

PENGARUH *BIG FIVE PERSONALITY* TERHADAP *SUBJECTIVE WELL-BEING* PADA GEN Z

Salma Putri Aprilia¹, Panca Kursistin Handayani², Ria Wiyatfi Linsiya³

Salmapu3ap@gmail.com

Fakultas Psikologi, Universitas Muhammadiyah Jember

INTISARI

Penelitian ini bertujuan untuk mengetahui pengaruh *Big Five Personality* terhadap *Subjective Well-being* pada individu gen z usia dewasa awal. Gen Z merupakan generasi yang lahir di tengah perkembangan teknologi, perubahan sosial, dan krisis ekonomi global, yang menciptakan tantangan unik di kehidupan Mereka yang dapat mempengaruhi kondisi *subjective well-being* individu. Salah satu faktor yang dapat mempengaruhi *subjective well-being* adalah kepribadian melalui pendekatan *top down*. Salah satu jenis kepribadian yang berpengaruh terhadap *subjective well-being* adalah *big five personality*. Penelitian ini menggunakan pendekatan kuantitatif dengan sampel sebanyak 386 individu gen z yang dalam rentang usia dewasa awal (18-25 tahun) dan menggunakan teknik analisis regresi berganda. Pengumpulan data dilakukan dengan menggunakan dua alat ukur yakni *Satisfaction with life scale* dan *Scale of positive and negative affect* untuk mengukur *subjective well-being*, dan *big five inventory* untuk mengukur *big five personality* melalui penyebaran kuesioner secara langsung maupun melalui *google form*. Hasil uji hipotesis menunjukkan bahwa *Big Five Personality* secara simultan berpengaruh signifikan terhadap *subjective well-being* ($F = 34.138$; $p < 0.05$), dengan kontribusi sebesar 31% ($R^2 = 0.310$). Secara parsial, dimensi *Extraversion*, *Openness to Experience*, dan *Neuroticism* berpengaruh signifikan terhadap SWB, sedangkan *Agreeableness* dan *Conscientiousness* tidak menunjukkan pengaruh signifikan. Dalam konteks Gen Z, kepribadian menjadi kerangka utama dalam memaknai pengalaman hidup di tengah tekanan sosial, digitalisasi, dan krisis identitas yang menjadi tantangan yang dihadapi oleh Mereka, sehingga karakteristik kepribadian Mereka akan membentuk respon-respon tertentu dalam menanggapi peristiwa yang dihadapi. Temuan ini menunjukkan bahwa kepribadian berperan penting dalam membentuk evaluasi individu terhadap kehidupan Mereka, baik secara kognitif maupun afektif.

Kata kunci: *Big five personality*, Dewasa Awal, Gen Z, Kepribadian, *Subjective Well-being*.

1. Peneliti
2. Dosen Pembimbing I
3. Dosen Pembimbing II

THE INFLUENCE OF THE BIG FIVE PERSONALITY ON SUBJECTIVE WELL-BEING IN GEN Z

Salma Putri Aprilia¹, Panca Kursistin Handayani², Ria Wiyatfi Linsiya³

Salmapu3ap@gmail.com

Fakultas Psikologi, Universitas Muhammadiyah Jember

ABSTRACT

This study aimed to examine the influence of the big five personality traits on subjective well-being among generation Z Individuals in early adulthood (ages 18-25). Gen z a generation born during rapid technological advancement, social change, and global economic crises, faces, faces unique life challenges that may affect their Subjective well-being. Personality is considered one of the internal factor influencing subjective well-being, particularly evaluate and interpret life experiences based on their personality traits. Using a quantitative approach, this study involved 386 gen z participants. Data were collected using three validated instrument : the satisfaction with life scale and the scale of positive and negative affect to asses subjective well-being, and big five inventory to measure personality traits. Quetionnaires were distributed directly and via google forms, and data were analyzed using multiple linear regression. Results indicated that big five personality traits had a significant simultaneous effect on subjective well-bein ($F = 34.138$; $p < 0.05$), accounting for 31% of the variance ($R^2 = 0.310$). individually extroversion, openness to experience, and neuroticism showed significant effects on subjective well-being, while agreeableness and conscientiousness did not. These findings underscore the importance of personality in shaping cognitive and affective life evaluation. In the context of gen z, personality traits serve as interpretive frameworks in navigating social pressures, digitalization, and identity challenges by how their personality affecting responses that will they give when facing a situations. Understanding these characteristics may aid in designing interventions to improve subjective well-being.

Keywords : Big five personality, Early adulthood, Generation Z, Personality traits, Subjective well-being.

1. Researcher
2. Supervisor 1
3. Supervisor 2