

ABSTRAK
PENGARUH OPTIMISME TERHADAP *SCHOOL WELL-BEING*
PADA SISWA SMA NEGERI 2 TELUKJAMBE TIMUR
DI MASA PANDEMI COVID-19
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Adanya pandemi Covid-19 membuat sekolah SMA Negeri 2 Telukjambe Timur mengalami perubahan sistem pembelajaran secara mendadak hal tersebut secara tidak langsung berdampak terhadap kesejahteraan siswa di sekolah yang disebut dengan *school well-being*. *School well-being* adalah penilaian subjektif siswa terhadap pemenuhan kebutuhan dasarnya di sekolah. Salah satu faktor yang mempengaruhi *school well-being* yaitu optimisme. Tujuan dilakukan penelitian ini untuk menguji pengaruh optimisme terhadap *school well-being* pada siswa SMA Negeri 2 Telukjambe Timur. Jumlah populasi dalam penelitian ini 430 siswa. Pengambilan sampel menggunakan teknik *non-probability sampling* dengan teknik sampling kuota. Sampel penelitian berjumlah 203 responden berdasarkan tabel Isaac & Michael dengan taraf kesalahan 5%. Pengumpulan data dilakukan dengan menggunakan skala *school well-being* dan optimisme. Berdasarkan hasil uji hipotesis yang dilakukan dengan menggunakan analisis uji regresi linear sederhana didapatkan nilai signifikansi 0.044 (sig. < 0.05) dan nilai *R square* sebesar 0.020 maka dapat dikatakan bahwa optimisme mempengaruhi *school well-being* sebesar 2% dan sisanya 98% dipengaruhi oleh faktor lain yang tidak diteliti pada penelitian ini. Hasil tersebut memberikan kesempatan untuk peneliti selanjutnya meneliti variabel lain yang mempengaruhi *school well-being* seperti hubungan sosial, kontrol pribadi, teman dan waktu luang, partisipasi sosial, peran sosial, karakteristik kepribadian atau tujuan dan aspirasi.

Kata kunci: Siswa, Optimisme, *School Well-Being*, Pandemi Covid-19

ABSTRACT
THE EFFECT OF OPTIMISM ON SCHOOL WELL-BEING OF
STUDENTS AT SMA NEGERI 2 TELUKJAMBE TIMUR
DURING THE COVID-19 PANDEMIC

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The existence of the Covid-19 pandemic has made the SMA Negeri 2 Telukjambe Timur school experience a sudden change in the learning system, this indirectly has an impact on the welfare of students at school which is called school well-being. School well-being is a student's subjective assessment of the fulfillment of his basic needs at school. One of the factors that influence school well-being is optimism. The purpose of this study was to examine the effect of optimism on school well-being in students of SMA Negeri 2 Telukjambe Timur. The total population in this study was 430 students. Sampling using non-probability sampling technique with quota sampling technique. The research sample amounted to 203 respondents based on Isaac & Michael's table with an error rate of 5%. Data was collected using the school well-being and optimism scale. Based on the results of hypothesis testing conducted using simple linear regression analysis, a significance value of 0.044 (sig. < 0.05) and an R square value of 0.020 can be said that optimism affects school well-being by 2% and the remaining 98% is influenced by other factors. which were not investigated in this study. These results provide an opportunity for further researchers to examine other variables that influence school well-being such as social relationships, personal control, friends and leisure time, social participation, social roles, personality characteristics or goals and aspirations.

Keywords: Students, Optimism, School Well-Being, Covid-19 Pandemic