

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara kestabilan emosi dengan *psychological well being* pada pasangan muda. Hipotesis yang diajukan adalah hubungan positif antara kestabilan emosi dengan *psychological well being* pada pasangan muda. Subjek penelitian ini adalah pasangan muda di Yogyakarta. Subjek penelitian sebanyak 40 pasangan muda. Pengumpulan data dilakukan dengan menggunakan Skala Kestabilan Emosi dan Skala *Psychological Well Being*. Metode analisis data yang digunakan adalah analisis *Pearson Correlation*. Berdasarkan hasil penelitian, diperoleh koefisien korelasi sebesar $r^{xy} = 0.708$ ($p < 0.01$), yang berarti ada hubungan positif yang signifikan antara kestabilan emosi dengan *psychological well being*. Sumbangan efektif dukungan sosial sebesar 50,2%. Hal ini menunjukkan bahwa sebanyak 49,8% sisanya diperoleh dari faktor lain.

kata kunci: *psychological well being*, kestabilan emosi, pasangan muda

ABSTRACT

This study aims to determine the relationship between emotional stability and psychological well being on young couple. The hypothesis proposed is a positive relationship between emotional stability and psychological well being on young couple. The subject of this research was young couple of the Yogyakarta. The research subjects were 40 young couple. Data collection was carried out using the Emotional Stability Scale and the psychological well being Scale. The data analysis method used is the Pearson Correlation analysis. Based on the results of the study, obtained a correlation coefficient of $r = 0,708$ ($p < 0.01$), which means there is a significant positive relationship between emotional stability and psychological well being. Effective contribution of social support is 50,2%. This shows that as many as 49,8% of the remainder is obtained from other factors.

Keywords: psychological well being, emotional stability, young couple.