

HUBUNGAN ANTARA SPIRITUALITAS DENGAN *PSYCHOLOGICAL WELL-BEING* PADA SANTRIWATI DI PONDOK PESANTREN AL MANSHURIYAH

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ABSTRAK

Perbedaan kondisi *psychological well-being* yang dialami santriwati dikhawatirkan dapat menimbulkan dampak seperti kesulitan untuk menyesuaikan diri, rawan terjerumus pada kenakalan remaja, dan dapat menurunkan prestasi akademis. Penelitian ini bertujuan untuk menguji secara empirik hubungan antara spiritualitas dengan *psychological well-being* pada santriwati di Pondok Pesantren Al Manshuriyah sehingga penelitian ini menggunakan metode penelitian kuantitatif korelasional. Subjek yang dilibatkan dalam penelitian ini merupakan remaja putri yang menjadi siswa sekaligus santri dan tinggal di Pondok Pesantren Al Manshuriyah berjumlah 81 santriwati yang ditentukan dengan metode sampling jenuh di mana seluruh anggota populasi dijadikan sebagai subjek penelitian. Alat ukur yang digunakan yaitu Skala Spiritualitas (14 butir, $\alpha = 0,866$), dan Skala *Psychological Well-Being* (21 butir, $\alpha = 0,830$). Penelitian ini menggunakan analisis korelasi dengan *Spearman's Rho* dengan hasil nilai koefisien $r_{xy} = 0,518$ dan nilai signifikansi $p=0,000$ ($p<0,05$) yang menunjukkan adanya hubungan positif yang signifikan antara spiritualitas dengan *psychological well-being* pada santriwati di Pondok Pesantren Al Manshuriyah. Semakin tinggi spiritualitas maka semakin tinggi *psychological well-being*, begitupun sebaliknya semakin rendah tingkat spiritualitas maka semakin rendah *psychological well-being* pada santriwati di Pondok Pesantren Al Manshuriyah.

Kata kunci: spiritualitas, *psychological well-being*, santriwati

**THE RELATIONSHIP BETWEEN SPIRITUALITY
AND PSYCHOLOGICAL WELL-BEING AMONG STUDENTS
AT AL MANSHURIYAH ISLAMIC BOARDING SCHOOL**

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ABSTRACT

Differences in the psychological well-being conditions experienced by female students at Islamic boarding schools can have impacts such as difficulty in adjustment, vulnerability to juvenile delinquency, and reduced academic achievement. The study aims to empirically test the relationship between spirituality and psychological well-being in the female students at Al Manshuriyah Islamic Boarding School, so the study uses quantitative correlational research methods. The subjects involved in the study were a teenage female who became a student and lived in the Al Manshuriyah Islamic Boarding School a total of 81 female students were determined by the method of saturated sampling, in which the entire members of the population were made as the subject of research. The study uses correlation analysis with Spearman's Rho, with the result coefficient value =0,518 and a significance value of $p=0,000$ ($p<0,05$) that indicates a significant positive relationship between spirituality and psychological well-being in the Santrivati at Al Manshuriyah Guest House. The higher the spirituality, the higher the psychological wellness, and the lower the level of spirituality.

Keyword: spirituality, psychological well-being, female student at Islamic boarding school