

HUBUNGAN *PERCEIVED SOCIAL SUPPORT* DENGAN *SELF-EFFICACY* DAN *PSYCHOLOGICAL WELL-BEING* PADA MAHASISWA RANTAU TINGKAT PERTAMA UPN “VETERAN” JAKARTA

Naila Putri Priliasti

Abstrak

Mahasiswa rantau tingkat pertama mengalami berbagai perubahan kondisi dan berpengaruh terhadap keyakinan diri dan kesejahteraan psikologis mahasiswa rantau tingkat pertama. Adanya *perceived social support* membantu kemampuan mahasiswa rantau tingkat pertama dalam mengatasi masalah. Penelitian ini bertujuan untuk mengkaji hubungan antara *perceived social support* dengan *self-efficacy* dan *psychological well-being* pada mahasiswa rantau tahun pertama di UPN "Veteran" Jakarta. Penelitian ini menggunakan *Spearman's rho* dengan pendekatan *cross-sectional*, jumlah sampel 273 mahasiswa, dan menggunakan teknik *proportionate stratified random sampling* pada bulan November sampai Desember 2024. Instrumen yang digunakan yaitu *Multidimensional Scales of Perceived Social Support* (MSPSS), *General Self-Efficacy Scales* (GSES), dan *Psychological Well-Being Scales* (PWBS). Hasil uji validitas dan reliabilitas menyatakan seluruh pertanyaan valid dan reliabel. Responden mayoritas berjenis kelamin perempuan dengan usia rata-rata 19 tahun. Hasil penelitian ini menunjukkan bahwa ada hubungan antara *perceived social support* dengan *self-efficacy* dan *psychological well-being* pada mahasiswa rantau tingkat pertama UPN “Veteran” Jakarta dengan *p-value* <0,001 dan berhubungan searah dengan nilai korelasi 0,439 dan 0,460. Diharapkan peneliti selanjutnya memperluas variabel yang berhubungan dengan mahasiswa rantau, seperti organisasi yang diikuti, besaran uang saku/bulan, dan budaya. Mahasiswa rantau disarankan untuk komunikasi secara terbuka kepada keluarga, teman sebaya, orang terdekat, serta dosen pembimbing akademik apabila mengalami masalah selama di perantauan.

Kata Kunci: Mahasiswa Rantau Tingkat Pertama; *Perceived Social Support*; *Psychological Well-Being*; *Self-Efficacy*.

**THE RELATIONSHIP BETWEEN PERCEIVED SOCIAL
SUPPORT WITH SELF-EFFICACY AND PSYCHOLOGICAL
WELL-BEING IN FIRST-YEAR MIGRANT STUDENTS AT
UPN “VETERAN” JAKARTA**

Naila Putri Priliasti

Abstract

First-year migrant students experience various changes in conditions that affect their self-confidence and psychological well-being. Perceived social support plays a role in helping first-year migrant students cope with problems. This study aims to examine the relationship between perceived social support, self-efficacy, and psychological well-being among first-year migrant students at UPN "Veteran" Jakarta. The research employs Spearman's rho with a cross-sectional approach, involving a sample size of 273 students selected through proportionate stratified random sampling conducted from November to December 2024. The instruments used include the Multidimensional Scale of Perceived Social Support (MSPSS), the General Self-Efficacy Scale (GSES), and the Psychological Well-Being Scale (PWBS). Validity and reliability tests confirm that all items are valid and reliable. The majority of respondents are female, with an average age of 19 years. The results indicate a significant relationship between perceived social support, self-efficacy, and psychological well-being among first-year migrant students at UPN "Veteran" Jakarta, with a p-value < 0.001 and positive correlation values of 0.439 and 0.460, respectively. Future researchers are encouraged to expand the scope of variables related to migrant students, such as organizational involvement, monthly allowance, and cultural background. Migrant students are advised to communicate openly with their families, peers, close acquaintances, and academic advisors when facing challenges during their studies away from home.

Keywords: *First Level Migrant Student; Perceived Social Support; Psychological Well-Being; Self-Efficacy.*