

ABSTRACT

Berru Amalianita. 2021. Contribution of Self-Esteem and Meaning of Life to Subjective Well Being Adolescents with Minangkabau Ethnic Background Thesis. S2 Guidance and Counseling Study Program Faculty of Education, Universitas Negeri Padang.

Subjective well being is one of the important aspects for adolescents to understand the quality of life and social life. Subjective well being is closely related to Minangkabau culture, as an important aspect that affects the strength of character in adolescents' achievement towards pleasure and life satisfaction. The values of the typical Minangkabau culture have an influence on the cognitive, affective system of adolescent behavior. There are strong factors that influence the subjective well being of adolescents, namely self-esteem and the meaning of life. Furthermore, this study aims to 1) explain self-esteem, meaning of life and subjective well being of adolescents, 2) examine the contribution of self-esteem and meaning of life to subjective well-being and self-esteem and meaning of life together on adolescent subjective well-being.

The method in this study uses a quantitative approach with a descriptive and comparative method. The population in this study were all high school students with ethnic Minangkabau backgrounds in Tanah Datar Regency, precisely in Senior High School 1 Batipuh, Tanah Datar Regency totaling 515 people, with a sample of 182 people selected by Proportional Random Sampling technique. The research instrument uses a Likert model scale. Data were analyzed by descriptive statistical techniques and simple and multiple linear regression analysis and T test.

The research findings show that: 1) adolescent self-esteem is in the low category, the meaning of life is in the medium category, subjective well being is in the high category, and 2) there is a contribution of self-esteem to subjective well being of 53.7% ($r = 0.773$), the contribution of meaning of life to subjective well-being is 42.7% ($r=0.653$), and self-esteem and meaning of life together to adolescent subjective well-being are 55.3% ($R=0.743$). The results of this study are taken into consideration by school counselor, parents, teachers and other related parties for the provision of assistance and development in fulfilling the subjective well being of Minangkabau adolescents.

Key Word: Self-Esteem, Meaning of Life, Subjective Well Being, Adolescent, Minangkabau Ethnic

ABSTRAK

Berru Amalianita. 2021. Kontribusi Harga Diri dan Kebermaknaan Hidup terhadap *Subjective Well Being* Remaja yang Berlatar Belakang Etnis Minangkabau. Tesis. Program Studi S2 Bimbingan dan Konseling Fakultas Ilmu Pendidikan Universitas Negeri Padang.

Subjective well being merupakan salah satu aspek penting bagi remaja untuk memahami kualitas hidup dan kehidupan sosial. *Subjective well being* sangat erat kaitannya dengan budaya Minangkabau, sebagai aspek penting yang mempengaruhi kekuatan karakter dalam pencapaian remaja menuju kesenangan dan kepuasaan hidup. Nilai-nilai dari budaya Minangkabau yang khas mempunyai pengaruh terhadap kognitif, afeksi pada sistem perilaku remaja. Terdapat faktor kuat yang mempengaruhi *subjective well being* remaja yaitu harga diri dan kebermaknaan hidup. Selanjutnya penelitian ini bertujuan untuk 1) Menjelaskan harga diri, kebermaknaan hidup dan *subjective well being* remaja, 2) Menguji kontribusi harga diri dan kebermaknaan hidup terhadap *subjective well being* serta harga diri dan kebermaknaan hidup secara bersama-sama terhadap *subjective well being* remaja.

Metode dalam penelitian ini menggunakan pendekatan kuantitatif dengan metode deskriptif analitik dan uji beda. Populasi dalam penelitian ini adalah seluruh siswa Sekolah Menengah Atas yang berlatar belakang Etnis Minangkabau di Kabupaten Tanah Datar tepatnya di SMA Negeri 1 Batipuh Kabupaten Tanah Datar berjumlah 515 orang, dengan sampel 182 orang yang dipilih dengan teknik *Proportional Random Sampling*. Instrumen penelitian menggunakan skala model likert. Data dianalisis dengan teknik statistik deskriptif dan analisis regresi linier sederhana serta berganda dan T test.

Temuan penelitian menunjukkan bahwa: 1) harga diri remaja berada pada kategori rendah, kebermaknaan hidup berada pada kategori sedang, *subjective well being* berada pada kategori tinggi, dan 2) terdapat kontribusi harga diri terhadap *subjective well being* sebesar 53,7% ($r= 0,773$), kontribusi kebermaknaan hidup terhadap *subjective well being* sebesar 42,7% ($r=0,653$), serta harga diri dan kebermaknaan hidup secara bersama-sama terhadap *subjective well being* remaja sebesar 55,3% ($R=0,743$). Hasil penelitian ini sebagai bahan pertimbangan guru BK, orang tua, guru kelas dan pihak lainnya untuk pemberian bantuan dan pengembangan dalam pemenuhan *subjective well being* remaja Minangkabau.

Kata Kunci: Harga Diri, Kebermkanaan Hidup, *Subjective Well Being*, Remaja Etnis Minangkabau.