

**PERAN *SELF-EFFICACY* DAN *OPTIMISM* DALAM MEMPREDIKSI
SUBJECTIVE WELL-BEING SISWA SMA**

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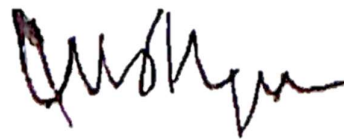
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INTISARI

Rendahnya *subjective well-being* pada siswa SMA merupakan permasalahan psikologis yang berdampak pada pengembangan diri, kondisi kesehatan, serta pencapaian akademik siswa. Penelitian ini bertujuan untuk menganalisis kontribusi *self-efficacy* dan *optimism* terhadap *subjective well-being* pada siswa SMA. Penelitian ini menggunakan pendekatan kuantitatif korelasional dengan melibatkan 390 siswa SMA negeri dan swasta kelas X hingga XII di Kota Surabaya. Data dikumpulkan menggunakan instrumen *Satisfaction With Life Scale* (SWLS), *Scale of Positive and Negative Experience* (SPANE), *General Self-efficacy Scale* (GSES), dan *Life Orientation Test-Revised* (LOT-R), kemudian dianalisis menggunakan regresi linear berganda. Hasil penelitian menunjukkan bahwa *self-efficacy* dan *optimism* masing-masing berpengaruh signifikan terhadap *subjective well-being*. Kedua variabel tersebut secara bersamaan berperan dalam memprediksi *subjective well-being* siswa. Temuan ini mencerminkan pentingnya penguatan *self-efficacy* dan *optimism* faktor untuk meningkatkan *subjective well-being* siswa SMA.

Kata kunci: *Subjective well-being*, *Self-efficacy*, *Optimism*

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ABSTRACT

Low subjective well-being in high school students is a psychological problem that impacts their self-development, health, and academic achievement. This study aims to analyze the contribution of self-efficacy and optimism to state of subjective well-being in high school students. This study uses a quantitative correlational approach, involving 390 public and private high school students from grades X to XII in Surabaya. Data were collected using the Satisfaction With Life Scale (SWLS), the Scale of Positive and Negative Experience (SPANE), the General Self-efficacy Scale (GSES), and the Life Orientation Test-Revised (LOT-R) instruments, and then analyzed using multiple linear regression. The research results indicate that self-efficacy and optimism each have a significant impact on subjective well-being. Both variables simultaneously play a role in predicting students' subjective well-being. This finding reflects the importance of strengthening self-efficacy and optimism factors to improve the state of subjective well-being of high school students.

Keywords: Subjective well-being, Self-efficacy, Optimism



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