

**ANALISIS DINAMIKA *PSYCHOLOGICAL WELL-BEING* PADA  
MAHASISWA YANG MENJADI ATLET SEPAKBOLA PROFESIONAL**

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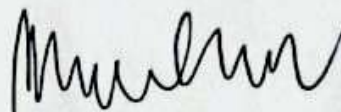
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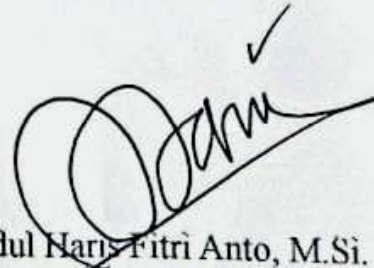
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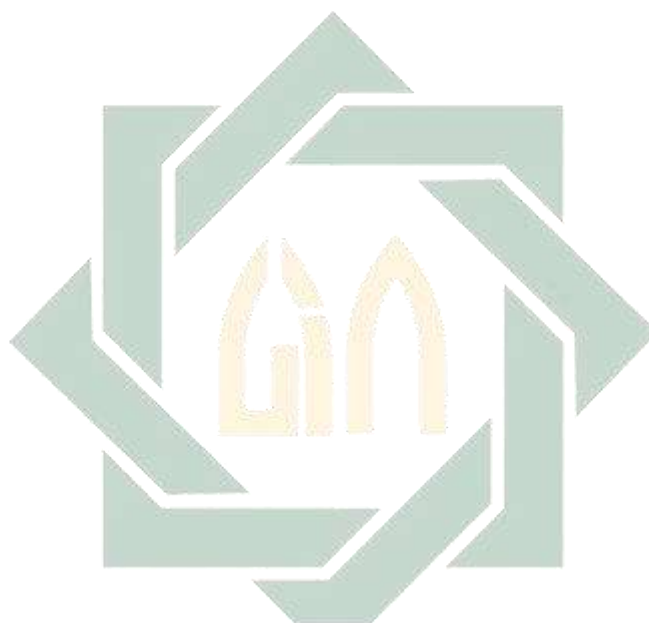
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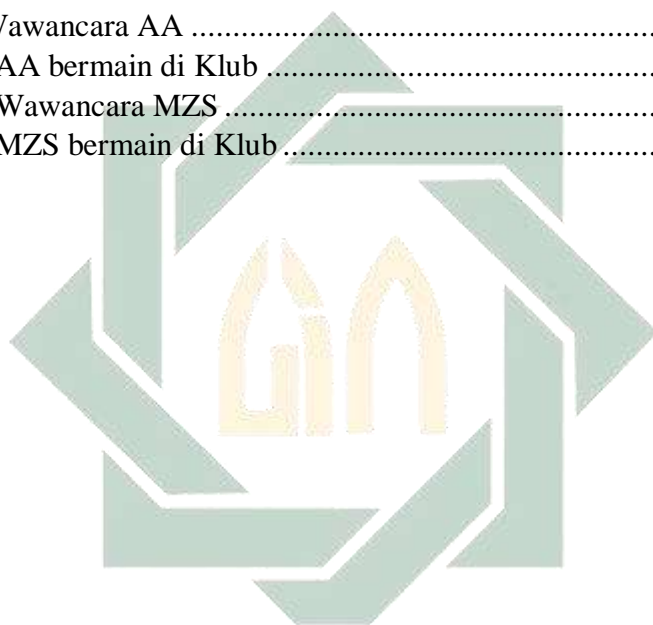
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## INTISARI

Penelitian ini bertujuan untuk memahami dan menganalisis dinamika *psychological well-being* (PWB) pada mahasiswa yang menjalani peran ganda sebagai atlet sepakbola profesional. Fenomena mahasiswa-atlet semakin meningkat seiring berkembangnya industri sepakbola di Indonesia, yang menuntut keseimbangan antara tanggung jawab akademik dan karier olahraga profesional. Penelitian ini menggunakan pendekatan kualitatif dengan desain fenomenologi untuk menggali pengalaman subjektif mahasiswa-atlet dari Universitas Islam Negeri Sunan Ampel (UINSA) dan Universitas Negeri Surabaya (UNESA). Subjek penelitian berjumlah enam orang yang aktif bermain di Liga 1, Liga 2, dan Liga 3. Data dikumpulkan melalui wawancara mendalam dan observasi kontekstual, kemudian dianalisis menggunakan metode fenomenologi Colaizzi. Hasil penelitian menunjukkan bahwa dinamika *psychological well-being* mahasiswa-atlet dipengaruhi oleh enam dimensi teori Ryff, yaitu *Self-acceptance, positive relations with others, Autonomy, environmental mastery, purpose in life, dan personal growth*. Mahasiswa-atlet menghadapi tantangan dalam mengelola tekanan akademik dan tuntutan profesional, keterbatasan waktu sosial, serta rendahnya fleksibilitas kebijakan kampus. Namun, dukungan sosial dari keluarga, pelatih, dan teman sebaya menjadi faktor penting dalam menjaga keseimbangan psikologis. Perbedaan konteks institusi juga memengaruhi pengalaman kesejahteraan mereka. UNESA yang berorientasi olahraga memberikan dukungan lebih baik dibanding UINSA yang non-olahraga. Secara keseluruhan, penelitian ini menegaskan pentingnya kebijakan akademik yang ramah atlet untuk meningkatkan kesejahteraan psikologis mahasiswa-atlet di Indonesia.

**Kata kunci:** *psychological well-being*, mahasiswa-atlet, sepakbola profesional.

## **ABSTRACT**

*This study aims to explore and analyze the dynamics of psychological well-being (PWB) among university students who simultaneously pursue professional football careers. The phenomenon of Student-athletes has grown along with the development of Indonesia's football industry, demanding a balance between academic responsibilities and athletic commitments. This research employs a qualitative phenomenological approach to capture the subjective experiences of Student-athletes from Sunan Ampel State Islamic University (UINSA) and Surabaya State University (UNESA). Six participants, all active professional football players competing in Indonesia's League 1, 2, and 3, were involved in the study. Data were collected through in-depth interviews and contextual observations, and analyzed using Colaizzi's phenomenological method. The findings reveal that the dynamics of Student-athletes' psychological well-being are shaped by Ryff's six dimensions: Self-acceptance, positive relations with others, Autonomy, environmental mastery, purpose in life, and personal growth. Student-athletes experience various challenges in managing academic stress, professional demands, and limited social interaction, particularly due to inflexible academic policies. Nevertheless, social support from family, coaches, and peers plays a crucial role in maintaining psychological balance. Institutional differences also influence their well-being. UNESA provides a more supportive environment for athletes compared to UINSA. Overall, the study highlights the need for athlete-friendly academic policies to enhance the psychological well-being of Student-athletes in Indonesia.*

*Keywords: psychological well-being, Student-athletes, professional football.*

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