

PENGARUH OPTIMISME TERHADAP SCHOOL WELL-BEING PADA SISWA DI SEKOLAH MADRASAH ALIYAH SWASTA X

Sihwidari
Ayu Rezki Utari

Program Studi Psikologi
Fakultas Bisnis & Humaniora
Universitas Teknologi Yogyakarta
Email: sihwidari024@gmail.com

ABSTRAK

Pengukuran school well-being pada siswa sekolah menengah menjadi penting karena pengalaman di sekolah dapat membentuk kepribadian dan konsep sosial siswa. Penelitian ini melibatkan studi pendahuluan yang menunjukkan bahwa sejumlah sekolah Madrasah Aliyah Swasta masih memiliki tingkat school well-being yang kurang memadai. School well-being merupakan evaluasi siswa terhadap sekolah yang meliputi empat aspek, yaitu: having, loving, being, dan health. Optimisme merupakan salah satu faktor yang mendukung terciptanya school well-being. Penelitian ini bertujuan untuk mengetahui bagaimana pengaruh optimisme terhadap school well-being pada siswa di Sekolah Madrasah Aliyah Swasta X. Penelitian ini menggunakan metode kuantitatif dengan metode analisis regresi linier sederhana. Subjek penelitian terdiri dari 84 siswa di MAS Al-Amin, dipilih secara acak menggunakan metode simple random sampling. Teknik pengumpulan data dilakukan dengan menggunakan skala model Likert yang dikembangkan berdasarkan teori Seligman (2006) untuk variabel optimisme dan teori Konu, dkk (2002) untuk variabel school well being. Hasil penelitian menunjukkan adanya pengaruh positif optimisme terhadap school well-being pada siswa di Sekolah Madrasah Aliyah Swasta X, dengan nilai t-hitung lebih besar dari t-tabel ($8,899 > 1,992$) dan nilai signifikansi sebesar 0 atau Sig. ($p < 0,05$). R-square sebesar 0,491 menunjukkan bahwa optimisme memberikan kontribusi sebesar 49,1% terhadap school well-being pada siswa di Sekolah Madrasah Aliyah Swasta X.

Kata Kunci: Optimisme, School Well-Being, Siswa Sekolah Madrasah Aliyah Swasta

THE EFFECT OF OPTIMISM ON SCHOOL WELL-BEING IN STUDENTS AT PRIVATE ISLAMIC SENIOR HIGH SCHOOL X

Sihwidari
Ayu Rezki Utari

Department of Psychology
Faculty of Business & Humanities
University of Technology Yogyakarta
Email: sihwidari024@gmail.com

ABSTRACT

The measurement of school well-being in secondary school students is crucial as their school experiences can shape their personalities and social concepts. This research involves a preliminary study indicating that some Private Islamic Senior High Schools (Madrasah Aliyah Swasta) still exhibit inadequate levels of school well-being. School well-being encompasses students' evaluations of their schools, including four aspects: having, loving, being, and health. Optimism is identified as one of the factors supporting the creation of school well-being. This study aims to determine how optimism influences school well-being among students at Private Islamic Senior High School X. The research employs a quantitative method with a simple linear regression analysis. The study subjects consist of 84 students at MAS Al-Amin, randomly selected using a simple random sampling method. Data collection involves using a Likert scale model developed based on Seligman's theory (2006) for the optimism variable and Konu et al.'s theory (2002) for the school well-being variable. The research results indicate a positive influence of optimism on school well-being in students at Private Islamic Senior High School X, with the t-value exceeding the t-table ($8.899 > 1.992$) and a significance value of 0 or Sig. ($p < 0.05$). The R-square of 0.491, it is inferred that optimism contributes 49.1% to school well-being among students at Private Islamic Senior High School X.

Keywords: *Optimism, School Well-Being, Students at Private Islamic Senior High School*