

ABSTRAK

Dinda Hanifyah Ashari 180541100003. Pengaruh Perilaku Prosocial Terhadap *Psychological Well Being* Pada Relawan Sosial Di Surabaya. Skripsi. Program studi Psikologi Universitas Trunojoyo Madura.2025

Penelitian ini bertujuan untuk menguji pengaruh perilaku prososial terhadap *psychological well-being* pada relawan sosial di Surabaya. Latar belakang penelitian ini didasarkan pada peran penting relawan dalam membantu mengatasi permasalahan sosial, serta potensi dampak positif dari perilaku prososial terhadap kesejahteraan psikologis individu. *Psychological well-being* mencakup aspek penerimaan diri, hubungan sosial yang positif, otonomi, penguasaan lingkungan, tujuan hidup, dan pengembangan diri. Penelitian ini menggunakan pendekatan kuantitatif dengan metode survei. Sampel terdiri dari 100 relawan sosial yang dipilih menggunakan teknik purposive sampling. Data dikumpulkan melalui skala perilaku prososial dan skala *psychological well-being*, kemudian dianalisis menggunakan uji regresi linear sederhana. Hasil analisis menunjukkan bahwa perilaku prososial memiliki pengaruh positif dan signifikan terhadap *psychological well-being* dengan nilai $R = 0,590$ dan $R^2 = 0,348$ ($p < 0,05$), yang berarti perilaku prososial memberikan kontribusi sebesar 34,8% terhadap peningkatan *psychological well-being* pada relawan sosial. Sebagian besar subjek penelitian memiliki tingkat *Psychological Well-Being* dan Perilaku Prosocial dalam kategori sedang. Aspek *Psychological Well-Being* yang dominan adalah Tujuan Hidup, sedangkan yang paling rendah adalah Penguasaan Lingkungan. Dalam Perilaku Prosocial, aspek Menolong memiliki nilai tertinggi, sedangkan Bersikap Dewasa memiliki nilai terendah. Temuan ini mendukung teori bahwa aktivitas prososial dapat memperkuat aspek-aspek *psychological well-being*, seperti meningkatkan rasa memiliki tujuan dalam hidup, memperluas hubungan sosial, serta memberikan kepuasan emosional. Penelitian ini merekomendasikan agar organisasi sosial lebih mendorong dan memfasilitasi keterlibatan relawan dalam berbagai kegiatan prososial untuk meningkatkan kesejahteraan psikologis mereka.

Kata Kunci: Perilaku Prosocial, *Psychological Well-Being*, Relawan, Surabaya

Abstract

Dinda Hanifyah Ashari 180541100003. The Influence of Prosocial Behavior on Psychological Well-Being of Social Volunteers in Surabaya. Thesis. Psychology Study Program, Trunojoyo University, Madura.2025

This study aims to examine the effect of prosocial behavior on psychological well-being in social opponents in Surabaya. The background of this study is based on the important role of volunteers in helping to overcome social problems, as well as the potential positive impact of prosocial behavior on individual psychological well-being. Psychological well-being includes aspects of self-acceptance, positive social relationships, autonomy, environmental mastery, life goals, and self-development. This study uses a quantitative approach with a survey method. The sample consisted of 100 social volunteers selected using a purposive sampling technique. Data were collected through a prosocial behavior scale and a psychological well-being scale, then analyzed using a simple linear regression test. The results of the analysis showed that prosocial behavior had a positive and significant effect on psychological well-being with $R = 0.590$ and $R^2 = 0.348$ ($p < 0.05$), where prosocial behavior contributed significantly by 34.8% to increasing psychological well-being in social opponents. Most of the research subjects had moderate levels of Psychological Well-Being and Prosocial Behavior. The dominant aspect of Psychological Well-Being was Life Goals, while the lowest was Environmental Mastery. In Prosocial Behavior, the Helping aspect has the highest score, while Being Mature has the lowest score. These findings support the theory that prosocial activities can strengthen aspects of psychological well-being, such as increasing a sense of purpose in life, expanding social relationships, and providing emotional satisfaction. This study recommends that social organizations should further encourage and facilitate the involvement of opponents in various prosocial activities to improve their psychological well-being.

Keywords: Prosocial Behavior, Psychological Well-Bein