

Abstrak

Sekolah merupakan salah satu tempat ruang tumbuh bagi remaja, tempat mereka menghabiskan sebagian besar waktunya untuk belajar, berinteraksi, dan membangun relasi social dengan guru maupun dengan sebaya. Namun, disisi lain seringkali terjadi sebuah paradoks yang mengakibatkan siswa kehilangan rasa aman dan nyaman seperti munculnya fenomena pengucilan, terbentuknya kelompok pertemanan eksklusif (*circle*), dan tekanan sosial, yang biasanya terjadi pada siswa kelas X yang berada pada proses adaptasi antara sekolah menengah pertama ke sekolah menengah akhir. Penelitian ini bertujuan untuk mengetahui pengaruh *quality of friendship* terhadap *school well being* pada siswa kelas X SMAN 26 Bandung. Metode yang digunakan Adalah pendekatan kuantitatif dengan desain kausalitas. Teknik sampling menggunakan *probability sampling* dengan metode *simple random sampling*, dengan jumlah sampel sebanyak 214 siswa. Instrumen yang digunakan yaitu *Friendship Quality Scale* (FQS) dan *School Well Being Scale* (SWBS). Data dianalisis menggunakan regresi linier sederhana. Hasil penelitian menunjukan bahwa *quality of friendship* berpengaruh signifikan terhadap *school well being* secara parsial ($\beta = 0,889$; $p < 0,05$), dengan kontribusi sebesar 31,3%. Dapat disimpulkan bahwa *quality of friendship* berpengaruh secara positif terhadap *school well being*.

Kata kunci : *quality of friendship*, *school well being*, siswa SMA, dinamika pertemanan



Abstract

School serves as a developmental environment for adolescents, a place where they spend the majority of their time learning, interacting, and building social relationships with both teachers and peers. However, a paradox often arises wherein students lose their sense of safety and comfort due to phenomena such as social exclusion, the formation of exclusive friendship groups (cliques), and social pressure—issues commonly experienced by Grade X students as they transition from junior high to senior high school. This study aims to determine the influence of friendship quality on school well-being among Grade X students at SMAN 26 Bandung. A quantitative approach with a causal design was employed. Probability sampling—specifically simple random sampling—was used to select a sample of 214 students. The instruments utilized were the Friendship Quality Scale (FQS) and the School Well-Being Scale (SWBS). Data were analyzed using simple linear regression. The results indicate that friendship quality has a significant influence on school well-being ($\beta = 0.889$; $p < 0.05$), contributing 31.3% to the outcome. It can be concluded that friendship quality has a positive effect on school well-being.

Keywords: friendship quality, school well-being, high school students, friendship dynamics

