

**PENGARUH PENGUNGKAPAN DIRI TERHADAP KESEJAHTERAAN
SUBJEKTIF DIMEDIASI *PERCEIVED SOCIAL SUPPORT*
PADA PENGGUNA *INSTAGRAM* KOTA BANDUNG**

SKRIPSI

Disusun untuk memenuhi salah satu syarat memperoleh gelar sarjana psikologi di
Departemen Psikologi Fakultas Ilmu Pendidikan Universitas Pendidikan Indonesia



Disusun oleh:
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**DEPARTEMEN PSIKOLOGI
FAKULTAS ILMU PENDIDIKAN
UNIVERSITAS PENDIDIKAN INDONESIA
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Indonesia

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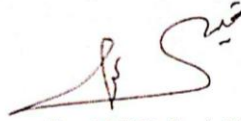
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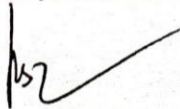
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ABSTRAK

Shabrina Nur Adzhani (1502052). *Pengaruh Pengungkapan Diri terhadap Kesejahteraan Subjektif Dimediasi Perceived Social Support pada Pengguna Instagram Kota Bandung.* Skripsi. Departemen Psikologi, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia. Bandung. (2019).

Penelitian ini bertujuan untuk mengetahui Pengaruh Pengungkapan Diri terhadap Kesejahteraan Subjektif yang dimediasi oleh *Perceived Social Support* pada Pengguna *Instagram* Kota Bandung. Metode penelitian yang digunakan adalah metode kuantitatif dengan responden berjumlah 466 remaja akhir yang berusia 18 hingga 21 tahun serta menggunakan media sosial *Instagram* Kota Bandung. Instrumen pada penelitian ini adalah *Revised Self-Disclosure Scale* (RSDS) untuk mengukur pengungkapan diri, *Multidimensional Scale of Perceived Social Support* (MSPSS) untuk mengukur *perceived social support*, *Scale of Positive and Negative Experience* (SPANE) dan *Satisfaction with Life Scale* (SWLS) untuk mengukur kesejahteraan subjektif. Teknik analisis data yang digunakan adalah regresi linier dan regresi ganda. Hasil penelitian menunjukkan: 1) Terdapat pengaruh yang signifikan dari pengungkapan diri terhadap kesejahteraan subjektif; 2) Terdapat pengaruh yang signifikan dari pengungkapan diri terhadap *perceived social support*; 3) Terdapat pengaruh yang signifikan dari *perceived social support* terhadap kesejahteraan subjektif; 4) Variabel *perceived social support* secara signifikan dapat menjadi variabel mediator bagi pengungkapan diri terhadap kesejahteraan subjektif.

Kata kunci: pengungkapan diri, *perceived social support*, kesejahteraan subjektif, pengguna *Instagram*

ABSTRACT

Shabrina Nur Adzhani (1502052). *The Influence of Self-disclosure towards Instagram users' subjective well-being mediated by Perceived Social Support in Bandung City.* Thesis. Department of Psychology, Faculty of Education, Indonesian University of Education. Bandung. (2019).

The author used a quantitative method with 466 late-teenagers ranging from 18 to 21 years old who serve as the respondents of this research. The research was conducted by utilizing Instagram, a social media platform, in Bandung City. The instruments used in this research include Revised Self-Disclosure Scale (RSDS) to measure respondents' self-disclosure, Multidimensional Scale of Perceived Social Support (MSPSS) to measure respondents' perceived social support, Scale of Positive and Negative Experience (SPANE) and Satisfaction with Life Scale to measure respondents' subjective well-being. This research found that: 1) Self-disclosure had a significant influence towards respondents' subjective well-being; 2) Self-disclosure had a significant influence towards respondents' perceived social support; 3) Perceived social support had a significant influence towards respondents' subjective well-being; 4) The variable of perceived social support significantly could be utilized as a mediator variable for self-disclosure to attain subjective well-being.

Keywords: self-disclosure, perceived social support, subjective well-being' Instagram user

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