

**HUBUNGAN ANTARA DUKUNGAN DUKUNGAN SOSIAL DAN  
OPTIMISME TERHADAP *SUBJECTIVE WELL BEING* PADA REMAJA DI  
PANTI ASUHAN AT-TAQWA TEMBALANG**

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**ABSTRAK**

Penelitian ini memiliki tujuan untuk mengetahui hubungan antara dukungan sosial dan optimisme terhadap *subjective well-being* pada remaja di Panti Asuhan At-Taqwa Tembalang. Populasi pada penelitian ini adalah remaja di Panti Asuhan At-Taqwa Tembalang yang bersekolah di SMP-SMA dengan sampel 63 remaja panti asuhan. Teknik pengambilan sampel menggunakan *random sampling*. Alat ukur yang digunakan dalam penelitian ini menggunakan 3 skala, yakni skala *subjective well-being* terdiri dari 34 aitem dengan koefisien reliabilitas senilai 0,876, skala optimisme memiliki 26 aitem dengan koefisien reliabilitas senilai 0,795, skala dukungan sosial memiliki 36 aitem dengan koefisien reliabilitas senilai 0,913. Teknik analisis data penelitian menggunakan analisis berganda dan korelasi parsial. Hasil dari uji hipotesis pertama didapatkan  $R = 0,777$  serta  $F = 45,717$  dengan  $p = 0,000$  ( $p < 0,05$ ) yang berarti terdapat hubungan antara dukungan sosial dan optimisme terhadap *subjective well-being* pada remaja di Panti Asuhan At-Taqwa Tembalang. Hasil uji hipotesis kedua diperoleh  $r_{x_1y}$  sebesar 0,474 dengan signifikansi senilai 0,000 ( $p < 0,01$ ) yang berarti terdapat hubungan positif yang signifikan pada dukungan sosial terhadap *subjective well-being* pada remaja di Panti Asuhan At-Taqwa Tembalang. Hasil uji hipotesis ketiga diperoleh skor  $r_{x_2y}$  0,404 dengan signifikansi senilai 0,001 ( $p < 0,01$ ) yang berarti terdapat hubungan positif yang signifikan pada optimisme dengan *subjective well-being* pada remaja di Panti Asuhan At-Taqwa Tembalang.

Kata kunci: *Subjective Well-being*, Dukungan Sosial, Optimisme

*THE RELATIONSHIP BETWEEN SOCIAL SUPPORT AND OPTIMISM TOWARDS  
SUBJECTIVE WELL BEING AMONG ADOLESCENTS AT ORPHANAGE AT-  
TAQWA, TEMBALANG*

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**ABSTRACT**

*This studied aims to determine the relationship between social support and optimism on subjective well-being in adolescents at the At-Taqwa Tembalang Orphanage. The population in this study were adolescents at the At-Taqwa Tembalang Orphanage who attended SMP-SMA with a sample of 63 orphanages. The sampling technique used random sampling. The measuring instrument used in this study used 3 scales, namely the subjective well-being scale consisting of 34 items with a reliability coefficient of 0.876, the optimism scale having 26 items with a reliability coefficient of 0.795, the social support scale having 36 items with a reliability coefficient of 0.913. The research data analysis technique used multiple analysis and partial correlation. The results of the first hypothesis test obtained  $R = 0.777$  and  $F = 45.717$  with  $p = 0.000$  ( $p < 0.05$ ), which means that there is a role for social support and optimism towards subjective well-being among adolescents at the At-Taqwa Tembalang Orphanage. The second hypothesis test results obtained  $r_{x1y}$  of 0.474 with a significance of 0.000 ( $p < 0.01$ ), which means that there is a significant positive role in social support for subjective well-being among adolescents at the At-Taqwa Tembalang Orphanage. The results of the third hypothesis test obtained a score of  $r_{x2y}$  0.404 with a significance of 0.001 ( $p < 0.01$ ), which means that there is a significant positive role in optimism with subjective well-being in adolescents at the At-Taqwa Tembalang Orphanage.*

*Keywords: Subjective Well-being, Social Support, Optimism*