

## ENVIRONMENTAL MASTERY IN DIMENSIONS PSYCHOLOGICAL WELL BEING ADOLESCENTS IN A DISASTER SITUATION

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### ABSTRACT

Among the groups of people who feel the most impact from flood disasters are teenagers. Participants in this research were teenagers who lived in Kebon Pala, East Jakarta, residents who were victims of annual floods in DKI Jakarta. This research used qualitative methods with purposive sampling techniques. The criteria for teenage participants aged 10-24 years, taking part in the UNICEF Indonesia youth circle program in collaboration with PMI East Jakarta Administrative City, and still in school or who have dropped out of school, the number of participants is 2 people, 1 teenage boy and 1 teenage girl. Data collection techniques in this research used interviews, observation and photo documentation, video recordings and sound recordings. Interviews were conducted with questions and answers, in order to obtain accurate information. The aspect of this research is Environmental Mastery in Psychological well-being by Ryff (2013), namely environmental mastery is described by the individual's ability to manage their environment, take advantage of opportunities that exist in the environment, create and control the environment according to their needs. Individuals who are high in the environmental mastery dimension have confidence and competence in managing the environment. The results of this research show that teenagers who are in a disaster situation have limited ability to master the environment, so they have the potential to have low environmental mastery, while teenagers who are able to manage the environment and take advantage of opportunities and control the environment have high environmental mastery.

**Keywords:** Environmental Mastery, Teenagers, Disaster.