

ABSTRAK

HUBUNGAN PEMENUHAN KEBUTUHAN HUBUNGAN INTERPERSONAL DENGAN HARGA DIRI PADA MAHASISWA KEPERAWATAN GEN Z

Ahmad Wimbo Mulyawan¹, Koernia Nanda Pratama², Indah Ramadhan³

Latar Belakang : Mahasiswa gen Z adalah generasi yang tumbuh dengan perkembangan digital dan masuk dalam fase dewasa awal yang memerlukan penyesuaian. Individu dengan harga diri rendah cenderung memiliki penyesuaian diri yang buruk dan tingkat kecemasan yang tinggi. Harga diri positif dapat menunjang prestasi akademik dan bekal persiapan karir bagi mahasiswa keperawatan. Menurut teori hierarki Maslow hubungan interpersonal menjadi faktor yang memengaruhi harga diri. Tujuan penelitian ini menganalisis hubungan antara pemenuhan kebutuhan hubungan interpersonal dengan harga diri mahasiswa keperawatan gen Z Universitas Jenderal Soedirman.

Metodologi : Penelitian ini menggunakan desain korelasional dengan metode kuantitatif. Teknik sampel yang digunakan *proportionate stratified random sampling* dengan responden penelitian berjumlah 237 mahasiswa untuk menjadi responden menggunakan instrumen INQ-15 dan RSES. Analisis bivariat menggunakan uji *Somer's D*.

Hasil Penelitian : Karakteristik responden berada pada rentang usia 18-23 tahun dan mayoritas berjenis kelamin perempuan 206 responden (86,9%), durasi penggunaan media sosial mayoritas lebih dari 4 jam sehari 187 responden (78,9%), mayoritas mengikuti organisasi mahasiswa internal 186 responden (78,5%), dan didominasi angkatan 2023 sebanyak 83 responden (35%). Hasil analisis uji *Somer's D* didapatkan nilai $r = -0,387$ dan nilai $p\text{-value} < 0,001$. Terdapat hubungan negatif berkorelasi lemah antara pemenuhan kebutuhan hubungan interpersonal dengan harga diri pada mahasiswa Keperawatan gen Z.

Kesimpulan : Mahasiswa dengan hubungan interpersonal terpenuhi maka harga diri mahasiswa cenderung semakin tinggi, sebaliknya mahasiswa dengan hubungan interpersonal tidak terpenuhi maka harga diri mahasiswa cenderung rendah.

Kata Kunci : gen Z, harga diri, kebutuhan hubungan interpersonal

Keterangan :

¹ Mahasiswa Keperawatan Fakultas Ilmu-Ilmu Kesehatan Universitas Jenderal Soedirman

^{2,3} Dosen Jurusan Keperawatan, Fakultas Ilmu-Ilmu Kesehatan, Universitas Jenderal Soedirman

ABSTRACT

The relationship between the fulfillment of interpersonal relationship needs and self-esteem in Gen Z nursing students

Ahmad Wimbo Mulyawan¹, Koernia Nanda Pratama², Indah Ramadhan³

Background : Gen Z students are a generation that has grown up with digital developments and are entering early adulthood, which requires adjustment. Individuals with low self-esteem tend to have poor self-adjustment and high anxiety levels. Positive self-esteem can support academic achievement and career preparation for nursing students. According to Maslow's hierarchy theory, interpersonal relationships are a factor that influences self-esteem. The purpose of this study was to analyze the relationship between the fulfillment of interpersonal relationship needs and the self-esteem of Gen Z nursing students at Jenderal Soedirman University.

Methodology : This study used a correlational design with quantitative methods. The sampling technique used was proportionate stratified random sampling with 237 students as respondents using the INQ-15 and RSES instruments. Bivariate analysis used Somer's D test.

Results : The characteristics of the respondents were in the age range of 18-23 years old, and the majority were female, with 206 respondents (86.9%). The majority spent more than 4 hours a day on social media, with 187 respondents (78.9%). the majority joined internal student organizations (186 respondents, 78.5%), and were dominated by the class of 2023 (83 respondents, 35%). The results of Somer's D test analysis obtained a value of $r = -0.387$ and a $p\text{-value} < 0.001$. There is a weak negative correlation between the fulfillment of interpersonal relationship needs and self-esteem among Gen Z nursing students.

Conclusion : Students with fulfilling interpersonal relationships tend to have higher self-esteem, whereas students with unsatisfactory interpersonal relationships tend to have low self-esteem.

Keywords : gen Z, self-esteem, Interpersonal relationship needs

Keterangan :

¹ Nursing Student, Faculty of Health Sciences, Jenderal Soedirman University

^{2,3} Lecturer, Department of Nursing, Faculty of Health Sciences, Jenderal Soedirman University