

WELLBEING IN SCHOOL: THE ROLE OF SCHOOL WELL BEING TOWARDS SELF-RESILIENCE ON STUDENTS

Bayu Anugrah¹, Nunung Sofiati² & Sri Untari³

Email: bayu.anugrah@upi-yai.ac.id¹, sofiavinanta@gmail.com², unprodjo@gmail.com³

Faculty of Psychology

Program Study Masters of Psychology

Persada Indonesia University Y.A.I. Jakarta, INDONESIA

ABSTRACT

This research aimed to examine the influence of school wellbeing towards self-resilience on students. The method used in this research was ex-postfacto. The instrument of this research was adopted from Konu and Rimpela school wellbeing and Reivich and Shatte's self-resilience measurement. Sampling techniques was insidental sampling. Participant in this research was 201 students. Based on the analysis, the influence of school wellbeing toward self resilience was about 23,6 % with significancy of 0,000% ($p=0,05$). The results of this research showed that significant influence occurred towards resilience.

Keywords: School Well Being, Self Resilience, Student and School.