

ABSTRAK

Santri dalam menjalani kehidupan di lingkungan asrama menghadapi berbagai tuntutan, seperti penyesuaian diri, kegiatan yang padat, serta berbagai tuntutan sosial yang dapat memengaruhi kondisi psikologisnya. Kondisi tersebut berkaitan dengan kemampuan individu dalam menjaga *psychological well-being*, salah satunya melalui peran *self-esteem* yang membantu individu memiliki keyakinan dan penerimaan terhadap dirinya. Penelitian ini bertujuan untuk menguji hubungan antara *self-esteem* dengan *psychological well-being* pada santri putri Asrama Annisa Yogyakarta. Hipotesis yang diajukan yaitu terdapat hubungan positif antara *self-esteem* dengan *psychological well-being*. Partisipan terdiri dari 70 santri putri berusia 18-25 tahun Asrama Annisa Yogyakarta menggunakan teknik total sampling. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasi. Pengumpulan data dilakukan menggunakan skala *self-esteem* dengan skala *psychological well-being* melalui kuesioner. Data dianalisis menggunakan teknik uji korelasi *Spearman-rho* untuk mengetahui kekuatan hubungan antarvariabel. Hasil penelitian menunjukkan bahwa terdapat hubungan positif antara *self-esteem* dengan *psychological well-being* dengan nilai koefisien korelasi ($r_{xy} = 0.600, p < 0.001$), sehingga semakin tinggi *self-esteem* maka semakin tinggi pula *psychological well-being* pada santri putri.

Kata Kunci: *psychological well-being, santri putri, self-esteem*

ABSTRACT

Female students living in a dormitory environment face various challenges, such as adjusting to their new surroundings, a busy schedule, and various social demands that can affect their psychological well-being. These conditions are related to an individual's ability to maintain psychological well-being, one aspect of which is self-esteem, which helps individuals develop self-confidence and self-acceptance. This study aims to examine the relationship between self-esteem and psychological well-being among female boarding school students at Asrama Annisa in Yogyakarta. The hypothesis posited is that there is a positive relationship between self-esteem and psychological well-being. The participants consisted of 70 female boarding school students aged 18–25 years at Asrama Annisa in Yogyakarta, selected using total sampling. This study employed a quantitative approach with a correlational design. Data were collected using self-esteem and psychological well-being scales via questionnaires. The data were analyzed using the Spearman-rho correlation test to determine the strength of the relationship between the variables. The results indicate a positive relationship between self-esteem and psychological well-being, with a correlation coefficient of ($r_{xy} = 0.600$, $p < 0.001$); thus, the higher the self-esteem, the higher the psychological well-being among female boarding school students.

Keywords: *psychological well-being, female boarding school students, self-esteem*