

ABSTRAK

Meningkatnya kesadaran masyarakat terhadap pentingnya pendidikan menyebabkan tingkat persaingan masuk perguruan tinggi menjadi semakin ketat, khususnya pada jurusan tertentu seperti kedokteran. Siswa-siswa yang belum diterima pada jurusan yang diinginkan kemudian memilih untuk mengambil *gap year*. Belum banyak studi yang membahas mengenai kondisi siswa yang mengambil *gap year* di Indonesia, tetapi diketahui bahwa individu yang mengalami *fear of failure* akan mengalami gangguan pada taraf kesehatan mental mereka, termasuk pada *subjective well-being*. Penelitian ini bertujuan untuk mengetahui hubungan antara *fear of failure* dengan *subjective well-being* pada siswa yang mengambil *gap year*. Subjek penelitian melibatkan siswa *gap year* berusia 18-20 tahun (N=60). Pengumpulan data dilakukan menggunakan skala SWB dan PFAI. Metode analisis menggunakan korelasi *product moment* dari Pearson. Hasil analisis didapatkan nilai $(r_{xy}) = -0,737$ ($p < 0,05$). Hal ini menunjukkan bahwa hubungan antara *fear of failure* dan *subjective well-being* memiliki korelasi negatif. Ditemukan koefisien determinasi yang disimbolkan dengan R^2 sebesar 0,543 hal ini membuktikan bahwa variabel *fear of failure* dapat memberikan pengaruh sebesar 54,3 % pada variabel *subjective well-being*, sedangkan 45,7 % dipengaruhi oleh faktor-faktor lainnya.

Kata Kunci: *Subjective Well-Being, Fear of Failure, Gap Year*

ABSTRACT

Increasing public awareness of the importance of education has caused the level of competition to enter higher education to become increasingly fierce, especially in certain majors such as medicine. Students who have not been accepted into their desired major then choose to take a gap year. Not many studies have discussed the conditions of students taking gap years in Indonesia, but it is known that individuals who experience fear of failure will experience problems with their mental health, including subjective well-being. This research aims to determine the relationship between fear of failure and subjective well-being in students who take a gap year. The research subjects involved gap year students aged 18-20 years (N=60). Data collection was carried out using the SWB and PFAI scales. The analysis method uses Pearson product moment correlation. The results of the analysis obtained a value of $(r_{xy}) = -0.737$ ($p < 0.05$). This shows that the relationship between fear of failure and subjective well-being has a negative correlation. It was found that the coefficient of determination, symbolized by R^2 , was 0.543, this proves that the fear of failure variable can have an influence of 54.3% on the subjective well-being variable, while 45.7% is influenced by other factors.

Keywords: *Subjective Well-Being, Fear of Failure, Gap Year*