

ADAPTASI DAN VALIDASI *RYFF'S PSYCHOLOGICAL WELL-BEING
SCALE (RPWBS)* PADA MAHASISWA
DI INDONESIA



TESIS

Diajukan Untuk Memenuhi Sebagai Syarat Memperoleh Gelar Magister
Pendidikan dalam Bidang Bimbingan dan Konseling

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Penulisan Tesis ini dilandasi oleh pentingnya studi tentang kesejahteraan (*well-being*), khususnya pada kelompok mahasiswa sarjana yang berada dalam fase perkembangan yang rentan dan menghadapi berbagai tekanan, akademik, keluarga, sosial, dan hubungan interpersonal. Fase ini dianggap sebagai periode dengan tingkat *psychological well-being* terendah dalam siklus kehidupan. *Psychological well-being* menjadi aspek penting dalam pengembangan program akademik yang tidak hanya menekankan kompetensi akademik, tetapi juga sosial dan pribadi. Assessment dalam Bimbingan dan Konseling bertujuan menghasilkan program Bimbingan dan Konseling. *Ryff’s psychological well-being scale* banyak digunakan dalam penelitian, namun memiliki keterbatasan psikometrik seperti validitas faktorial yang lemah dan konsistensi internal yang rendah. Sebagian besar analisis yang dilakukan menggunakan *confirmatory factor analysis*, termasuk studi di Indonesia, namun hasilnya belum meyakinkan. Urgensi tersebut mendorong dilakukannya riset adaptasi dan validasi *Ryff’s psychological well-being scale* agar menghasilkan skala yang sesuai secara kultural, valid, dan reliabel dalam konteks Indonesia. skala ini penting untuk memperoleh data yang akurat demi pengembangan program Bimbingan dan Konseling terhadap kebutuhan mahasiswa di perguruan tinggi.

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PERSEMBAHAN

Sege nap rasa syukur yang tak terhingga, saya mempersembahkan karya Tesis berjudul “Adaptasi dan Validasi *Ryff’s Psychological Well-Being Scale (RPWBS)* pada Mahasiswa di Indonesia” kepada Tuhan Yesus Kristus, sumber segala kekuatan, inspirasi, dan napas dalam setiap langkah perjuangan saya. Kepada Bapak Yos Antonius Meliala dan Ibu Malem Krina Br Bangun tercinta, kalian bukan hanya pelita dalam gelap dan pelindung dalam badai, tapi juga akar yang menahan saya tetap kokoh meski diterpa keraguan. Dari tangan kalian yang tak kenal lelah dan hati yang tak pernah meminta balasan, tumbuhlah keyakinan saya untuk terus melangkah, meski jalannya penuh batu dan duri. Tesis ini bukan sekadar lembaran akademik, melainkan potret perjalanan panjang seorang anak bernama Aditia Kharisma Meliala, yang dulu sering dipandang sebelah mata karena selalu berada di urutan terakhir dalam buku rapor. Kini, berkat kasih, cinta, doa, dan kesabaran orang tua, anak yang sama itu telah berdiri tegak, menyandang gelar Magister Pendidikan di bidang Bimbingan dan Konseling. Setiap kalimat di dalam Tesis ini adalah ungkapan cinta yang belum pernah terucap, dan setiap halaman adalah persembahan kecil atas lautan pengorbanan kalian. Semoga karya ini dapat menjadi bukti bahwa ketulusan kalian tidak pernah sia-sia, dan bahwa cinta orang tua memiliki daya yang sanggup menaklukkan segala ketidakmungkinan.

ABSTRAK

Aditia Kharisma Meliala (2025). Adaptasi dan Validasi *Ryff's Psychological Well-Being Scale (RPWBS)* Pada Mahasiswa di Indonesia. Pembimbing: Prof. Dr. Ilfiandra, M.Pd., dan Dr. Ipah Saripah, M.Pd. Program Studi Magister Bimbingan dan Konseling. Fakultas Ilmu Pendidikan. Universitas Pendidikan Indonesia.

Studi tentang kesejahteraan telah menjadi aspek penting dalam mengembangkan program akademik, yang tidak hanya menumbuhkan kompetensi akademik tetapi juga kompetensi sosial dan pribadi. Tujuan Bimbingan dan Konseling secara umum dan di perguruan tinggi sejalan dengan filsafat dan perspektif *psychological well-being*. Standar Kompetensi Kemandirian Peserta Didik di perguruan tinggi dan beberapa dimensi *psychological well-being* berkontribusi secara signifikan. Tujuan penelitian ini melakukan adaptasi dan validasi *Ryff's Psychological Well-Being Scale (RPWBS)* Pada mahasiswa di Indonesia. Pendekatan penelitian yang digunakan adalah pendekatan kuantitatif dengan desain *cross-sectional*. Partisipan yang terlibat pada studi 1 berjumlah 1.063, dan partisipan studi 2 berjumlah 1.014. Hasil penelitian menunjukkan *Ryff's psychological well-being scale* versi 81 adalah skala yang valid dan reliabel dalam konteks budaya Indonesia secara spesifik pada mahasiswa sarjana, dan dapat digunakan untuk membuat layanan bimbingan berbasis *psychological well-being* di perguruan tinggi. *Ryff's psychological well-being scale* versi 81 item direkomendasikan untuk digunakan oleh Badan Bimbingan dan Konseling Perkembangan Karir di institusi pendidikan tinggi, Unit Pelaksana Teknis Layanan Bimbingan dan Konseling di universitas, para peneliti akademik, serta praktisi dibidang pendidikan, mengingat skala tersebut memiliki cakupan yang komprehensif dan mampu menangkap berbagai dimensi dan indikator *psychological well-being* secara mendalam.

Kata Kunci: Adaptasi; Properti Psikometri; *Psychological Well-Being*; Ryff; Survei

ABSTRACT

Aditia Kharisma Meliala (2025). *Adaptation and Validation of Ryff's Psychological Well-Being Scale (RPWBS) on College Students in Indonesia.* Supervisor by: Prof. Dr. Ilfiandra, M.Pd., and Dr. Ipah Saripah, M.Pd. Master's Program Guidance and Counseling, Faculty of Educational Sciences, Universitas Pendidikan Indonesia.

Research on well-being has been an important aspect in the development of academic programs, which not only develop academic competencies but also social and personal competencies. The general objectives of guidance and counseling, particularly in higher education, align with the philosophy and perspective of psychological well-being. The Student Independence Competency Standards in higher education and several dimensions of psychological well-being significantly contribute to this. The objective of this research is to adaptation and validation of Ryff's psychological well-being scale (RPWBS) on college student in Indonesia. The research approach used is a quantitative approach with a cross-sectional design. The number of participants in Study 1 was 1,063, and the number of participants in Study 2 was 1,014. The research results to show that Ryff's psychological well-being scale version 81 is a valid and reliable scale in the specific context of Indonesian culture among undergraduate students, and can be used to create psychological well-being-based guidance in higher education institutions. Ryff's 81-item psychological well-being scale is recommended for use by the Career Development Guidance and Counseling at institutions of higher education; the Technical Implementation Unit for Guidance and Counseling at university; academic researchers; and practitioners in the field of education, given that the scale has comprehensive coverage and is able to capture various dimensions and indicators of psychological well-being in depth.

Keywords: *Adaptation; Psychometric Properties; Psychological Well-Being; Ryff; Survey*

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