

## Abstrak

**Galih Khumaeni Elbaliem(1202162).** Hubungan *Music-based Mood Regulation* dengan *Subjective Well-Being* Pada Mahasiswa. Skripsi Departemen Psikologi Fakultas Ilmu Pendidikan Indonesia, Bandung (2017).

Penelitian ini dilakukan untuk melihat hubungan antara *Music-Based Mood Regulation* dengan *Subjective Well-Being* pada Mahasiswa. Pendekatan kuantitatif dengan metode korelasi digunakan dalam penelitian ini. Partisipan yang terlibat dalam penelitian ini sebanyak 526 mahasiswa yang berada pada rentang usia 18-24 tahun menggunakan *Brief Music-based Mood Regulation Scale* (MMRS) untuk mengukur *music-based mood regulation*, *Satisfaction With Life Scale* (SWLS) yang mengukur dimensi kognitif *subjective-well being* dan *Scale of Positive and Negative Experience* dimensi afektif *subjective-well being*. Hasil uji hipotesis menggunakan uji korelasi menunjukkan bahwa tidak ditemukan hubungan antara *music-based mood regulation* dengan *subjective well-being*.

*Kata Kunci: music-based mood regulation, subjective-well being, mahasiswa*

## Abstract

**Galih Khumaeni Elbaliem(1202162).** Correlation between *Music-based Mood Regulation* with *Subjective Well-Being* in College Students. Unpublished Research Paper/ psychology Department, Faculty of Education, Indonesia University of Education, Bandung (2017).

This research was conducted to examine the correlation between Music-Based Mood Regulation and Subjective Well-Being in College Students. Quantitative approach was used in this research. 526 university students aged between 18-24 years old participated in this research. Researcher used questionnaire to gather data using Brief Music-based Mood Regulation Scale (MMRS) (Saarikallio,2012), Satisfaction With Life Scale (SWLS) (Diener, Emmons, Larsen, & Griffin, 1985) dan Scale of Positive and Negative Experience (SPANE,2009). The result indicated that there are no correlation between *music-based mood regulation* dengan *subjective well-being*.

*Keyword: music-based mood regulation, subjective-well being,college student*