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**PENGARUH *MATTERING* TERHADAP IDE BUNUH DIRI YANG
DIMEDIASI *PERCEIVED BURDENSOMENESS* PADA MAHASISWA
DI JAWA BARAT**

SKRIPSI

Diajukan untuk Memenuhi Salah Satu Syarat Memperoleh Gelar Sarjana Psikologi
pada Program Studi Psikologi



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**PROGRAM STUDI PSIKOLOGI
FAKULTAS ILMU PENDIDIKAN
UNIVERSITAS PENDIDIKAN INDONESIA
2024**

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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Sarjana Psikologi di Program Studi Psikologi
Fakultas Ilmu Pendidikan

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Agustus 2024

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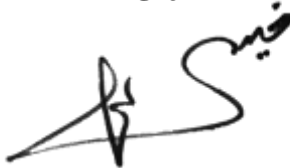
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LEMBAR PENYATAAN

Dengan ini saya menyatakan bahwa skripsi saya yang berjudul “**Pengaruh *Mattering* terhadap Ide Bunuh Diri yang Dimediasi *Perceived Burdensomeness* pada Mahasiswa di Jawa Barat**” beserta seluruh isinya sepenuhnya adalah karya saya. Saya tidak menjiplak karya milik orang lain dan mengutip setiap sumber dengan etika ilmu penelitian yang berlaku. Dengan pernyataan ini, saya siap menanggung sanksi apabila di kemudian hari ditemukan pelanggaran terhadap keaslian di dalam skripsi saya.

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KATA PENGANTAR

Alhamdulillah, puji serta syukur senantiasa peneliti panjatkan ke hadirat Allah SWT. Berkat rahmat dan karunia-nya, skripsi dengan judul “Pengaruh *Mattering* terhadap Ide Bunuh Diri yang Dimediasi *Perceived Burdensomeness* pada Mahasiswa di Jawa Barat” ini dapat terselesaikan dengan baik.

Skripsi ini menyoroti topik seputar bunuh diri dan upaya penanggulangannya. Khususnya untuk mendalami bagaimana persepsi keberartian di dalam diri dapat menjadi perisai dari persepsi menjadi beban bagi sekitar, sehingga akhirnya dapat memproteksi individu dari ancaman ide bunuh diri. Besar harapan peneliti, skripsi ini dapat menjadi fondasi untuk peningkatan kesadaran dan upaya bersama dalam mencegah eskalasi angka bunuh diri pada kalangan mahasiswa.

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Bandung, Agustus 2024

Peneliti



Firdhaniaty Rachmania

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ABSTRAK

Firdhaniaty Rachmania (2001775). *Pengaruh Mattering terhadap Ide Bunuh Diri yang Dimediasi Perceived Burdensomeness pada Mahasiswa di Jawa Barat.* Skripsi. Program Studi Psikologi, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia. Bandung. (2024).

Penelitian sebelumnya telah menunjukkan peran *perceived burdensomeness* sebagai faktor risiko ide bunuh diri, sementara *mattering* dapat berperan sebagai faktor protektif. Penelitian ini bertujuan untuk menguji secara empiris pengaruh *mattering* terhadap ide bunuh diri yang dimediasi *perceived burdensomeness* pada mahasiswa di Jawa Barat menggunakan model mediasi sederhana. Partisipan meliputi 398 mahasiswa berusia 17-25 tahun yang berkuliah di enam daerah Jawa Barat. Alat ukur yang digunakan diantaranya *Mattering Index* (MI) yang dirancang Elliott et al. (2004) dan diadaptasi ke dalam Bahasa Indonesia oleh peneliti, *Interpersonal Needs Questionnaire* (INQ) yang dibuat Van Orden et al. (2012), dan *Suicidal Ideation Scale* (SIS) yang disusun Rudd (1989). Data dianalisis menggunakan uji asumsi klasik, uji beda, dan uji hipotesis dalam software IBM SPSS 22. Teknik analisis untuk pengujian hipotesis meliputi regresi linier sederhana, regresi linear berganda, dan uji Sobel. Hasil penelitian menunjukkan bahwa: (1) terdapat pengaruh negatif yang signifikan (15.1%) antara *mattering* dan ide bunuh diri; (2) terdapat pengaruh negatif yang signifikan (34.4%) antara *mattering* dan *perceived burdensomeness*; (3) terdapat pengaruh positif yang signifikan (41.7%) antara *perceived burdensomeness* dan ide bunuh diri; dan (4) *perceived burdensomeness* dapat menyebabkan mediasi penuh dalam pengaruh *mattering* terhadap ide bunuh diri pada mahasiswa di Jawa Barat.

Kata Kunci: *mattering*, *perceived burdensomeness*, ide bunuh diri, mahasiswa, Jawa Barat

ABSTRACT

Firdhaniaty Rachmania (2001775). *The Effect of Mattering on Suicidal Ideation Mediated by Perceived Burdensomeness among College Students in West Java.* Thesis. Psychology Study Program, Faculty of Education, Indonesia University of Education. Bandung. (2024).

Previous research has demonstrated the role of perceived burdensomeness as a risk factor for suicidal ideation while mattering may act as a protective factor. This study aims to empirically examine the effect of mattering on suicidal ideation mediated by perceived burdensomeness among college students in West Java using a simple mediation model. Participants were 398 college students aged 17-25 years, studying in six regions of West Java. The instruments used were the Mattering Index (MI) designed by Elliott et al. (2004) which was adapted into Indonesian version for this study, the Interpersonal Needs Questionnaire (INQ) created by Van Orden et al. (2012), and the Suicidal Ideation Scale (SIS) developed by Rudd (1989). Data were analyzed using classical assumption tests, group comparison tests, and hypothesis tests in IBM SPSS 22 software. Analysis techniques for hypothesis testing included simple linear regression, multiple linear regression, and Sobel test. The results showed that: (1) there is a significant negative effect (15.1%) between mattering and suicidal ideation; (2) there is a significant negative effect (34.4%) between mattering and perceived burdensomeness; (3) there is a significant positive effect (41.7%) between perceived burdensomeness and suicidal ideation; and (4) perceived burdensomeness fully mediated the effect of mattering on suicidal ideation among college students in West Java.

Keywords: mattering, perceived burdensomeness, suicidal ideation, college students, West Java

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