

ABSTRAK

Auliyah Nisa Maulidiyyah. 2016. Kecenderungan Kesejahteraan Subjektif Pada Peserta Didik Kelas XI SMA Negeri Se-Kota Bandung (Studi Deskriptif Terhadap Peserta Didik Kelas XI SMA Negeri Se-Kota Bandung Tahun Ajaran 2015/ 2016).

Penelitian dilatarbelakangi fenomena yang terjadi di kalangan remaja dalam bentuk penilaian negatif terhadap hidupnya yang menimbulkan ketidakpuasan dan ketidakbahagiaan remaja seperti bunuh diri, kenakalan remaja, hingga perilaku kriminal. Penilaian subjektif individu terhadap kualitas hidupnya disebut juga kesejahteraan subjektif. Oleh sebab itu, permasalahan utama yang menjadi fokus kajian penelitian adalah kecenderungan kesejahteraan subjektif pada remaja. Metode penelitian yang digunakan adalah deskriptif dengan desain penelitian *cross-sectional*. Sedangkan pendekatan penelitian yang digunakan adalah kuantitatif dengan subjek penelitian peserta didik kelas XI SMA Negeri se-kota Bandung tahun ajaran 2015/ 2016. Pengambilan sampel menggunakan teknik *cluster random sampling*. Data yang digunakan untuk mengungkap kecenderungan kesejahteraan subjektif pada peserta didik dikumpulkan melalui instrumen nontes berupa angket model *Thurstone* yang diadaptasi dari MIDUS. Penelitian ini menghasilkan: 1) kecenderungan kesejahteraan subjektif yang dimiliki peserta didik kelas XI SMA Neger se-kota Bandung berada pada sedang, 2) kecenderungan dimensi kesejahteraan emosi peserta didik berada pada kategori tinggi, kecenderungan dimensi kesejahteraan psikologis dan dimensi kesejahteraan sosial berada pada kategori sedang, dan 3) kecenderungan peserta didik pada aspek afeksi positif, kepuasan hidup, penerimaan diri, perkembangan diri, dan penerimaan sosial berada pada kategori tinggi; aspek hubungan positif dengan orang lain, otonomi, penguasaan lingkungan, tujuan hidup, aktualisasi sosial, kontribusi sosial, hubungan sosial, dan integrasi sosial berada pada kategori sedang; dan afeksi negatif berada pada kategori rendah. Adapun rekomendasi hasil penelitian ini diberikan kepada 1) guru bimbingan dan konseling; dan 2) penelitian selanjutnya.

Kata kunci: Kesejahteraan Subjektif, Remaja

ABSTRACT

Auliyah Nisa Maulidiyyah. 2016. The Tendency of Subjective Well-Being of XI Grade Student of Senior High School (SMA) in Bandung (Descriptive Study of XI Grade Student of Senior High School (SMA) in Bandung with School Year of 2015/ 2016)

The research background was phenomenon that was committed by adolescents as a form of negative assessment of adolescents towards their life which caused unhappiness and dissatisfaction of their life such as suicide, juvenile delinquency, and up to criminal behavior. Individual subjective assessment towards life also called as subjective well-being. Therefore, the main problem that become a focus of research study was the tendency of subjective well-being of adolescent. The research method which was used is descriptive with cross-sectional research design. Whereas, the research approach that was used is quantitative with XI grade student of senior high school (SMA) in Bandung with School Year of 2015/ 2016 as research subject. The sample of research was taken by using cluster random sampling technique. The used data to discover the tendency of subjective well-being of student was collected by using non-test instrument in a form of questionnaire with Thurstone model that was adapted from MIDUS. This research resulted: 1) generally, student in class XI of senior high school in Bandung with school year of 2015/ 2016 has the tendency of subjective well-being that is categorized as middle, which means student has adequately positive assessment about life 2) generally, student has high tendency of emotional well-being dimension, medium tendency of psychological well-being dimension and social well-being dimension, and 3) students' tendency of the aspect of positive affection, life satisfaction, self acceptance, self development, and social acceptance have been high; aspect of positive relationship with others, autonomy, environmental control, life goal, social actualization, social contribution, social relationship, and social integration are categorized as medium; and negative affection aspect is low. As for the recommendations of this research result were given to 1) teacher of guidance and counseling/ counselor; and 2) further research.

Key Words: *Subjective Well Being, Adolescent*