

Abstrak

Tujuan dari penelitian ini adalah untuk mengetahui kontribusi self-talk positive sebagai moderator terhadap peran bersyukur pada psychological well-being pada muslim dewasa awal. Konsep psychological well-being berakar pada kondisi seseorang untuk mencapai potensi penuhnya. Seseorang yang sejahtera secara psikologis mampu mengaktualisasikan potensinya sehingga dapat berfungsi secara optimal dalam menghadapi segala peristiwa dalam hidupnya. Rancangan penelitian kuantitatif dengan desain korelasi yang digunakan dalam penelitian ini. Subjek penelitian adalah 422 muslim dewasa awal, berusia 18 sampai 25 tahun. Pengumpulan data menggunakan alat ukuran skala psikologis meliputi psychological well-being scale, islamic gratitude scale (IGS), dan self-talk positive questionnaire. Teknik analisis data menggunakan Moderated Regression Analysis (MRA), ditemukan hasil penelitian menunjukkan bahwa bersyukur berpengaruh signifikan terhadap psychological well-being dengan self-talk positive berkontribusi sebagai moderator.

Kata Kunci: *Psychological well-being, bersyukur, self-talk positive, dewasa awal*

Abstract

The purpose of this study was to determine the contribution of positive self-talk as a moderator to the role of gratitude on psychological well-being in early adult Muslims. The concept of psychological well-being is rooted in a person's condition to reach his full potential. A person who is psychologically prosperous is able to actualize his potential so that he can function optimally in dealing with all events in his life. Quantitative research design with correlation design used in this study. The research subjects were 422 early adult Muslims, aged 18 to 25 years. Collecting data using psychological scales including psychological well-being scale, Islamic gratitude scale (IGS), and self-talk positive questionnaire. The data analysis technique used Moderated Regression Analysis (MRA), it was found that the results showed that gratitude had a significant effect on psychological well-being with positive self-talk contributing as a moderator.

Keywords: *Psychological well-being, gratitude, positive self-talk, early adulthood*

