

**PENGARUH DUKUNGAN SOSIAL TEMAN SEBAYA TERHADAP
STUDENT WELL BEING PADA SISWA SMK JAYA BEKA KARAWANG**

Fakultas Psikologi Universitas Buana Perjuangan Karawang

Email: ps19.astriutami@mhs.ubpkarawang.ac.id

ABSTRAK

Siswa dapat merasa sejahtera jika merasa nyaman, tentram, bahagia dan dapat menerima keadaan dengan sikap positif. Namun dengan adanya siswa di suatu sekolah banyak hal yang dapat mempengaruhi kondisinya, seperti emosi negatif dalam diri siswa. Melalui dukungan sosial dari teman sebaya, siswa mengembangkan hubungan positif dan rasa nyaman sehingga secara mandiri dapat meningkatkan *student well being* siswa. Penelitian ini bertujuan untuk mengetahui pengaruh dukungan sosial teman sebaya terhadap *student well being* pada siswa SMK Jaya Beka Karawang. Populasi dalam penelitian ini berjumlah 140 responden dengan sampel berjumlah 100 responden dengan menggunakan rumus Issac dan Michael dengan taraf signifikansi 5%. Metode pengambilan sampel yang digunakan adalah *accidental sampling*. Berdasarkan hasil uji regresi linear sederhana dukungan sosial teman sebaya dan *student well being* terdapat pengaruh dukungan sosial teman sebaya terhadap *student well being* dengan nilai Sig $0,000 < 0,05$ H_0 diterima H_a ditolak dengan nilai koefisien determinasi sebesar 0,294%, sehingga semakin tinggi dukungan sosial teman sebaya maka semakin tinggi pula *student well being* yang diperoleh, sebaliknya semakin rendah dukungan sosial teman sebaya maka semakin rendah *student well being* yang diperoleh oleh siswa.

Kata kunci: *Student Well Being*, Dukungan Sosial Teman Sebaya, Siswa

**THE INFLUENCE OF PEER SOCIAL SUPPORT ON STUDENT WELL
BEING IN STUDENTS AT SMK JAYA BEKA KARAWANG**

Fakultas Psikologi Universitas Buana Perjuangan Karawang

Email: ps19.astriutami@mhs.ubpkarawang.ac.id

ABSTRACT

Students can feel prosperous if they feel comfortable, peaceful, happy and can accept situations with a positive attitude. However, with students at a school there are many things that can influence their condition, such as negative emotions within students. Through social support from peers, students develop positive relationships and a sense of comfort so that they can independently improve students' student well being. This research aims to determine the effect of peer social support on student well-being in students at SMK Jaya Beka Karawang. The population in this study was 140 respondents with a sample of 100 respondents using the Issac and Michael formula with a significance level of 5%. The sampling method used was accidental sampling. Based on the results of a simple linear regression test of peer social support and student well-being, there is an influence of peer social support on student well being with a Sig value of $0.000 < 0.05$. H_a is accepted. H_o is rejected with a coefficient of determination of 0.294%, so the higher the support. the social support of peers, the higher the student well being obtained, conversely, the lower the social support of peers, the lower the student well-being obtained by students.

KARAWANG
Keywords: Student Well Being, Peer Social Support. Student