

RELATIONSHIPS BETWEEN PARENTAL INVOLVEMENT, PEER PRESSURE, AND ACADEMIC STRESS WITH SUBJECTIVE WELL-BEING AMONG INDONESIAN AND MALAYSIAN UNDERGRADUATES

ANNISA LESTARI



**DEPARTMENT OF FAMILY AND CONSUMER SCIENCES
FACULTY OF HUMAN ECOLOGY
INSTITUT PERTANIAN BOGOR
BOGOR
2024**



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I2401201033

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ABSTRACT

ANNISA LESTARI. Relationships between Parental Involvement, Peer Pressure, and Academic Stress with Subjective Well-being among Indonesian and Malaysian Undergraduates. Supervised by YULINA EVA RIANY and RUMAYA JUHARI.

Subjective well-being among undergraduate students referred to their personal evaluation and perception of their own life satisfaction, happiness, and overall well-being. This research aimed to analyze the impact of parental involvement, peer pressure, and academic stress on undergraduate students' subjective well-being in the contexts of Indonesia and Malaysia. The research employed a cross-sectional study design using convenience sampling. Primary data were collected and analyzed using descriptive analysis, independent t-tests, and SEM analysis. Significant differences were found in variables studied, specifically in the dimensions of stress related to students' academic self-perception. Furthermore, significant differences were also found in the variable of subjective well-being. In the Malaysian context, only a significant positive influence was found between maternal involvement and subjective well-being. Meanwhile, in the Indonesian context, academic stress and maternal involvement showed significant positive influences on subjective well-being. Additionally, peer pressure also showed significant positive influences on academic stress and subjective well-being in the Indonesian context. This study highlights the significant impact of parental involvement, peer pressure, and academic stress on undergraduates' subjective well-being. Understanding the factors that affect subjective well-being can help guide efforts to enhance the quality of parental involvement, manage peer pressure, and mitigate academic stress, thereby preventing negative outcomes. Additionally, future studies should consider using larger sample sizes, randomized sampling methods, and longitudinal designs to improve generalizability and ensure more robust findings.

Keywords: academic stress, parental involvement, peer pressure, subjective well-being, undergraduate students

ABSTRAK

ANNISA LESTARI. Hubungan Keterlibatan Orang Tua, Tekanan Teman Sebaya, dan Akademik Stress Terhadap Kesejahteraan Subjektif Mahasiswa Indonesia dan Malaysia. Dibimbing oleh YULINA EVA RIANY dan RUMAYA JUHARI.

Kesejahteraan subjektif di kalangan mahasiswa sarjana merujuk pada evaluasi dan persepsi pribadi mereka terhadap kepuasan hidup, kebahagiaan, dan kesejahteraan secara keseluruhan. Penelitian ini bertujuan untuk menganalisis pengaruh keterlibatan orang tua, tekanan dari teman sebaya, dan stres akademik terhadap kesejahteraan subjektif mahasiswa sarjana di konteks Indonesia dan Malaysia. Penelitian ini menggunakan desain *cross-sectional study* dengan pengambilan sampel dengan cara *convenience sampling*. Data primer dikumpulkan dan dianalisis menggunakan analisis deskriptif, *independent t-test*, dan analisis SEM. Perbedaan signifikan ditemukan dalam variabel yang diteliti, khususnya

dalam dimensi stres terkait persepsi akademik mahasiswa. Selain itu, perbedaan signifikan juga ditemukan dalam variabel kesejahteraan subjektif. Pada konteks Malaysia, hanya ditemukan pengaruh positif signifikan antara keterlibatan ibu dan kesejahteraan subjektif. Sementara itu, di konteks Indonesia, stres akademik dan keterlibatan ibu menunjukkan pengaruh positif signifikan terhadap kesejahteraan subjektif. Selain itu, tekanan dari teman sebaya juga menunjukkan pengaruh positif signifikan terhadap stres akademik dan kesejahteraan subjektif di konteks Indonesia. Penelitian ini menyoroti pengaruh penting dari keterlibatan orang tua, tekanan teman sebaya, dan stres akademik terhadap kesejahteraan subjektif mahasiswa. Memahami faktor-faktor yang memengaruhi kesejahteraan subjektif dapat membantu dalam upaya meningkatkan kualitas keterlibatan orang tua, mengelola tekanan teman sebaya, dan mengurangi stres akademik, sehingga dapat mencegah dampak negatif. Selain itu, penelitian di masa mendatang disarankan untuk menggunakan ukuran sampel yang lebih besar, metode sampling acak, dan desain longitudinal agar hasil penelitian lebih dapat digeneralisasikan dan lebih kuat.

Kata kunci: kesejahteraan subjektif, keterlibatan orang tua, mahasiswa sarjana, tekanan dari teman sebaya, stres akademik

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ANNISA LESTARI

An Undergraduate Thesis
submitted to
Department of Family and Consumer Sciences
in Fulfillment of the Requirements
for the Bachelor Degree of Science

**DEPARTMENT OF FAMILY AND CONSUMER SCIENCES
FACULTY OF HUMAN ECOLOGY
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Tim Penguji pada Ujian Skripsi:

1. Dr. Ir. Dwi Hastuti, M.Sc
2. Dr. Ir. Lilik Noor Yuliati, M.FSA





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APPROVAL FORM

Thesis Title : Relationships between Parental Involvement, Peer Pressure, and Academic Stress with Subjective Well-being among Indonesian and Malaysian Undergraduates
Name : Annisa Lestari
NIM : I2401201033

Approved by

Thesis Advisor I
Dr. Yulina Eva Riany, S.P., M.Ed.
NIP 198407232015042000

Thesis Advisor II
Prof. Dr. Rumaya Juhari, B.Sc., M.A. Ph.D
NIP A 01626

Known by

Head of Department of Family and Consumer Sciences
Dr. Tin Herawati, S.P., M.Si.
NIP 197204282006042007



Date of Examination:
2 September 2024

Date of Graduation: 10 OCT 2024

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Annisa Lestari

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