

## ABSTRAK

### HUBUNGAN *MINDFULNESS* DENGAN *SUBJECTIVE WELL-BEING* PADA LANSIA DI PANTI SOSIAL TRESNA WERDHA SABAI NAN ALUIH SICINCIN

Penelitian ini bertujuan untuk mengetahui hubungan antara *Mindfulness* dengan *Subjective Well-Being* pada lansia di Panti Tresna Werdha Sabai Nan Aluih Sicincin. Variabel dalam penelitian ini adalah *Mindfulness* (X) dan *Subjective Well-Being* (Y). Teknik pengambilan sampel dalam penelitian ini menggunakan Teknik *Purposive Sampling*. Sampel dalam penelitian ini adalah 60 lansia di Panti Sosial Tresna Werdha Sabai Nan Aluih Sicincin. Alat ukur yang digunakan dalam penelitian ini adalah skala *Mindfulness* dan skala *Subjective Well-Being*. Metode analisis data yang digunakan untuk pengujian hipotesis dalam penelitian ini adalah dengan menggunakan korelasi (Pearson) *product moment pearson* yang dilakukan dengan bantuan IBM Spss versi 21.0, yang menunjukkan bahwa nilai koefisien relasi  $r = 0,755$  dengan  $(p) \text{ sig} = 0,000$ , karena nilai  $(p) \text{ sig} 0,000 < 0,01$  yang berarti terdapat hubungan signifikan antara *Mindfulness* dengan *Subjective well-being* dengan arah positif, artinya semakin tinggi *mindfulness* maka semakin tinggi *subjective well-being*, sebaliknya semakin rendah *mindfulness*, maka semakin rendah *subjective well-being* pada lansia Panti Sosial Tresna Werdha Sabai Nan Aluih Sicincin. Berarti hipotesis penelitian dapat diterima. Kontribusi efektif variabel *Mindfulness* terhadap *Subjective well-being* 57%.

**Kata Kunci :** *Mindfulness*, *Subjective well-being*, Lansia

## ABSTRACT

### ***THE RELATIONSHIP OF MINDFULNESS WITH SUBJECTIVE WELL-BEING IN THE ELDERLY AT TRESNA WERDHA SOCIAL INSTITUTE SABAI NAN ALUIH SICINCIN***

*This study aims to determine the relationship between Mindfulness and Subjective Well-Being in the elderly at the Tresna Werdha Sabai Nan Aluih Sicincin Institution. The variables in this study are Mindfulness (X) and Subjective Well-Being (Y). The sampling technique in this study used a purposive sampling technique. The sample in this study were 60 elderly people at Tresna Werdha Sabai Nan Aluih Sicincin Social Institution. Measuring tools used in this study are the Mindfulness scale and the Subjective Well-Being scale. The data analysis method used to test the hypothesis in this study is to use the Pearson product moment correlation (Pearson) which was carried out with the help of IBM SPSS version 21.0, which shows that the correlation coefficient  $r = 0.755$  with  $(p) \text{ sig} = 0.000$ , because the value  $(p) \text{ sig} 0.000 < 0.01$  which means that there is a significant relationship between Mindfulness and Subjective well-being in a positive direction, meaning that the higher the mindfulness, the higher Subjective Well-Being, conversely the lower Mindfulness, the lower Subjective Well-Being in the elderly Tresna Werdha Social Institution Sabai Nan Aluih Sicincin. It means that the research hypothesis can be accepted. The effective contribution of the Mindfulness variable to Subjective well-being is 57%.*

***Keywords: Mindfulness, Subjective well-being, Elderly***