

SUBJEKTIVE WELL-BEING PADA REMAJA YANG DIBESARKAN SINGLE MOTHER

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ABSTRAK

Penelitian ini bertujuan untuk memahami bagaimana dan faktor-faktor apa saja yang mempengaruhi *subjective well-being* pada remaja yang dibesarkan *single mother*. Subjek penelitian terdiri dari tiga remaja yang dibesarkan oleh *single mother*. Metode yang digunakan adalah kualitatif dengan pendekatan fenomenologis, yang bertujuan untuk menggali pengalaman individu mengenai konsep tertentu. Pengumpulan data dilakukan melalui wawancara mendalam dan observasi, yang kemudian di koding secara verbatim. Analisis data menggunakan metode analisis tematik dan diinterpretasikan berdasarkan teori yang relevan. Hasil penelitian menunjukkan bahwa dua orang subjek memiliki *subjective well-being* yang sangat baik dan satu subjek memiliki *subjective well-being* cukup baik yang ditunjukkan melalui dua aspek utama menurut teori Diener (dalam Taslim, 2024) yaitu komponen kepuasan hidup dan komponen afek (afek positif dan afek negatif). Faktor yang mempengaruhi *subjective well-being* mereka adalah dukungan sosial, kebersyukuran, *forgiveness*, *personality*, *self esteem*, dan spiritualitas. Kesimpulan penelitian ini menegaskan bahwa meskipun remaja disebut juga dengan masa kritis dan mereka dibesarkan *single mother*, yang mengalami beberapa tantangan dalam kehidupannya, mereka dapat merasakan kepuasan hidup dan afek positif dalam kehidupannya dengan dipengaruhi oleh faktor dukungan sosial, kebersyukuran, *forgiveness*, *personality*, *self esteem*, dan spiritualitas.

Kata kunci: *subjective well-being*, remaja, *single mother*.

SUBJECTIVE WELL-BEING IN ADOLESCENTS RAISED BY SINGLE MOTHERS

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ABSTRACT

This study aims to understand how and factors that influence subjective well-being in adolescents raised by single mothers. The study subjects consisted of three adolescents raised by single mothers. The method used is qualitative with a phenomenological approach, which aims to explore individual experiences regarding certain concepts. Data collection was carried out through in-depth interviews and observations, which were then coded verbatim. Data analysis uses thematic analysis methods and is interpreted based on relevant theories. The results of the study show that two subjects have very good subjective well-being and one subject has quite good subjective well-being which is shown through two main aspects according to Diener's theory (in Taslim, 2024), namely the component of life satisfaction and the component of affectation (positive affective and negative affect). Factors that affect their subjective well-being are social support, gratitude, forgiveness, personality, self-esteem, and spirituality. The conclusion of this study confirms that even though adolescents are also called critical periods and they are raised as single mothers, who experience several challenges in their lives, they can feel life satisfaction and positive effects in their lives by being influenced by social support factors, gratitude, forgiveness, personality, self esteem, and spirituality.

Keywords: *subjective well-being, adolescents, single mothers.*