

Abstrak

Berdasarkan penelitian terdahulu, diketahui bahwa terdapat fenomena *psychological distress* pada *emerging adulthood*. Penelitian ini bertujuan untuk mengetahui pengaruh *psychological distress* terhadap resiliensi pada *emerging adulthood*. Desain penelitian ini menggunakan rancangan kuantitatif dengan analisis regresi linier sederhana untuk memprediksi pengaruh *psychological distress* terhadap resiliensi. Subjek dalam penelitian ini adalah *emerging adulthood* yang kuliah sambil bekerja dan berdomisili di Kota Bandung. Teknik sampling yang digunakan dalam penelitian ini adalah *non probability sampling* dengan metode *convenience sampling*. Sebanyak 212 responden yang sesuai dengan kriteria bersedia menjadi partisipan penelitian. Hasil penelitian ini menunjukkan nilai $F = 58.655$ dan nilai $p\text{-value} .000 < .05$, yang berarti bahwa terdapat pengaruh antara *psychological distress* terhadap resiliensi pada *emerging adulthood*.

Kata Kunci : distress psikologis, resiliensi, *emerging adulthood*, mahasiswa

Abstract

Based on previous research, it is known that there is a phenomenon of psychological distress in emerging adulthood. This study aims to determine the effect of psychological distress on resilience in emerging adulthood. The design of this study uses a quantitative design with simple linear regression analysis to predict the effect of psychological distress on resilience. The subjects in this study are emerging adults who study while working and live in the city of Bandung. The sampling technique used in this study is non-probability sampling with the convenience sampling method. A total of 212 respondents who fit the criteria were willing to become research participants. The results of this study show an F value = 58,655 and a p -value of $.000 < .05$, which means that there is an influence between psychological distress on resilience in emerging adulthood.

Keywords: psychological distress, resilience, emerging adulthood, students