

ABSTRAK

HUBUNGAN TRAUMA MASA KECIL DENGAN KESEJAHTERAAN PSIKOLOGIS DEWASA AWAL PADA MAHASISWA FAKULTAS ILMU- ILMU KESEHATAN UNIVERSITAS JENDERAL SOEDIRMAN

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Latar Belakang: Dewasa awal merupakan masa peralihan dari masa remaja ke dewasa yang memerlukan stabilitas psikologis. Kesejahteraan psikologis dapat dipengaruhi oleh pengalaman-pengalaman di masa lalu, salah satunya adalah trauma masa kecil. Penelitian ini bertujuan untuk mengkaji hubungan antara trauma masa kecil dengan kesejahteraan psikologis dewasa awal pada mahasiswa Fakultas Ilmu-Ilmu Kesehatan Universitas Jenderal Soedirman.

Metodologi: Penelitian ini menggunakan pendekatan kuantitatif dan studi observasional analitik dengan desain *cross sectional study*. Teknik sampling menggunakan *proportionate random sampling* pada 2.039 mahasiswa dan diperoleh 335 responden. Instrumen yang digunakan adalah *Self-report Ryff's Scale of Psychological Well-Being* (RPWB) dan *Childhood Trauma Questionnaire* Bernstein. Analisis data menggunakan Uji Korelasi *Spearman's Rank*.

Hasil Penelitian: Hasil penelitian menunjukkan usia responden memiliki nilai median 19 dengan usia minimum 18 dan maksimum 22 tahun, mayoritas berjenis kelamin perempuan (79,4%), 23,6% jurusan keperawatan dan 43,6% angkatan 2024, lebih dari 50% tidak ada atau sedikit trauma pada setiap subskala trauma masa kecil. Diperoleh rata-rata skor kesejahteraan psikologis 79,08 dan standar deviasi 10,54. Hasil uji korelasi *Spearman's Rank* menunjukkan ada hubungan yang bermakna antara trauma masa kecil dengan kesejahteraan psikologis ($p\text{-value} = 0,01$). Subskala pengabaian emosional menunjukkan korelasi paling kuat terhadap kesejahteraan psikologis.

Kesimpulan: Terdapat hubungan yang bermakna antara trauma masa kecil dengan kesejahteraan psikologis dewasa awal pada mahasiswa Fakultas Ilmu-Ilmu Kesehatan Universitas Jenderal Soedirman. Penelitian selanjutnya disarankan menggunakan pendekatan kualitatif, memperluas sampel, melakukan studi longitudinal, mengembangkan intervensi, serta mengeksplorasi variabel lain seperti resiliensi dan dukungan sosial.

Kata kunci: Dewasa awal, kesejahteraan psikologis, mahasiswa, trauma masa kecil.

ABSTRACT

**THE RELATIONSHIP BETWEEN CHILDHOOD TRAUMA AND EARLY
ADULTHOOD PSYCHOLOGICAL WELL-BEING IN STUDENTS OF
THE FACULTY OF HEALTH SCIENCES, JENDERAL SOEDIRMAN
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Background: Emerging adulthood is a transitional period from adolescence to adulthood that requires psychological stability. Psychological well-being can be influenced by past experiences, one of which is childhood trauma. This study aims to examine the relationship between childhood trauma and the psychological well-being of emerging adults among students of the Faculty of Health Sciences at Jenderal Soedirman University.

Methodology: This study used a quantitative approach and used an analytic observational study with a cross sectional study design. The sampling technique used proportionate random sampling on 2,039 FIKES Unsoed students and obtained 335 respondents. The instruments used were Ryff's Self-report Scale of Psychological Well-Being (RPWB) and Bernstein's Childhood Trauma Questionnaire. Data analysis using Spearman's Rank Correlation Test.

Result: The results of the study showed that the respondents had a median age of 19, with a minimum age of 18 and a maximum of 22 years. The majority were female (79.4%), 23.6% were nursing students, and 43.6% were from the class of 2024. More than 50% had no or only mild trauma on each subscale of childhood trauma. The average score of psychological well-being was 79.08 with a standard deviation of 10.54. The Spearman's Rank correlation test showed a significant relationship between childhood trauma and psychological well-being (p -value = 0.01). The emotional neglect subscale showed the strongest correlation with psychological well-being.

Conclusion: There is a significant relationship between childhood trauma and psychological well-being. Future research is recommended to use a qualitative approach, expand the sample, conduct longitudinal studies, develop interventions, and explore other variables such as resilience and social support.

Keywords: Early adulthood, psychological well-being, college students, childhood trauma.