

ABSTRAK

Skripsi dengan judul “Pengaruh *Psychological Well Being* dan *Social Support* Terhadap *Loneliness* Pada Mahasiswa Rantau di UIN Sayyid Ali Rahmatullah Tulungagung” ini ditulis oleh Melieana Oktavia Diki, NIM. 1860308221005, dengan dosen pembimbing Arina Husna Zaini, M.Pd.

Kata kunci: *psychological well being*, *social support*, *loneliness*, Mahasiswa Rantau.

Mahasiswa perantau merupakan individu yang menempuh pendidikan tinggi di luar daerah asalnya. Selama menjalani perkuliahan, mereka mengalami berbagai dinamika kehidupan, salah satunya adalah tuntutan untuk beradaptasi dengan lingkungan baru serta menjalani kehidupan yang jauh dari keluarga dan orang-orang terdekat. Keterbatasan dukungan sosial yang biasanya diperoleh dari lingkungan sekitar dapat meningkatkan risiko munculnya rasa kesepian pada mahasiswa rantau. *Loneliness* muncul ketika individu menilai bahwa hubungan sosial yang dimilikinya tidak sesuai dengan harapan, baik dari segi kualitas maupun kuantitas. Oleh karena itu, diperlukan kajian lebih lanjut mengenai faktor-faktor yang dapat memengaruhi *loneliness*, seperti *psychological well being* dan *social support*. Penelitian ini bertujuan untuk mengetahui pengaruh yang signifikan *psychological well being* dan *social support* terhadap *loneliness* pada mahasiswa rantau di UIN Sayyid Ali Rahmatullah Tulungagung.

Penelitian ini menggunakan pendekatan kuantitatif dengan jenis penelitian kausalitas. Populasi penelitian ini adalah seluruh mahasiswa baru yang sedang merantau untuk menempuh studi di UIN Sayyid Ali Rahmatullah Tulungagung. Sampel penelitian berjumlah 136 mahasiswa rantau yang ditentukan berdasarkan rumus Hair dan dipilih menggunakan teknik *purposive sampling*. Variabel *psychological well being* diukur berdasarkan teori Ryff. Variabel *social support* diukur menggunakan teori Zimet. Adapun variabel *loneliness* diukur berdasarkan teori Peplau dan Perlman. Data dikumpulkan melalui penyebaran kuesioner dan dianalisis menggunakan regresi linier sederhana serta regresi linier berganda dengan bantuan program SPSS. Berdasarkan uji hipotesis didapatkan nilai signifikansi sebesar 0,613 ($> 0,05$) pada pengaruh *psychological well being* terhadap *loneliness*. Kemudian, pada pengaruh *social support* terhadap *loneliness* didapatkan nilai signifikansi sebesar 0,336 ($> 0,05$). Selanjutnya, pada pengaruh *psychological well being* dan *social support* terhadap *loneliness* didapatkan nilai signifikansi sebesar 0,997 ($> 0,05$) dan nilai *Adjusted R Square* sebesar -0,008.

Hasil penelitian ini menunjukkan bahwa tidak terdapat pengaruh yang signifikan *psychological well being* terhadap *loneliness* pada mahasiswa rantau di UIN Sayyid Ali Rahmatullah Tulungagung, dan tidak terdapat pengaruh yang signifikan *social support* terhadap *loneliness* pada mahasiswa rantau di UIN Sayyid Ali Rahmatullah Tulungagung, serta tidak terdapat pengaruh yang signifikan *psychological well being* dan *social support* terhadap *loneliness* pada mahasiswa rantau di UIN Sayyid Ali Rahmatullah Tulungagung.

ABSTRACT

This thesis, titled “The Influence of Psychological Well Being and Social Support on Loneliness Among Out-of-Town Students at UIN Sayyid Ali Rahmatullah Tulungagung,” was written by Melieana Oktavia Diki, NIM. No. 1860308221005, under the supervision of Arina Husna Zaini, M.Pd.

Keywords: psychological well being, social support, loneliness, students from out of town.

Students living away from home are individuals pursuing higher education outside their home regions. During their studies, they experience various life dynamics, one of which is the need to adapt to a new environment and live far from their families and loved ones. The limited social support typically provided by their local communities can increase the risk of loneliness among these students. Loneliness arises when an individual perceives that their social relationships do not meet their expectations, both in terms of quality and quantity. Therefore, further study is needed on the factors that can influence loneliness, such as psychological well being and social support. This study aims to determine the significant influence of psychological well-being and social support on loneliness among students living away from home at UIN Sayyid Ali Rahmatullah Tulungagung.

This study employs a quantitative approach with a causal research design. The study population consists of all new students who have moved away from home to pursue their studies at UIN Sayyid Ali Rahmatullah Tulungagung. The sample comprised 136 students living away from home, determined using Hair's formula and selected through purposive sampling. The psychological well being variable was measured based on Ryff's theory. The social support variable was measured using Zimet's theory. The loneliness variable was measured based on Peplau and Perlman's theory. Data were collected through the distribution of questionnaires and analyzed using simple linear regression and multiple linear regression with the assistance of SPSS software. Based on the hypothesis test, a significance value of 0.613 (> 0.05) was obtained for the effect of psychological well being on loneliness.

Furthermore, regarding the effect of social support on loneliness, a significance value of 0.336 (> 0.05) was obtained. Additionally, regarding the combined effect of psychological well being and social support on loneliness, a significance value of 0.997 (> 0.05) and an Adjusted R-Square value of -0.008 were obtained.

The results of this study indicate that psychological well being does not have a significant effect on loneliness among out of town students at UIN Sayyid Ali Rahmatullah Tulungagung, and there is no significant effect of social support on loneliness among out of town students at UIN Sayyid Ali Rahmatullah Tulungagung, nor is there a significant combined effect of psychological well being and social support on loneliness among out of town students at UIN Sayyid Ali Rahmatullah Tulungagung.