

**HUBUNGAN ANTARA PERSEPSI DUKUNGAN SOSIAL SUAMI  
DENGAN *SUBJECTIVE WELL-BEING* PADA WANITA HAMIL DI  
RSKIA KOTA BANDUNG**

**SKRIPSI**

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**ANNISA RAHMALIA**

**NPM 190110130116**



**UNIVERSITAS PADJADJARAN**

**FAKULTAS PSIKOLOGI**

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## ABSTRAK

Penelitian ini dilakukan untuk menemukan hubungan antara variabel Persepsi Dukungan Sosial Suami dan *Subjective Well-Being* pada wanita hamil di RSKIA Kota Bandung, beserta gambaran masing-masing variabel. Berdasarkan penelusuran fenomena, para wanita hamil mengalami kecenderungan kebahagiaan dan persepsi dukungan sosial yang tinggi. Namun, mereka beresiko mengalami stres akibat perubahan fisik dan psikologis yang dialaminya. Sehingga, penelitian ini dilakukan agar dapat memperkuat hubungan kedua konstruk dan dapat menjelaskannya secara lebih terperinci.

Teori yang digunakan adalah *Perceived Social Support* (Barrera, 1986) dan *Subjective Well-Being* (Diener, 1994). Penelitian ini dilakukan terhadap 135 wanita hamil di RSKIA Kota Bandung yang sudah berstatus menikah. Penelitian ini adalah penelitian korelasional dengan alat ukur Persepsi Dukungan Sosial Suami yang dikembangkan oleh peneliti serta alat ukur SWB yang diadaptasi dari *Positive Affect Negative Affect Schedule* (Watson et al., 1988) dan *Satisfaction With Life Scale* (Diener et al., 1985). Pengumpulan data dilakukan dengan kuesioner, kemudian diolah secara statistik dengan uji korelasi *Spearman*, uji statistika nonparametrik, analisis univariat, dan perhitungan koefisien determinasi.

Hasil penelitian menunjukkan terdapat hubungan antara Persepsi Dukungan Sosial Suami dengan *Subjective Well-Being*, dan keduanya berada pada kategori tinggi. Korelasi tersebut adalah korelasi rendah dengan koefisien determinasi sebesar 6.4%. Persepsi Dukungan Sosial Suami berbeda secara signifikan ketika dikelompokkan berdasarkan angka gravida dan pendidikan suami, sedangkan SWB berbeda secara signifikan ketika dikelompokkan berdasarkan trimester. Sehingga, dapat disimpulkan bahwa semakin tinggi Persepsi Dukungan Sosial Suami wanita hamil di RSKIA Kota Bandung, maka akan semakin tinggi *Subjective Well-Being* yang dimilikinya. Saran bagi penelitian selanjutnya, penelitian dilakukan dengan *nonprobability sampling*, pendekatan kualitatif, maupun pendekatan kausalitas.

**Kata Kunci:** Persepsi Dukungan Sosial Suami, *Perceived Social Support*, *Subjective Well-Being*, Wanita hamil

## ***ABSTRACT***

This research was conducted to find the relationship between Perceived Social Support from husband and Subjective Well-Being in pregnant women of RSKIA Kota Bandung, along with an overview of each variable. Based on the phenomenon, the pregnant women in RSKIA Kota Bandung had a high level of happiness and perceived social support. However, they are at risk of experiencing stress due to the physical and psychological changes happened during their pregnancy. Thus, this study was conducted in order to strengthen the relationship between the two constructs and describing it in a more detail.

The theory used in this research is Perceived Social Support from Barrera (1986) and Subjective Well-Being from Diener (1994). This study was conducted on 135 married, pregnant women in RSKIA Kota Bandung. This correlational study held with two types of psychological measurement, that is Husband's Perceived Social Support scale developed by the researcher, and Subjective Well-Being scale adapted from the Positive Affect Negative Affect Schedule (Watson et al., 1988) and Satisfaction with Life Scale (Diener et al., 1985). Data was collected by questionnaire, and then statistically processed with Spearman product moment test, nonparametric statistical test, univariate analysis, and coefficient of determination.

The results showed a correlation between the Perceived Social Support from husband and Subjective Well-Being, and both are categorized as high in level. The correlation is considered low with a coefficient of determination of 6.4%. Perceived Social Support from husband is significantly different when stratified by gravid numbers and husband's education, while SWB is significantly different when stratified by trimester. Thus, it can be concluded that the higher the Perceived Social Support from husband of pregnant women in RSKIA Kota Bandung, then the higher the Subjective Well-Being will be. Suggestions for future research included the use of nonprobability sampling, qualitative approach, and use of the causality approach.

**Keywords:** Perceived Social Support, Subjective Well-Being, Pregnant women