

THE RELATIONSHIP BETWEEN HARDINESS AND PSYCHOLOGICAL WELL BEING IN STUDENTS WHO USE DISTANCE LEARNING METHODS IN HIGH SCHOOL COLLEGE ADVENT SALEMBA

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ABSTRACT

The Covid-19 pandemic forces students to use distance learning methods which are full of various challenges related to students' psychological well-being and hardiness. This research aims to determine the relationship between hardiness and psychological well-being in students who use distance learning methods at Salemba Adventist College High School. This research uses a quantitative approach with the product moment correlation method. The subjects in this research were 105 people. Using the Ryff psychological well being scale instrument (in Mintarsih, 2015) which consists of 47 items and the Kobasa hardiness scale (in Isthofaiyah, 2017). This research uses Simple Random Sampling techniques and uses Product Moment Correlation data analysis. The results of the Pearson Product Moment correlation calculation show that the correlation coefficient value is 0.800 with a p value of 0.000 ($p < 0.05$). These results mean that the null hypothesis is rejected and the alternative hypothesis is accepted by stating that there is a relationship between hardiness and psychological well being in students who use distance learning methods at Salemba Adventist College High School. Based on the results of this research, the researcher concluded that there is a strong relationship in a positive direction between hardiness and psychological well being in students who use distance learning methods at Salemba Adventist College High School.

Keywords: Hardiness; Psychological Well Being; Distance Learning.