

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan sosial rekan kerja dengan *psychological well being* anggota polresta Yogyakarta yang sedang mengambil studi strata 1 (S1). Variabel bebas pada penelitian ini adalah dukungan sosial rekan kerja. Dukungan sosial rekan kerja mengacu pada kenyamanan, perhatian, penghargaan yang diberikan rekan kerja atau organisasi kepada individu yang menimbulkan perasaan bahagia, nyaman, dihargai, diperhatikan, dicintai, dan merasa terbantu bagi individu yang menerimanya. Variabel terikat pada penelitian ini adalah *psychological well being*. *Psychological well being* merupakan suatu keadaan keseimbangan afek positif dan negatif, serta kondisi tercapainya kebahagiaan tanpa adanya gangguan psikologis yang ditandai dengan kemampuan individu untuk mengoptimalkan fungsi psikologisnya. Hipotesis yang diajukan dalam penelitian ini adalah terdapat hubungan positif antara dukungan sosial rekan kerja dengan *psychological well being* pada anggota polresta Yogyakarta yang sedang mengambil studi S1. Subjek dalam penelitian ini adalah anggota polri yang tercatat masih aktif berdinis di polresta Yogyakarta dan sedang mengambil studi strata 1 (S1) dan berpangkat bintara sebanyak 50 orang. Alat ukur yang digunakan dalam penelitian ini adalah skala *psychological well being* dan skala dukungan sosial rekan kerja. Uji hipotesis dilakukan dengan menggunakan metode korelasi *product moment* dari *Karl Pearson*. Hasil uji hipotesis dalam penelitian ini menunjukkan $r_{xy} = 0,776$; $p < 0,05$, yang berarti terdapat hubungan positif dan signifikan antara *psychological well being* dengan dukungan sosial rekan kerja sehingga hipotesis penelitian dapat diterima. Sumbangan efektif dukungan sosial rekan kerja terhadap *psychological well being* sebesar 60,2%.

Kata Kunci : *psychological well being*, dukungan sosial rekan kerja, anggota polri, mahasiswa strata 1 (S1).

ABSTRACT

This study aims to determine the relationship between social support of colleagues and psychological well being members of Yogyakarta police who are taking undergraduate studies. The independent variable in this study is social support of colleagues. Social support of colleagues refers to the comfort, attention, appreciation given by colleagues or organizations to individuals who cause feelings of happiness, comfort, respect, attention, love, and feel helped for the individual who receives it. The dependent variable in this study is psychological well being. Psychological well being is a state of balance between positive and negative affect, and the condition of achieving happiness without psychological disturbances marked by the ability of individuals to optimize their psychological functions. The hypothesis proposed in this study is that there is a positive relationship between social support of colleagues and psychological well being in members of the Yogyakarta police who are taking undergraduate studies. The subjects in this study were members of the Indonesian National Police who were still active in serving in Yogyakarta and were taking undergraduate studies. There were 50 participants in this study. Measuring instruments used in this study were psychological well being scale and social support of colleagues scale. Hypothesis testing is done using the product moment correlation method by Karl Pearson. The results of hypothesis testing in this study showed $r_{xy} = 0.776$; $p < 0.05$, which means that there is a positive and significant relationship between psychological well being with social support of colleagues so that the research hypothesis can be accepted. The effective contribution of social support of colleagues to psychological well being was 60.2%.

Keywords: *psychological well being, social support of colleagues, members of the national police, undergraduate students (S1).*