

# PERAN *CHARACTER STRENGTH* TERHADAP KESEJAHTERAAN PSIKOLOGIS PADA REMAJA

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## INTISARI

*Psychological well-being* remaja kerap berada pada kondisi rentan, ditandai dengan rendahnya penerimaan diri, kebingungan menentukan tujuan hidup, dan lemahnya penguasaan lingkungan akibat tekanan akademik, pencarian identitas, serta tuntutan sosial. Salah satu faktor yang diyakini dapat mendukung kondisi tersebut adalah *character strength*, yakni kualitas positif seperti keberanian, ketekunan, rasa syukur, dan kemandirian. Penelitian ini bertujuan untuk mengetahui pengaruh *character strength* terhadap kesejahteraan psikologis (*psychological well-being*) pada remaja SMA. Jenis penelitian yang digunakan adalah kuantitatif korelasional. Sampel penelitian sebanyak 234 siswa SMAN 1 Bondowoso berusia 16–18 tahun, yang diambil dengan menggunakan teknik *accidental*. Metode pengumpulan data menggunakan Skala *Character Strength* yang diadaptasi dari Penelitian Sylvia Andrian (2022) yang berjumlah (35 item,  $\alpha = 0,928$ ) dan *Ryff's Scale of Psychological Well-Being* yang diadaptasi dari penelitian Sylvia Andrian (2022) dengan jumlah (23 item  $\alpha = 0,877$ ). Hasil penelitian menunjukkan *character strength* tidak berpengaruh terhadap kesejahteraan psikologis remaja ( $F = 0,036; p > 0,05$ ).

**Kata Kunci:** *Character Strength*, Kesejahteraan Psikologis, Remaja

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## **THE ROLE OF CHARACTER STRENGTH ON PSYCHOLOGICAL WELL-BEING IN ADOLESCENTS**

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### **ABSTRACT**

*Adolescents' psychological well-being is often in a vulnerable state, characterized by low self-acceptance, confusion in determining life goals, and weak environmental mastery due to academic pressure, identity exploration, and social demands. One factor believed to support psychological resilience is character strength, which includes positive qualities such as courage, perseverance, gratitude, and independence. This study aims to examine the influence of character strength on psychological well-being among high school students. The research employed a quantitative correlational design. The sample consisted of 234 students aged 16–18 from SMAN 1 Bondowoso, selected using accidental sampling. Data were collected using the Character Strength Scale adapted from Sylvia Andrian (2022) with 35 items ( $\alpha = 0.928$ ), and Ryff's Scale of Psychological Well-Being also adapted from Sylvia Andrian (2022) with 23 items ( $\alpha = 0.877$ ). The results showed that character strength did not significantly affect adolescents' psychological well-being ( $F = 0,036$ ;  $p > 0,05$ ).*

**Keywords:** *adolescents, character strength, psychological well-being*

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