

**THE RELATIONSHIP BETWEEN SOCIAL SUPPORT AND SCHOOL WELL-BEING  
MEDIATED BY SELF-ESTEEM IN SENIOR HIGH SCHOOL**

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**ABSTRACT**

*Satisfaction, comfort and fulfillment of students basic needs at school can be called school well-being. Social support can improve individual productivity, achievement and physical health, apart from that, high self-esteem can also create feelings of comfort, security and happiness in living life at school. This study aims to examine the relationship between social support and school well-being which is mediated by self-esteem. This research involved 279 students at SMA N 1 Juwana and SMA Taman Madya Juwana as respondents using a cluster random sampling technique. Data were collected using a psychological scale consisting of (1) School well-being scale (40 items;  $\alpha=0.999$ ) (2) CASSS (Child and Adolescent Social Support Scale) (55 items;  $\alpha=0.831$ ) (3) Rosenberg self-esteem scale (7 items;  $\alpha=0.656$ ). The CASSS scale has gone through a translation process using Beaton's (2000) guidelines. Research data analysis was carried out using the mediation analysis method. The results of the analysis show that self-esteem plays a role as a partial mediator between social support and school-wellbeing, showing a significance value of  $<0.001$  and an effect value of 0.113 and a z-value of 5.769. This research provides findings that self-esteem is a partial mediator variable for social support and school well-being.*

*Keywords : school well-being; social support; self-esteem; high school student*

# HUBUNGAN ANTARA DUKUNGAN SOSIAL DENGAN *SCHOOL WELL-BEING* YANG DIMEDIATORI OLEH *SELF-ESTEEM* PADA SISWA SMA

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## ABSTRAK

Kepuasan, kenyamanan dan terpenuhinya kebutuhan dasar siswa di sekolah dapat disebut dengan *school well-being*. Dukungan sosial ikut berperan dalam meningkatkan produktivitas, prestasi, serta kesehatan fisik individu, selain itu *self-esteem* yang tinggi pula dapat mewujudkan perasaan nyaman, aman, dan bahagia dalam menjalani kehidupan disekolah. Penelitian ini bertujuan untuk menguji hubungan dukungan sosial dengan *school well-being* yang dimediasi oleh *self-esteem*. Penelitian ini melibatkan 279 siswa pada SMA N 1 Juwana dan SMA Taman Madya Juwana sebagai responden dengan teknik *cluster random sampling*. Pengambilan data menggunakan skala psikologi yang terdiri dari (1) Skala *school well-being* (40 aitem;  $\alpha=0,999$ ) (2) CASSS (*Child and Adolescent Social Support Scale*) (55 aitem;  $\alpha=0,831$ ) (3) Rosenberg *self-esteem scale* (7 aitem;  $\alpha=0,656$ ). Skala CASSS telah melalui proses translasi dengan menggunakan panduan Beaton (2000). Analisis data penelitian dilakukan dengan metode *mediation analysis*. Hasil analisis menunjukkan bahwa *self-esteem* berperan menjadi mediator parsial antara dukungan sosial dengan *school-wellbeing* menunjukkan nilai signifikansi  $<0,001$  dan nilai *effect* sebesar 0,113 serta *z-value* sebesar 5,769. Penelitian ini memberikan temuan bahwa *self-esteem* menjadi variabel mediator parsial terhadap dukungan sosial dan *school well-being*.

Kata kunci : *school well-being*; dukungan sosial; *self-esteem*; siswa SMA