

HUBUNGAN ANTARA *MEANING IN LIFE* DENGAN *PSYCHOLOGICAL WELL BEING* PADA NARAPIDANA DI LEMBAGA PEMASYARAKATAN KELAS IIA KOTA PADANG

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *meaning in life* (kebermaknaan hidup) dengan *psychological well-being* (kesejahteraan psikologis) pada narapidana di Lembaga Pemasyarakatan Kelas IIA Kota Padang. Latar belakang penelitian ini didasarkan pada kondisi psikologis narapidana yang cenderung mengalami tekanan mental selama menjalani masa hukuman, sehingga mempengaruhi kesejahteraan psikologis mereka. Penelitian ini menggunakan metode kuantitatif korelasional dengan sampel sebanyak 60 narapidana rehabilitasi pengguna narkoba yang telah menjalani pembinaan minimal selama satu tahun. Pengumpulan data dilakukan menggunakan dua skala, yaitu Skala *Meaning in Life* berdasarkan teori Frankl dan Skala *Psychological Well Being* berdasarkan teori Ryff. Hasil analisis data menggunakan teknik korelasi Pearson menunjukkan bahwa terdapat hubungan positif yang signifikan antara *meaning in life* dan *psychological well-being*. Semakin tinggi tingkat kebermaknaan hidup yang dimiliki narapidana, maka semakin tinggi pula tingkat kesejahteraan psikologis yang mereka rasakan. Penelitian ini memberikan kontribusi dalam pengembangan intervensi psikologis di lingkungan lembaga pemasyarakatan, khususnya dalam upaya meningkatkan kualitas hidup narapidana melalui penguatan makna hidup sebagai strategi rehabilitasi psikologis. Adapun sumbangan efektif dari variabel *meaning in life* dan *psychological well being* yaitu sebesar 50,2%.

Kata kunci: lembaga pemasyarakatan, *meaning in life*, narapidana, *psychological well-being*

**THE RELATIONSHIP BETWEEN MEANING IN LIFE AND
PSYCHOLOGICAL WELL-BEING AMONG INMATES
AT CLASS IIA CORRECTIONAL FACILITY IN
PADANG**

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ABSTRACT

This study aims to determine the relationship between meaning in life and psychological well-being among inmates at Class IIA Correctional Facility in Padang. Life in prison often generates high psychological stress, which negatively impacts inmates' well-being. This research employed a correlational quantitative approach with a sample of 60 narcotics-involved inmates who had undergone rehabilitation for at least one year. Data were collected using two psychological instruments: the Meaning in Life Scale based on Viktor Frankl's theory and the Psychological Well-Being Scale based on Carol Ryff's theory. Data analysis was conducted using Pearson correlation. The results revealed a significant positive relationship between meaning in life and psychological well-being. In other words, the higher the inmates' sense of life meaning, the better their psychological well-being. These findings offer valuable implications for rehabilitation and correctional programs by emphasizing the role of life meaning in enhancing inmates' psychological health and overall life quality. The effective contribution of the meaning in life and psychological well being variables is 50,2%.

Keywords: *correctional facility, inmates, meaning in life, psychological well-being.*