

HUBUNGAN *SPIRITUAL INTELLIGENCE* DENGAN *PSYCHOLOGICAL WELL-BEING* PADA MAHASISWA DI MASA PANDEMI COVID-19

Nama : Farah Nabila Shahbana

NRP : 150117274

Jurusan/Program Studi : Psikologi

Pembimbing :

Yusti Probowati Rahayu, Ajuni

ABSTRAK

Penerapan pembelajaran daring di sektor pendidikan dilakukan untuk mencegah penyebaran wabah COVID-19, namun masih banyak mahasiswa mengalami hambatan-hambatan hingga berdampak pada *psychological well-being* mereka. *Spiritual intelligence* merupakan salah satu faktor yang dapat mempengaruhi *psychological well-being*. Penelitian ini bertujuan untuk melihat apakah ada hubungan positif antara *spiritual intelligence* dengan *psychological well-being* terutama pada mahasiswa S1 yang sedang menjalani pembelajaran daring di masa pandemi COVID-19. Desain penelitian menggunakan penelitian kuantitatif dengan teknik pengambilan data *accidental sampling* (N=150) dan analisis data menggunakan statistik nonparametrik *Spearman*. Alat ukur yang digunakan adalah *Ryff's Psychological Well-Being Scale* (α Cronbach=0,746) dan *King's Spiritual Intelligence Self-Report Inventory* (α Cronbach=0,810). Hasil penelitian menunjukkan ada hubungan positif signifikan antara *spiritual intelligence* dengan *psychological well-being* ($r=0,504$ dan $p=0,001$) artinya semakin tinggi *spiritual intelligence* maka semakin tinggi pula *psychological well-being* pada mahasiswa di masa pandemi COVID-19. *Spiritual intelligence* memiliki peran pada *psychological well-being* mahasiswa untuk membantu mereka memenuhi fungsi psikologi positif selama masa pandemi. Adapun hasil lainnya menunjukkan tingkat *spiritual intelligence* dan *psychological well-being* partisipan cenderung sedang ke tinggi, nilai koefisien determinasi (R^2) sebesar 25,41%, aspek *spiritual intelligence* yang memiliki nilai korelasi terbesar dengan *psychological well-being* adalah *transcendental consciousness* ($r=0,433$ dan $p=0,001$), serta variabel jenis kelamin, semester, dan upaya dalam menghadapi dampak psikologis pembelajaran daring memiliki asosiasi yang signifikan dengan *psychological well-being* ($p<0,05$).

Kata kunci : *Psychological well-being*, *spiritual intelligence*, mahasiswa, pembelajaran daring, pandemi COVID-19

**THE RELATIONSHIP OF SPIRITUAL INTELLIGENCE AND
PSYCHOLOGICAL WELL-BEING IN COLLEGE STUDENTS DURING THE
COVID-19 PANDEMIC**

Name : Farah Nabila Shahbana

NRP : 150117274

Discipline/Study Programme : Psychology

Contributor :

Yusti Probowati Rahayu, Ajuni

ABSTRACT

The implementation of online learning in education sector is carried out to prevent the spread of the COVID-19 outbreak, but there are still many college students experiencing obstacles that have an impact on their psychological well-being. Spiritual intelligence is one of the factors that can affect psychological well-being. This study aims to see whether there is a positive relationship between spiritual intelligence and psychological well-being, especially for undergraduate students who are undergoing online learning during the COVID-19 pandemic. The research design used quantitative research with accidental sampling technique (N=150) and data analysis using Spearman's nonparametric statistics. The measuring instruments used are Ryff's Psychological Well-Being Scale (α Cronbach=0,746) and King's Spiritual Intelligence Self-Report Inventory (α Cronbach=0,810). The results showed that there was a significant positive relationship between spiritual intelligence and psychological well-being ($r=0,504$ and $p=0,001$), meaning the higher the spiritual intelligence, the higher the psychological well-being of undergraduate students during the COVID-19 pandemic. Spiritual intelligence has a role in the psychological well-being of undergraduate students to help them fulfil positive psychological functions during the pandemic. Other results showed that participants' spiritual intelligence and psychological well-being tend to be moderate to high, the coefficient of determination (R^2) is 25,41%, the spiritual intelligence aspect that has the greatest correlation value with psychological well-being is transcendental consciousness ($r=0,433$ and $p=0,001$), as well as the variables of gender, semester, and effort in dealing with psychological impact of online learning have a significant association with psychological well-being ($p<0,05$).

Keywords : *Psychological well-being, spiritual intelligence, college students, online learning, COVID-19 pandemic*