

PERCEIVED DISCRIMINATION SEBAGAI MEDIATOR HUBUNGAN ANTARA
AKULTURASI DAN KESEJAHTERAAN PSIKOLOGIS PADA MAHASISWA
ETNIS TIONGHOA

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ABSTRAK

Penelitian bertujuan menguji hubungan antara akulturasi dengan kesejahteraan psikologis mahasiswa etnis Tionghoa dengan *perceived discrimination* sebagai mediator. Penelitian ini menggunakan metode kuantitatif, dengan design *cross sectional survei*. Partisipan penelitian (N= 97) merupakan mahasiswa etnis Tionghoa yang berkuliah di perguruan tinggi negeri. Metode sampling yang digunakan yaitu *purposive sampling*. Pengumpulan data menggunakan tiga skala yaitu *Vancouver Index Acculturation*, *Brief Perceived Ethnic Discrimination Questionnaire-Community Version (Brief PEDQ-CV)*, dan *Psychological Well-Being Questionnaire (PWB-42)*. Hasil uji hipotesis menunjukkan bahwa *perceived discrimination* menjadi mediator full terhadap hubungan antara akulturasi dengan kesejahteraan psikologis mahasiswa etnis Tionghoa yang berkuliah di perguruan tinggi negeri. Pada penelitian ini ditemukan bahwa, semakin tinggi *perceived discrimination* maka semakin tinggi kesejahteraan psikologis mahasiswa etnis Tionghoa. Hal ini dikarenakan penerimaan/adaptasi yang dilakukan oleh mahasiswa etnis Tionghoa terhadap diskriminasi yang dihadapinya. Implikasi teoritis dan praktis penelitian ini, didiskusikan lebih lanjut

Kata kunci : *akulturasi, kesejahteraan psikologis, diskriminasi yang dirasakan, etnis Tionghoa*

PERCEIVED DISCRIMINATION AS A MEDIATOR OF THE RELATIONSHIP
BETWEEN ACCULTURATION AND PSYCHOLOGICAL WELFARE IN
CHINESE ETHNIC STUDENTS

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ABSTRACT

This study aims to examine the relationship between acculturation and the psychological well-being of ethnic Chinese students with perceived discrimination as a mediator. This study uses quantitative methods, with a cross-sectional survey design. Research participants (N= 97) were ethnic Chinese students studying at state universities. The sampling method used is purposive sampling. Data collection uses three scales, namely the Vancouver Index Acculturation, Brief Perceived Ethnic Discrimination Questionnaire-Community Version (Brief PEDQ-CV), and Psychological Well-Being Questionnaire (PWB-42). The results of the hypothesis test indicate that perceived discrimination is a full mediator on the relationship between acculturation and the psychological well-being of ethnic Chinese students studying at state universities. In this study, it was found that the higher the perceived discrimination, the higher the psychological well-being of ethnic Chinese students. This is due to the acceptance/adaptation made by ethnic Chinese students to the discrimination they face. The theoretical and practical implications of this research are discussed further.

Keywords: *acculturation, psychological well-being, perceived discrimination, Chinese ethnicity*