

Abstrak

Psychological distress pada mahasiswa dapat dipengaruhi oleh berbagai faktor, termasuk *pet attachment* dan *happiness*. Penelitian ini bertujuan untuk menganalisis pengaruh *pet attachment* dan *happiness* terhadap *psychological distress* pada mahasiswa yang memiliki hewan peliharaan di Bandung Raya. Penelitian menggunakan metode kuantitatif dengan desain kausalitas. Subjek penelitian terdiri atas 221 mahasiswa yang memiliki hewan peliharaan di Bandung Raya dan dipilih menggunakan teknik *purposive sampling*. Data dianalisis menggunakan analisis regresi linear berganda. Hasil penelitian menunjukkan bahwa *pet attachment* dan *happiness* berpengaruh signifikan terhadap *psychological distress* baik secara parsial maupun simultan. Kedua variabel menjelaskan 42,7% variasi *psychological distress*, sedangkan sisanya dipengaruhi oleh faktor lain di luar penelitian. Disimpulkan bahwa semakin tinggi *pet attachment* dan *happiness*, semakin rendah *psychological distress* pada mahasiswa yang memiliki hewan peliharaan di Bandung Raya.

Kata Kunci : *happiness, mahasiswa, pet attachment, psychological distress*



Abstract

Psychological distress among university students may be influenced by various factors, including pet attachment and happiness. This study aimed to examine the influence of pet attachment and happiness on psychological distress among university students who own pets in Greater Bandung. This study employed a quantitative method with a causal research design. The participants consisted of 221 university students who owned pets in Greater Bandung and were selected using a purposive sampling technique. Data were analyzed using multiple linear regression analysis. The results showed that pet attachment and happiness had significant effects on psychological distress, both partially and simultaneously. Both variables explained 42.7% of the variance in psychological distress, while the remaining variance was explained by other factors outside the scope of this study. It can be concluded that higher levels of pet attachment and happiness are associated with lower levels of psychological distress among university students who own pets in Greater Bandung.

Keywords: *happiness, pet attachment, psychological distress, university students.*

