

ABSTRAK

Dewi Widya Putri. 200541100044. Pengaruh *Perceived Social Support* Terhadap Optimisme Pada Remaja Casis TNI di Surabaya. Program studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya. Universitas Trunojoyo Madura. 2023.

Remaja merupakan masa dimana pengambilan keputusan meningkat, salah satunya mengambil keputusan karir yang tepat untuk kedepannya. Salah satu karir yang diminati oleh remaja adalah menjadi calon siswa TNI. Banyaknya peminat sebagai calon siswa TNI membuat remaja membutuhkan sikap optimis untuk menghadapi tantangan yang ada selama proses seleksi menjadi TNI. Dimana salah satu faktor dari optimisme adalah *perceived social support*. Tujuan dari penelitian ini adalah mengetahui pengaruh *perceived social support* terhadap optimisme pada remaja Casis TNI di Surabaya. Penelitian ini menggunakan pendekatan kuantitatif, dengan menggunakan ini menggunakan metode *purposive sampling* maka dapat ditentukan jumlah sampel penelitian yaitu sebanyak 100 responden. Instrumen penelitian menggunakan kuesioner dengan skala *perceived social support* dengan tingkat reliabilitas sebesar 0,746 dan skala optimisme dengan angka reliabilitas sebesar 0,866. Teknik analisis data menggunakan analisis regresi linier sederhana. Berdasarkan hasil analisis deskriptif diperoleh hasil bahwa *perceived social support* dan optimisme remaja calon siswa TNI AD yang daftar di Korem 084/Bhaskara Jaya Surabaya dalam kategori sedang. Hasil analisis uji regresi linier sederhana menunjukkan bahwa terdapat pengaruh *perceived social support* terhadap optimisme dengan nilai F hitung sebesar 61,282 dengan signifikansi sebesar 0,000 yang berarti kurang dari 0,05 artinya terdapat pengaruh *perceived social support* terhadap optimisme sehingga hipotesis penelitian terbukti diterima. Berdasarkan nilai R Square diperoleh nilai sebesar 0,385 atau 38,5% dimana nilai tersebut merupakan kontribusi yang disumbangkan variabel *perceived social support* terhadap variabel optimisme. Dengan demikian *perceived social support* mempengaruhi optimisme sebesar 38,5% dan sisanya dipengaruhi faktor- faktor lain.

Kata kunci: *Perceived Social Support*, Optimisme, Remaja, dan Casis TNI

ABSTRACT

Dewi Widya Putri. 200541100044. *The Influence of Perceived Social Support on Optimism in TNI Casis Adolescents in Surabaya. Psychology Study Program, Faculty of Social Sciences and Cultural Sciences, Trunojoyo University, Madura. 2023.*

Adolescence is a time when decision making increases, one of which is making the right career decisions for the future. One of the careers that teenagers are interested in is becoming a prospective TNI student. The large number of people interested in becoming TNI student candidates means that teenagers need an optimistic attitude to face the challenges that arise during the selection process to become TNI. Where one of the factors of optimism is perceived social support. The aim of this research is to determine the effect of perceived social support on optimism among TNI chassis teenagers in Surabaya. This research uses a quantitative approach, by using a purposive sampling method, the number of research samples can be determined, namely 100 respondents. The research instrument used a questionnaire with a perceived social support scale with a reliability level of 0.746 and an optimism scale with a reliability figure of 0.866. The data analysis technique uses simple linear regression analysis. Based on the results of the descriptive analysis, the results showed that the perceived social support and optimism of young prospective TNI AD students who registered at Korem 084/Bhaskara Jaya Surabaya were in the medium category. The results of the simple linear regression test analysis show that there is an influence of perceived social support on optimism with a calculated F value of 61.282 with a significance of 0.000, which means less than 0.05, meaning there is an influence of perceived social support on optimism so that the research hypothesis is proven to be accepted. Based on the R Square value, a value of 0.385 or 38.5% is obtained, where this value is the contribution made by the perceived social support variable to the optimism variable. Thus, perceived social support influences optimism by 38.5% and the rest is influenced by other factors.

Keywords: *Perceived Social Support, Optimism, Adolescents, and TNI Casis*