

**HUBUNGAN RESILIENSI DAN *SUBJECTIVE WELL BEING* PADA
RELAWAN BENCANA ALAM SKALA PROVINSI
DI INDONESIA**

SKRIPSI

**Diajukan Untuk Memenuhi Salah Satu Syarat Untuk Mendapatkan Gelar
Sarjana Psikologi**



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The Correlation Between Resilience and Subjective well being on Volunteers for Province Scale Natural Disaster in Indonesia.

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ABSTRACT

Disaster volunteers who work at the disaster location faced many adversities. These conditions affect their psychological conditions. Resilience is needed by the volunteers to overcome the difficulties, rise up, and can be a stronger individual. The resilient volunteers tend to see their lives positively and feel more satisfaction with their lives. Those conditions refer to indicator of subjective well being. The aim of this research was to find the correlation between resilience and subjective well being on volunteers for province scale natural disaster in Indonesia. Researcher use quantitative method. Respondents amounted to 97 volunteers for province scale natural disaster in Indonesia. Data collection uses The Resilience Scale to measure volunteer resilience, Scale of Positive and Negative Affect Experience, and Satisfaction with Life Scale to measure volunteer Subjective well being. By using Pearson Product Moment correlation test, the researcher found that there was positive correlation between resilience and subjective well being on volunteers for province scale natural disaster in Indonesia ($r=.450$, $p<0,001$). It means that the higher the resilience of volunteers have, the higher also the their subjective well being.

Keywords: resilience, subjective well being, natural disaster volunteers.

Hubungan Resiliensi dan *Subjective well being* Pada Relawan Bencana Alam Skala Provinsi di Indonesia

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ABSTRAK

Relawan bencana yang bertugas di lokasi bencana alam menghadapi berbagai kesulitan. Kondisi ini dapat berdampak pada kondisi psikologis mereka. Resiliensi dibutuhkan agar relawan mampu mengatasi kesulitan yang dihadapi, bangkit, dan menjadi individu yang lebih tangguh. Relawan yang resilien cenderung memandang kehidupannya secara positif dan merasakan kepuasan dalam hidupnya. Kondisi tersebut merupakan indikator dari *subjective well being*. Tujuan dari penelitian ini adalah untuk mengetahui hubungan resiliensi dan *subjective well being* pada relawan bencana alam skala Provinsi di Indonesia. Metode penelitian yang digunakan dalam penelitian ini adalah metode kuantitatif. Responden pada penelitian ini berjumlah 97 orang relawan bencana alam skala Provinsi di Indonesia. Pengumpulan data menggunakan *The Resilience Scale* untuk mengukur resiliensi relawan, *Scale of Positive and Negative Affect Experience* untuk mengukur *Subjective well being* relawan. Dengan menggunakan uji korelasi *Pearson Product Moment*, peneliti menemukan adanya hubungan positif antara resiliensi dan *subjective well being* ($r = 0,450$, $p < 0,005$). Artinya, bahwa semakin tinggi resiliensi yang dimiliki relawan, semakin tinggi pula *subjective well being* relawan.

Kata Kunci: resiliensi, *subjective well being*, relawan bencana.