

Abstrak

Siswa yang tidak tinggal bersama orang tua berisiko menghadapi tantangan emosional dan sosial yang berdampak pada *subjective well-being*. Penelitian ini bertujuan untuk mengetahui pengaruh *self-efficacy* dan *peer social support* terhadap *subjective well-being* pada siswa SMAN Darmaraja yang hidup mandiri. Penelitian ini menggunakan rancangan kuantitatif korelasional dengan metode regresi linear berganda. Subjek penelitian berjumlah 115 siswa yang dipilih dengan teknik sampel jenuh. Instrumen yang digunakan adalah *General Self-Efficacy Scale-12* (GSES-12), *Peer Support Questionnaire* (PSQ), *Satisfaction With Life Scale* (SWLS) dan *Positive and Negative Affect Schedule* (PANAS). Analisis data dilakukan dengan uji regresi linear berganda menggunakan bantuan IBM SPSS 26. Hasil penelitian menunjukkan bahwa *self-efficacy* dan *peer social support* baik secara simultan maupun parsial berpengaruh signifikan terhadap *subjective well-being*. Dengan demikian, *self-efficacy* dan *peer social support* terbukti menjadi faktor penting dalam meningkatkan *subjective well-being* siswa yang tidak tinggal bersama orang tua.

Kata Kunci : *self-efficacy, peer social support, subjective well-being*

Abstract

Students who do not live with their parents are at risk of facing emotional and social challenges that affect their subjective well-being. This study aims to examine the influence of self-efficacy and peer social support on the subjective well-being of students at SMAN Darmaraja who live independently. The research employed a quantitative correlational design with multiple linear regression analysis. The subjects were 115 students selected using a saturated sampling technique. The instruments used were the General Self-Efficacy Scale-12 (GSES-12), Peer Support Questionnaire (PSQ), Satisfaction With Life Scale (SWLS), and Positive and Negative Affect Schedule (PANAS). Data were analyzed using multiple linear regression with the assistance of IBM SPSS 26. The results showed that self-efficacy and peer social support, both simultaneously and partially, significantly influence subjective well-being. Thus, self-confidence and peer support are proven to be essential factors in enhancing the subjective well-being of students living apart from their parents.

Keyword : *self-efficacy, peer social support, subjective well-being*