

ABSTRAK

Gangguan psikologis, seperti stres dan depresi, kian marak seiring berjalannya waktu. Akibatnya, kondisi kesehatan mental individu menjadi terganggu. Hal ini dapat terjadi karena individu yang belum siap menghadapi perkembangan zaman, termasuk berbagai tantangan didalamnya. Sebagai individu yang hidup di zaman sekarang, mahasiswa tumbuh bersamaan dengan perkembangan tersebut. Penggunaan *smartphone* dalam kehidupan sehari-hari pun sudah menjadi hal yang wajar. Dalam intensitas normal, *smartphone* dapat menjadi alat yang membantu berbagai pekerjaan. Namun, jika digunakan secara berlebihan rentan menimbulkan kecanduan. Penelitian ini bertujuan untuk mengetahui hubungan antara *smartphone addiction* dan *psychological well-being* pada mahasiswa di Universitas Mercu Buana Yogyakarta. Hipotesis yang diajukan adalah terdapat hubungan negatif antara *smartphone addiction* dengan *psychological well-being* pada mahasiswa. Subjek penelitian ini berjumlah 226 mahasiswa yang berasal dari 6 Fakultas di Universitas Mercu Buana Yogyakarta. Metode pengambilan data dalam penelitian ini menggunakan *Ryff's Scale of Psychological Well-Being* dan *Smartphone Addiction Scale-Short Version (SAS-SV)*. Teknik analisis data yang digunakan adalah korelasi *Product Moment*. Berdasarkan hasil analisis data, diperoleh koefisien relasi $r = - 0,499$ dan $p = 0,000$ ($p < 0,05$). Hasil analisis tersebut menunjukkan bahwa hipotesis penelitian ini dapat diterima, yaitu terdapat hubungan negatif antara *smartphone addiction* dengan *psychological well-being* pada mahasiswa. Artinya, semakin tinggi tingkat *smartphone addiction* maka semakin rendah tingkat *psychological well-being*. Sebaliknya, jika tingkat *smartphone addiction* semakin rendah maka tingkat *psychological well-being* akan semakin tinggi.

Kata kunci: *Mahasiswa, Psychological Well-Being, Smartphone Addiction*

ABSTRACT

Psychological disorders, such as stress and depression, are increasingly common over time. As a result, mental health condition deteriorates. This can happen when people are not prepared to face developments of the times, including the various challenges therein. In this era, undergraduate students evolve in tandem with these changes. The use of smartphones in daily life has become commonplace. Under normal circumstances, smartphones can be useful tools for a variety of tasks. However, if used excessively, it is susceptible to causing addiction. This research aims to determine the relationship between smartphone addiction and psychological well-being among undergraduate students in Universitas Mercu Buana Yogyakarta. The hypothesis proposed is that smartphone addiction has a negative relationship with psychological well-being among undergraduate students. This research included 226 undergraduate students from 6 faculties in Universitas Mercu Buana Yogyakarta. The Ryff's Scale of Psychological Well-Being and the Smartphone Addiction Scale-Short Version (SAS-SV) were used to collect data in this research. Meanwhile, Product Moment correlation was used as a data analysis technique. Based on the data analysis results, the relationship coefficient $r = -0.499$ and $p = 0.000$ ($p < 0.05$) is obtained. The findings indicate that this research hypothesis is acceptable, namely that there is a negative relationship between smartphone addiction and psychological well-being in undergraduate students. This means that the more addicted a person is to their smartphone, the lower their psychological well-being. Conversely, lowering the level of smartphone addiction increases the level of psychological well-being.

Keywords: *Psychological Well-Being, Smartphone Addiction, Undergraduate Students*