

Abstrak

Fenomena bekerja sambil kuliah semakin banyak dialami di masa kini. Kondisi tersebut menuntut mereka untuk mampu mengelola peran ganda guna menyeimbangkan tuntutan pekerjaan dan kewajiban akademik secara bersamaan, yang tidak jarang berdampak pada tingkat kesejahteraan subjektif. Banyak faktor yang dapat memengaruhi kondisi tersebut, salah satunya adalah kemampuan *self management* dan *grit*. Oleh karena itu, penelitian ini bertujuan untuk menguji pengaruh *self management* dan *grit* terhadap *subjective well-being* pada karyawan yang berkuliah. Partisipan penelitian berjumlah 299 mahasiswa Sekolah Tinggi Teknologi (STT) Wastukencana Purwakarta. Instrumen yang digunakan meliputi *Self Control and Self Management Scale* (SCSM), *Grit-S*, *Satisfaction With Life Scale* (SWLS), dan *Positive Affect Negative Affect Schedule* (PANAS). Analisis data dilakukan menggunakan IBM SPSS Statistics 25 dengan teknik regresi linier berganda. Hasil penelitian menunjukkan bahwa baik secara parsial maupun simultan, *self management* dan *grit* berpengaruh positif signifikan terhadap *subjective well-being*.

Kata Kunci : *Self management, grit, subjective well-being, karyawan, mahasiswa*

Abstract

The phenomenon of working while studying is increasingly common nowadays. This condition requires them to be able to manage dual roles to balance work demands and academic obligations simultaneously, which often impacts the level of subjective well-being. Many factors can influence this condition, one of which is self-management and grit skills. Therefore, this study aims to examine the effect of self-management and grit on subjective well-being in employees studying. The study participants were 299 students at the Wastukencana Purwakarta College of Technology (STT). The instruments used included the Self-Control and Self-Management Scale (SCSM), Grit-S, Satisfaction With Life Scale (SWLS), and Positive Affect Negative Affect Schedule (PANAS). Data analysis was performed using IBM SPSS Statistics 25 with multiple linear regression techniques. The results showed that both partially and simultaneously, self-management and grit had a significant positive effect on subjective well-being.

Keywords : *Self management, grit, subjective well-being, employee, student*