

PSYCHOLOGICAL WELL BEING PADA PENGEMUDI MOBIL ONLINE SELAMA PANDEMI COVID-19 DI YOGYAKARTA

Putri Utami Elianny Hakim
Yanies Novira Soedarmadi

Program Studi Psikologi, Fakultas Bisnis & Humaniora
Universitas Teknologi Yogyakarta
pu92103@gmail.com

ABSTRAK

Pandemi COVID-19 memberikan dampak bagi kehidupan manusia, seperti kondisi ekonomi yang buruk, di masa pandemi ini seseorang bisa mengalami stres finansial, bekerja di rumah, dan membatasi aktivitas di luar rumah. Pandemi COVID-19 dan kondisi yang diakibatkan dapat mempengaruhi kesejahteraan manusia. Psychological Well Being adalah penilaian seseorang terhadap peristiwa dan keadaan yang dialaminya. Kesejahteraan manusia lebih kompleks tidak hanya dalam kaitannya dengan aspek kenikmatan, tetapi juga dalam kaitannya dengan fungsi individu secara keseluruhan. Tujuan dari penelitian ini untuk mengetahui psychological well being pada pengemudi mobil online selama pandemi COVID-19. Penelitian ini menggunakan metode kualitatif dengan pendekatan studi kasus. Teknik pengumpulan data dilakukan dengan teknik wawancara, observasi, dan dokumentasi. Subjek dalam penelitian ini berjumlah 3 orang dengan jenis kelamin laki-laki yang bekerja sebagai pengemudi mobil online dan 3 significant other. Penentuan subjek diperoleh dengan menggunakan teknik purposive sampling. Hasil penelitian menunjukkan bahwa ketiga subjek memiliki persamaan dan perbedaan dalam psychological well being berdasarkan teori psychological well being Ryff (1989). Pengemudi mobil online yang memiliki psychological well being yang baik akan mampu menerima keadaan dirinya, tetap memiliki hubungan yang baik dengan orang lain, dan terus mengembangkan potensi diri yang dimilikinya. Faktor yang mempengaruhi psychological well being pada pengemudi mobil online selama pandemi COVID-19 dalam penelitian ini adalah dukungan sosial, kompetensi pribadi, dan kepribadian.

Kata Kunci : *Driver Online, Psychological Well Being, Pandemi COVID-19*

PSYCHOLOGICAL WELL BEING ON ONLINE CAR DRIVERS DURING THE COVID-19 PANDEMIC IN YOGYAKARTA

Putri Utami Elianny Hakim
Yanies Novira Soedarmadi

Department of Psychology, Faculty of Business & Humanities
University of Technology Yogyakarta
pu92103@gmail.com

ABSTRACT

COVID-19 pandemic has an impact on human life, such as poor economic conditions. In this pandemic period a person can experience stress, financial stress, work at home, and limit activities outside the home. The COVID-19 pandemic and its resulting conditions affect human well-being. Psychological Well Being is a person's assessment of the events and circumstances experienced. Human well-being is more complex not only in relation to aspects of enjoyment, but also in relation to the overall functioning of the individual. The goal of the study was to find out psychological well being in online car drivers during the COVID-19 pandemic. This research uses qualitative methods with a case study approach. Data collection techniques are carried out with interview, observation, and documentation techniques. The subjects in the study were 3 people with a male gender who worked as online car drivers and 3 significant others. Determination of the subject is obtained using purposive sampling techniques. The results showed that the three subjects had similarities and differences in psychological well being based on the theory of psychological well being Ryff (1989). Online car drivers who have good psychological well being will be able to accept their circumstances, still have a good relationship with others, and continue to develop the potential they have. Factors that influenced psychological well being in online car drivers during the COVID-19 pandemic in the study were social support, personal competence, and personality.

Keywords : COVID-19 Pandemic, Driver Online, Psychological Well Being