

## Abstrak

Tantangan yang dialami mahasiswa perantau dalam menjalani kehidupannya sangat banyak sehingga mahasiswa perantau membutuhkan mental yang kuat sehingga membuat mahasiswa perantau bias bahagia dalam menjalani aktivitasnya. Penelitian ini bertujuan untuk mengetahui hubungan antara *Hardiness* dengan *Subjective Well-Being* pada mahasiswa perantau di Yogyakarta. Hipotesis yang diajukan yaitu ada hubungan positif *Hardiness* dengan *Subjective Well-Being* pada mahasiswa perantau di Yogyakarta. Subjek dalam penelitian ini adalah mahasiswa perantau. Subjek penelitian sebanyak 70 mahasiswa. Penyebaran skala dilakukan melalui google formulir yang disebar lewat email dan whatsapp. Pengumpulan data dilakukan dengan menggunakan skala *satisfaction with life scale*, *positive affect negative affect scale* untuk mengukur *Subjective Well-being* dan skala *Hardiness*. Metode analisis data yang digunakan yaitu *Product Moment*. Berdasarkan hasil penelitian, diperoleh koefisien korelasi sebesar  $r_{xy} = 0,474$  dengan taraf signifikansi sebesar  $p = 0,000$  ( $p < 0,05$ ), yang artinya terdapat hubungan positif antara *Hardiness* dengan *Subjective Well-Being* pada mahasiswa perantau di Yogyakarta. Koefisien determinansi ( $R^2$ ) sebesar 0,225 menunjukkan variabel *Hardiness* memiliki kontribusi sebesar 22,5% terhadap *Subjective Well-Being*.

**Kata kunci :** *Hardiness*, *Subjective Well-Being*, mahasiswa perantau

### ***Abstract***

*The challenges experienced by overseas students in living their lives are so many that overseas students need a strong mentality so that they can make overseas students happy in carrying out their activities. This study aims to determine the relationship between Hardiness and Subjective Well-Being in overseas students in Yogyakarta. The hypothesis proposed is that there is a positive relationship between Hardiness and Subjective Well-Being in overseas students in Yogyakarta. The subjects in this study were overseas students. The research subjects were 70 students. The scale distribution is done through google forms which are distributed via email and whatsapp. Data was collected using a satisfaction with life scale, positive affect negative affect scale to measure Subjective Well-being and Hardiness scale. The data analysis method used is Product Moment. Based on the results of the study, the correlation coefficient was  $r_{xy} = 0.474$  with a significance level of  $p = 0.000$  ( $p < 0.01$ ), which means that there is a positive relationship between Hardiness and Subjective Well-Being in overseas students in Yogyakarta. Ccoefficient of determination ( $R^2$ ) of 0.225 indicating the Hardiness variable had a contribution of 22.5% to Subjective Well-Being.*

***Keywords*** : *Hardiness, Subjective Well-Being, overseas students*