

## **Dukungan Sosial Dan Kesejahteraan Subjektif Pada Masa Pasca Pandemi Dengan Resiliensi Akademik Sebagai Mediator**

Intan Puspita Arumsari, Universitas Islam Indonesia, [19915035@students.uii.ac.id](mailto:19915035@students.uii.ac.id)

Sonny Andrianto <sup>2</sup>, Universitas Islam Indonesia, [sonnyandrianto@uui.ac.id](mailto:sonnyandrianto@uui.ac.id)

*Magister Psikologi Profesi, Universitas Islam Indonesia, Jalan Kaliurang Km 14,5 Sleman*

### **ABSTRAK**

*For college students, a change of learning process from online, blended to offline learning requires a quite significant adjustment. Those able to adapt with such condition will be capable of following the learning optimally; while those unable to adapt tend to feel uncomfortable, to be quitter, anxious, and stressful. This situation can lead to low subjective well-being among college students. This study aims to figure out that academic resilience can be a mediator variable in social support for subjective well-being among college students in the post-Covid-19 pandemic. The participants in this study were fourth and sixth-semester students, who had participated in online and offline learning. Data were collected using a questionnaire and the research instrument used a subjective well-being scale, an academic resilience scale and a social support scale prepared by modifying previous studies. Mediation analysis showed that academic resilience was able to act as a mediator of social support and subjective well-being in college students. In addition to subjective well-being having a significant effect on social support, social support had a significant effect on academic resilience, and academic resilience also had a significant effect on subjective well-being. Thus, the hypothesis proposed in this study was accepted. The research analysis used mediation analysis techniques through the JAMOVI application version 2.3.21.*

**Keywords:** *subjective well-being, academic resilience, social support and post-pandemic*

### **Abstrak**

Mahasiswa yang mengalami perubahan proses pembelajaran dari daring kemudian *blended* sampai tatap muka membutuhkan penyesuaian yang cukup besar. Mahasiswa yang mampu beradaptasi dengan kondisi ini, akan mampu mengikuti pembelajaran dengan optimal. Mahasiswa yang tidak mampu beradaptasi dengan kondisi ini, memunculkan kecenderungan perasaan tidak nyaman, mudah menyerah, mudah cemas dan stress. Keadaan ini dapat menyebabkan rendahnya kesejahteraan subjektif yang dimiliki mahasiswa. Tujuan penelitian ini adalah untuk mengetahui resiliensi akademik dapat menjadi variabel mediator pada dukungan sosial terhadap kesejahteraan subjektif pada mahasiswa di masa pasca pandemi covid-19. Partisipan penelitian ini adalah mahasiswa semester 4 dan 6, yang pernah mengikuti pembelajaran daring dan luring. Data dikumpulkan dengan menggunakan kuesioner. Instrument penelitian menggunakan skala kesejahteraan subjektif, skala resiliensi akademik dan skala dukungan sosial yang disusun dengan melakukan modifikasi dari penelitian