0,554, dengan $p=0,000$ ($p<0,05$). Hasil tersebut menunjukkan bahwa terdapat hubungan positif yang signifikan antara optimisme dengan *psychological well-being*. Semakin tinggi optimisme maka semakin tinggi *psychological well-being*. Begitu pula sebaliknya, semakin rendah optimisme maka semakin rendah juga *psychological well-being*. Selain itu, juga diperoleh koefisien determinasi (r^2) sebesar 0,307, yang berarti optimisme memiliki sumbangan efektif sebesar 30,7% terhadap *psychological well-being*, sedangkan sisanya sebesar 69,3% dipengaruhi oleh faktor-faktor lain yang tidak diungkap dalam penelitian ini.

Kata kunci: *psychological well-being*; optimisme; mahasiswa ners

THE CORRELATION BETWEEN OPTIMISM AND PSYCHOLOGICAL WELL-BEING IN THE STUDENTS OF PROFESSIONAL NURSE STUDY PROGRAM AT THE HEALTH POLYTECHNIC MINISTRY OF HEALTH SURAKARTA

Afifah Isna Ariyani

Faculty of Psychology, Diponegoro University,
Prof. Soedarto, SH. Street, Tembalang, Semarang, Indonesia 50275

afifahisnaariyani@gmail.com

Abstract

Psychological well-being is important for nursing students, especially professional nurse students who will become professional nurses because it is related to better self-adjustment, has positive impacts on health, and is negatively related to psychological distress. This study aims to determine the empirical correlation between optimism and psychological well-being in the students of Professional Nurse Study Program at the Health Polytechnic Ministry of Health Surakarta. The population in this study were 87 students of Professional Nurse Study Program at the Health Polytechnic Ministry of Health Surakarta with the characteristics of 1) being an active student when the research took place, 2) having taken at least one semester of lectures because it was considered to have an overview of becoming a professional nurse through clinical practice activities, while the sample used in this study amounted to 57 students. The sampling technique used purposive sampling. The measurement tools in this study were Ryff Psychological Well-Being Scale (PWBS) which has been adapted into Indonesian by Engger (2015) (61 items, $\alpha = 0,963$) and the Optimism Scale (21 items, $\alpha = 0,906$). This study used simple regression analysis techniques with the help of SPSS version 24.0. The results of simple regression analysis showed a correlation coefficient (r_{xy})=0,554, with $p=0,000$ ($p<0,05$). These results indicate that there is a significant positive correlation between optimism and psychological well-being. The higher the optimism, the higher the psychological well-being. In addition, the coefficient of determination (r^2) of 0,307 was also obtained, which means that optimism has an effective contribution of 30,7% to the psychological well-being, while the remaining 69,3% is influenced by other factors not revealed in this study.

Keywords: psychological well-being; optimism; professional nurse students