

HUBUNGAN *SELF CONTROL* DENGAN *SUBJECTIVE WELL BEING* PADA REMAJA PANTI ASUHAN

Muhammad Nur Jalaludin¹, Nurlaela Widyarini², Maulana

Arif Muhibbin³

Universitas Muhammadiyah Jember

jalaludinrumi171000@gmail.com

Fakultas Psikologi, Universitas Muhammadiyah Jember

INTISARI

Remaja yang tinggal di panti asuhan hidup dalam lingkungan pengasuhan dengan struktur dan aturan yang relatif ketat, sehingga menuntut kemampuan regulasi diri dalam menjalani kehidupan sehari-hari. Dalam kerangka *Self Determination Theory*, *self control* dipahami sebagai mekanisme regulasi diri yang berpotensi mendukung *subjective well being* melalui pemenuhan kebutuhan psikologis dasar, yaitu *autonomy*, *competence*, dan *relatedness*. Penelitian ini bertujuan untuk mengetahui hubungan antara *self control* dan *subjective well being* pada remaja panti asuhan. Penelitian menggunakan pendekatan kuantitatif dengan desain korelasional. Subjek penelitian berjumlah 75 remaja yang tinggal di Panti Asuhan Muhammadiyah di Kota Jember. Metode pengumpulan data dilakukan menggunakan Skala *Subjective Well being* dengan (25 item $\alpha = 0,820$) dan skala *Self Control* (15 item $\alpha = 0,937$). Hasil penelitian menunjukkan bahwa tidak terdapat hubungan yang signifikan antara *self control* dan *subjective well being* pada remaja panti asuhan ($r = -0,142$; $(p) > 0,05$). Temuan ini menunjukkan bahwa *self control* tidak berhubungan secara langsung dengan *subjective well being*, sehingga kesejahteraan subjektif remaja panti asuhan kemungkinan dipengaruhi oleh faktor lain.

Kata kunci: Remaja panti asuhan, *Self Control*, *Subjective Well being*

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

***The Relationship Between Self Control and Subjective Well Being Among
Adolescents in Orphanages***

**Muhammad Nur Jalaludin¹, Nurlaela Widyarini², Maulana
Arif Muhibbin³**

**Universitas Muhammadiyah Jember
jalaludinrumi171000@gmail.com
Faculty of Psychology, Universitas Muhammadiyah Jember**

ABSTRACT

Adolescents living in orphanages experience a caregiving environment characterized by relatively strict structures and rules, which requires strong self regulation abilities in their daily lives. Within the framework of Self Determination Theory, self control is understood as a self regulatory mechanism that has the potential to support subjective well being through the fulfillment of basic psychological needs, namely autonomy, competence, and relatedness. This study aimed to examine the relationship between self control and subjective well being among adolescents living in orphanages. The study employed a quantitative approach with a correlational research design. The participants consisted of 75 adolescents residing at the Muhammadiyah Orphanage in Jember City. Data were collected using a Subjective Well Being Scale consisting of (25 items $\alpha = 0.820$) and a Self Control Scale consisting of (15 items $\alpha = 0.937$). The results indicated that there was no significant relationship between self control and subjective well being among adolescents living in orphanages ($r = -0.142$; $p > 0.05$). These findings suggest that self control is not directly associated with subjective well being, and that the subjective well being of adolescents in orphanages may be influenced by other factors.

Keywords: *adolescents, orphanages, self control, subjective well being.*

-
1. Researcher
 2. Supervisor I
 3. Supervisor II