

**PSYCHOLOGICAL WELL BEING DITINJAU DARI MINDFULNESS PADA ATLET
REMAJA DIFABEL DI NATIONAL PARALYMPIC COMMITTEE PROVINSI
SUMATERA UTARA**

- 1) Yemima Patricia Tumanggor
- 2) Rolando Aritonang
- 3) Annisa Sera Nabila
- 4) Nikita Alvionita

Jurusan Psikologi
Fakultas Psikologi Universitas Prima Indonesia

INTISARI

Penelitian ini bertujuan untuk mengetahui adanya hubungan antara *mindfulness* dengan *psychological well being* pada atlet remaja difabel di National Paralympic Committee Provinsi Sumatera Utara. Hipotesis dalam penelitian ini adalah adanya hubungan antara *mindfulness* dengan *psychological well being*. Pengambilan sampel untuk penelitian menurut *Isaac & Michael* adalah dengan menentukan jumlah sampel tertentu dibanding taraf kesalahan 5% dengan jumlah subjek penelitian yang berjumlah 140 orang, maka dipakai sampel dengan jumlah 100 orang. Penelitian ini menggunakan metode kuantitatif, data dikumpulkan menggunakan skala *mindfulness* dengan butir 40 aitem dan skala *psychological well being* dengan 36 butir aitem. Uji asumsi yang digunakan terdiri dari uji normalitas dan uji linearitas. Data analisis menggunakan uji korelasi *Pearson Product Moment* dengan bantuan SPSS versi 23.0 for windows. Hasil analisis data menunjukkan adanya hubungan positif antara *mindfulness* dengan *psychological well being* pada atlet remaja difabel di National Paralympic Committee Provinsi Sumatera Utara dengan koefisien korelasi *Pearson Product Moment* sebesar $R = 0.278$ dengan $\text{sig } 0.005$ ($p < 0.05$). Hasil penelitian ini menunjukkan bahwa sumbangan yang diberikan variabel *mindfulness* terhadap *psychological well being* sebesar 0.77%, selebihnya 99.23% dipengaruhi oleh faktor lain yang tidak diteliti. Dari hasil penelitian ini dapat ditarik kesimpulan bahwa hipotesis penelitian adanya hubungan antara *mindfulness* dengan *psychological well being* dapat diterima.

Kata kunci : *psychological well being*, *mindfulness*, remaja

**PSYCHOLOGICAL WELL BEING REVIEWED FROM MINDFULNESS IN
ADOLESCENTS DISABILITY IN NATIONAL PARALYMPIC COMMITTEE PROVINCE
NORTH SUMATERA**

- 1) Yemima Patricia Tumanggor
- 2) Rolando Aritonang
- 3) Annisa Sera Nabila
- 4) Nikita Alvionita

Psychology's Major
Faculty of Psychology Prima Indonesia University

ABSTRACT

This study was intended to find out the relationship between mindfulness and psychological well being in adolescent athletes with disabilities in National Paralympic Committee of North Sumatera Province. The hypothesis in this study is that there is relationship between mindfulness and psychological well being in adolescent athletes with disabilities in National Paralympic Committee of North Sumatera Province. Sampling for research according to Issac & Michael is to determine a certain number of samples compared to the 5% error rate with the number of research subjects totaling 140 people, then a sample of 100 people is used. This study used quantitative method, data collection used 40 item of mindfulness scale and 36 item of psychological well being scale. Assumption test consisted of normality test and linearity test. The data were analyzed using Pearson Product Moment correlation test with the SPSS version 23.0 for windows. The data analysis showed a positive correlation between mindfulness and psychological well being in adolescent athletes with disabilities in National Paralympic Committee of North Sumatera Province with pearson product moment coefficient of correlation $R = 0.278$ with sig 0.005 ($p < 0.05$). The results found that the contribution provided by mindfulness variable to the psychological well being was 0.77%, and the rest 99.23% was influenced by other factors. It can be concluded that the relationship between mindfulness and psychological well being is acceptable.

Keywords : mindfulness, psychological well being, adolescent