

ABSTRAK

Mahasiswa baru rantau menghadapi berbagai tantangan dalam proses adaptasi yang dapat memengaruhi tingkat kebahagiaan. Salah satu faktor yang diduga berkaitan dengan kebahagiaan adalah kualitas persahabatan. Penelitian ini bertujuan untuk mengetahui hubungan antara kualitas persahabatan dengan kebahagiaan pada mahasiswa baru rantau. Hipotesis penelitian adalah adanya hubungan positif antara kualitas persahabatan dengan kebahagiaan. Subjek penelitian berjumlah 220 mahasiswa baru rantau yang dipilih menggunakan teknik *purposive sampling*. Pengumpulan data dilakukan menggunakan Skala Kualitas Persahabatan berdasarkan teori Parker dan Asher (1993) serta Skala Kebahagiaan berdasarkan teori Seligman (2002). Analisis data menggunakan teknik *Pearson Product Moment*. Hasil penelitian menunjukkan koefisien korelasi (r_{xy}) sebesar 0,580 dengan $p < 0,001$ ($p < 0,05$), yang menunjukkan adanya hubungan positif yang signifikan antara kualitas persahabatan dengan kebahagiaan. Semakin tinggi kualitas persahabatan, semakin tinggi pula tingkat kebahagiaan mahasiswa baru rantau, dan sebaliknya. Nilai koefisien determinasi (*R Square*) sebesar 0,336 menunjukkan bahwa kualitas persahabatan memberikan kontribusi efektif sebesar 33,6% terhadap kebahagiaan, sedangkan 66,4% sisanya berkaitan dengan faktor lain di luar penelitian.

Kata kunci: kebahagiaan, kualitas persahabatan, mahasiswa baru rantau

ABSTRACT

First-year students living away from home often face various challenges during the adaptation process that may affect their happiness. One factor presumed to be associated with happiness is friendship quality. This study aimed to examine the relationship between friendship quality and happiness among first-year students living away from home. The research hypothesis stated that there is a positive relationship between friendship quality and happiness. The participants consisted of 220 first-year students living away from home selected using a purposive sampling technique. Data were collected using the Friendship Quality Scale based on Parker and Asher's (1993) theory and the Happiness Scale based on Seligman's (2002) theory. Data were analyzed using the Pearson Product Moment correlation technique. The results showed a correlation coefficient (r_{xy}) of 0.580 with $p < 0.001$ ($p < 0.05$), indicating a significant positive relationship between friendship quality and happiness. Higher friendship quality was associated with higher levels of happiness, and vice versa. The coefficient of determination (R Square) was 0.336, indicating that friendship quality accounted for 33.6% of the variance in happiness, while the remaining 66.4% of the variance in happiness may be associated with other factors beyond the scope of this study.

Keywords: *first-year students living away from home, friendship quality, happiness*