

ABSTRACT

PSYCHOLOGICAL WELL-BEING AMONG FIRST-YEAR STUDENTS OF FACULTY HEALTH SCIENCES IN THE THIRD YEAR OF THE COVID-19 PANDEMIC

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Background: First-year students experience a transition period from school to college. Meanwhile, the pandemic also resulted in changes in the educational system, students must adapt to these changes. The adaptation process can affect the psychological well-being of first-year students. This study aim to describe psychological well-being of first-year student includes autonomy, environmental mastery, personal growth, purpose in life, positive relation with others, and self-acceptance.

Methods: This research used a cross-sectional descriptive method with a stratified random sampling technique. This study involved 266 first-year students of the Faculty of Health Sciences, Universitas Jenderal Soedirman. Data were collected by Ryff's Psychological Well-Being Scale Questionnaire and analyzed by univariate analysis.

Results: This research showed that most respondents were ranged in 17-20 years old, woman (77,8%), living in dorm (69.2%), coming from senior high schools (91.7%), participating in organizations/committee (51.9%), and nursing student (24.4%). Respondents have scores of psychological well-being in purpose of life (median = 35), positive relation with others dimension (median= 35) and personal growth dimension (median = 33), autonomy and self-acceptance which are median = 29 and median = 24 respectively.

Conclusion: First-year students have a better purpose in life, but they have less self-acceptance.

Keywords: COVID-19, first-year student, psychological well-being.

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