

PENGARUH *CORE SELF-EVALUATION* TERHADAP *SUBJECTIVE WELL-BEING* MELALUI *MEANING IN LIFE* PADA WANITA YANG BELUM MENIKAH

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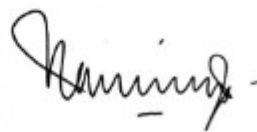
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INTISARI

Wanita lajang usia 25–35 tahun di Indonesia kerap menghadapi tekanan sosial terkait status pernikahan, yang berpotensi mengancam kesejahteraan subjektif (*subjective well-being*). Namun, belum banyak penelitian yang mengeksplorasi mekanisme psikologis internal, khususnya evaluasi diri inti (*core self-evaluation*) dan makna hidup (*meaning in life*) sebagai sumber daya pelindung dalam konteks ini. Penelitian ini bertujuan menguji peran makna hidup sebagai mediator dalam hubungan antara evaluasi diri inti dan kesejahteraan subjektif pada wanita berusia 25-35 tahun yang belum menikah. Desain kuantitatif korelasional digunakan dengan teknik *convenience sampling* terhadap 331 wanita yang belum menikah di Jawa Timur. Data dikumpulkan melalui kuesioner, lalu dianalisis dengan uji regresi linear sederhana dan uji mediasi. Hasil menunjukkan evaluasi diri inti dan makna hidup masing-masing berpengaruh positif dan signifikan terhadap kesejahteraan subjektif. Makna hidup pun terbukti memediasi hubungan antara evaluasi diri inti dengan kesejahteraan subjektif secara parsial (efek tidak langsung = 0,161, 95% CI). Temuan ini mengonfirmasi bahwa penilaian diri yang positif dan kemampuan membangun makna hidup di luar standar sosial pernikahan merupakan kunci kesejahteraan subjektif wanita lajang.

Kata kunci: kesejahteraan subjektif, evaluasi diri inti, makna hidup, lajang

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ABSTRACT

Unmarried women aged 25–35 in Indonesia often face social pressure regarding marriage, which may threaten subjective well-being. However, internal psychological resources, particularly core self-evaluation and meaning in life, remain underexplored as protective factors in this context. This study aimed to examine the mediating role of meaning in life in the relationship between core self-evaluation and subjective well-being among unmarried women. A correlational quantitative design was utilized, using convenience sampling of 331 unmarried women in East Java. Data were collected via questionnaires and analyzed using simple linear regression and mediation analysis. Results indicated that both core self-evaluation and meaning in life were positively and significantly associated with subjective well-being. Furthermore, meaning in life partially mediated the relationship between core self-evaluation and subjective well-being (indirect effect = 0.161, 95% CI). These findings confirm that positive self-evaluation and the ability to construct personal meaning beyond marriage-centric social norms are key to subjective well-being among unmarried women.

Keywords: *subjective well-being, core self-evaluation, meaning in life, singlehood*



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