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**HUBUNGAN *FLOW EXPERIENCE* DALAM IBADAH SHOLAT DENGAN  
*SUBJECTIVE WELL-BEING* REMAJA  
SKRIPSI**

Diajukan untuk Memenuhi Salah Satu Syarat  
Memperoleh Gelar Sarjana Psikologi di Program Studi Psikologi  
Fakultas Ilmu Pendidikan Universitas Pendidikan Indonesia



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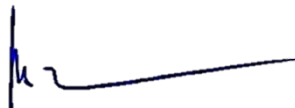


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## ABSTRAK

Yoga Rezki Efendi (1910024). *Hubungan Flow Experience dalam Ibadah Sholat dengan Subjective Well-Being Remaja*. Skripsi. Program Studi Psikologi, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia. Bandung. (2023).

Penelitian ini bertujuan untuk mengetahui hubungan *flow experience* dalam ibadah sholat dengan *subjective well-being* remaja. Metode penelitian yang digunakan adalah metode kuantitatif dengan partisipan berjumlah 420 remaja muslim di Indonesia yang diambil dengan teknik *convenience sampling*. Instrumen pada penelitian ini menggunakan *Flow State Scale* (FSS) untuk mengukur *flow experience*, *Satisfaction with Life Scale* (SWLS) dan *Positive Affect and Negative Affect Scale* (PANAS) untuk mengukur *Subjective Well-Being*. Teknik analisis data yang digunakan dalam penelitian ini adalah analisis korelasional *Spearman* dengan menggunakan *software IBM SPSS* versi 29. Hasil penelitian menunjukkan bahwa *flow experience* dalam ibadah sholat memiliki hubungan yang signifikan dengan *subjective well-being* remaja. Semakin tinggi *flow experience* dalam ibadah sholat pada remaja, maka semakin tinggi kesejahteraan subjektif yang dirasakannya, begitupun ketika *flow experience* dalam ibadah sholat pada remaja rendah, maka rendah pula kesejahteraan subjektifnya.

**Kata Kunci:** *Flow Experience*, Remaja, Sholat, *Subjective Well-Being*

## ABSTRACT

Yoga Rezki Efendi (1910024). The Relationship between Flow Experience in salah and Adolescents' Subjective Well-Being. Thesis. Psychology Study Program, Faculty of Education, Indonesian University of Education. Bandung. (2023).

This research aims to determine the relationship between flow experience in salah and adolescent subjective well-being. The research method used was a quantitative method with participants totaling 420 Muslim teenagers in Indonesia taken using a convenience sampling technique. The instruments in this study used the Flow State Scale (FSS) to measure flow experience, the Satisfaction with Life Scale (SWLS) and the Positive Affect and Negative Affect Scale (PANAS) to measure Subjective Well-Being. The data analysis technique used in this research is correlational *Spearman* analysis using IBM SPSS version 29 software. The results of the research show that the flow experience in prayer services has a significant relationship with teenagers' subjective well-being. The higher the flow experience in prayer services for teenagers, the higher the subjective well-being they feel. Likewise, when the flow experience in salah for teenagers is low, their subjective well-being will also be low.

Keywords: Adolescent, Flow Experience, Salah, Subjective Well-Being

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