

ABSTRAK

HUBUNGAN MALADAPTIVE DAYDREAMING DENGAN KESEJAHTERAAN PSIKOLOGIS PADA MAHASISWA TINGKAT AKHIR FIKES UNSOED

Aribah Nur Ramadhani¹, Endang Triyanto², Eva Rahayu³

Latar belakang: Mahasiswa tingkat akhir menghadapi tekanan akademik tinggi yang berpotensi menurunkan kesejahteraan psikologis. Salah satu mekanisme koping adalah *Maladaptive Daydreaming* (MD), yang dapat mengganggu motivasi belajar dan regulasi emosi. Studi pendahuluan di FIKes Unsoed menunjukkan kecenderungan MD mendekati ambang klinis serta tingkat kesejahteraan psikologis yang rendah. Kondisi tersebut menunjukkan pentingnya meneliti hubungan antara MD dan kesejahteraan psikologis pada mahasiswa tingkat akhir.

Metodologi: Penelitian ini menggunakan desain kuantitatif korelatif dengan pendekatan *cross-sectional* pada 242 mahasiswa tingkat akhir FIKes Unsoed. Pengambilan sampel menggunakan teknik *proportional random sampling*. MD diukur menggunakan *Maladaptive Daydreaming Scale* – 16 items, sedangkan kesejahteraan psikologis diukur menggunakan *Psychological Well-Being Scale*. Analisis data dilakukan dengan uji korelasi *Rank Spearman* untuk melihat hubungan antara kedua variabel.

Hasil penelitian: Terdapat hubungan negatif yang signifikan antara MD dan kesejahteraan psikologis ($p = 0,000$; $r = -0,242$), dengan kekuatan hubungan lemah. Artinya, semakin tinggi kecenderungan MD, semakin rendah tingkat kesejahteraan psikologis mahasiswa. Sebanyak 45,9% mahasiswa menunjukkan indikasi MD, sedangkan tingkat kesejahteraan psikologis mayoritas berada pada kategori sedang (60,3%).

Kesimpulan: MD berhubungan secara signifikan dengan penurunan kesejahteraan psikologis pada mahasiswa tingkat akhir FIKes Unsoed. Meskipun kekuatan hubungan lemah, temuan ini menegaskan bahwa MD merupakan faktor yang perlu diperhatikan karena dapat memengaruhi fungsi akademik, emosi, dan relasi sosial mahasiswa pada masa penyusunan skripsi.

Kata kunci: Kesejahteraan Psikologis, *Maladaptive Daydreaming*, Mahasiswa Tingkat Akhir.

ABSTRACT

THE RELATIONSHIP BETWEEN MALADAPTIVE DAYDREAMING AND PSYCHOLOGICAL WELL-BEING AMONG FINAL-YEAR STUDENTS AT THE FACULTY OF HEALTH SCIENCES, JENDERAL SOEDIRMAN UNIVERSITY

Aribah Nur Ramadhani¹, Endang Triyanto², Eva Rahayu³

Background: Final-year students face high academic pressure that has the potential to reduce psychological well-being. One coping mechanism is Maladaptive Daydreaming (MD), which can interfere with learning motivation and emotional regulation. A preliminary study at FIKes Unsoed showed a tendency for MD to approach clinical thresholds and low levels of psychological well-being. These conditions indicate the importance of researching the relationship between MD and psychological well-being in final-year students.

Methodology: This study used a quantitative correlational design with a cross-sectional approach on 242 final year students at FIKes Unsoed. Sampling was conducted using proportional random sampling. MD was measured using Maladaptive Daydreaming Scale – 16 items, while psychological well-being was measured using Psychological Well-Being Scale. Data analysis was performed using Spearman's rank correlation test to examine the relationship between the two variables.

Research results: The analysis results showed a significant negative relationship between MD and psychological well-being ($p = 0.000$; $r = -0.242$), with a weak relationship strength. This means that the higher the tendency for MD, the lower the psychological well-being of students. A total of 45.9% of students showed indications of MD, while the majority of psychological well-being was in the moderate category (60.3%).

Conclusion: MD is significantly associated with a decline in psychological well-being among final-year students at the Faculty of Health Sciences, Unsoed. Although the strength of the relationship is weak, these findings confirm that MD is a factor that needs to be considered because it can affect students' academic functioning, emotions, and social relationships during the thesis writing period.

Keywords: Psychological Well-being, Maladaptive Daydreaming, Final-Year Students.