

HUBUNGAN ANTARA *PSYCHOLOGICAL CAPITAL* DENGAN *PSYCHOLOGICAL WELL-BEING* PADA MAHASISWA YANG MENGIKUTI ORGANISASI DI FAKULTAS PSIKOLOGI

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ABSTRAK

Stres pada mahasiswa organisasi membuat *Psychological Well-being* mahasiswa menjadi rendah. *Psychological well-being* rendah dapat meningkat apabila *Psychological Capital* yang dimiliki mahasiswa organisasi tinggi. Penelitian ini bertujuan untuk mengetahui hubungan antara *psychological capital* dengan *psychological well-being* pada mahasiswa yang mengikuti organisasi di Fakultas Psikologi Universitas Diponegoro. Teknik sampel pada penelitian ini menggunakan *random sampling* dengan populasi berjumlah 440 orang. Pengambilan subjek penelitian didasarkan pada tabel Isaac dan Michael dengan taraf kesalahan 5% sehingga sampling pada penelitian ini sebanyak 196 orang dan 62 orang terpilih menjadi sampel *tryout*. Alat ukur yang digunakan dalam penelitian ini adalah Skala *Psychological Capital* (20 aitem, $\alpha=0,877$) dan *Psychological Well-being* (33 aitem, $\alpha = 0,947$) dengan analisis *Spearman's Rho* diperoleh $R = 0,973$, $p = 0,000$ dengan ($p < 0,05$). Hal ini berarti terdapat hubungan positif signifikan antara *psychological capital* dan *psychological well-being*. Semakin tinggi *psychological capital* yang dimiliki semakin tinggi *psychological well-being*, begitu sebaliknya.

Kata Kunci: *psychological capital*; *psychological well-being*; mahasiswa; organisasi

RELATIONSHIP BETWEEN PSYCHOLOGICAL CAPITAL AND PSYCHOLOGICAL
WELL-BEING IN STUDENTS WHO FOLLOW ORGANIZATIONS IN THE FACULTY
OF PSYCHOLOGY

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ABSTRACT

Stress on students who participate in an organization makes their Psychological Well-being low. Students' low Psychological Well-being count can be improved with a high Psychological Capital. This research aims to find the relationship between psychological capital and psychological well-being of students who participate in organizations at the Faculty of Psychology, Diponegoro University. The sampling technique in this study is purposive sampling with a population of 440 people. The subjects were based on the tables of Isaac and Michael with an error rate of 5%. The selected sample consisted of 196 people, with 60 of them as tryout samples. The measurement tools used in this study were the Psychological Capital Scale (20 items, $\alpha = 0.877$) and Psychological Well-being (33 items, $\alpha = 0.947$) with Spearman Rank analysis obtained $R = 0.973$, $p = 0.000$ with ($p < 0, 05$). It shows a significant positive relationship between psychological capital and psychological well-being; the higher the psychological capital, the higher the psychological well-being of a person is, and vice versa.

Keyword: Psychological well-being; psychological capital; students; organization