

ABSTRAK

Herlin Nabila Miraningsih. 2026. *Analisis Psychological Well-being Ditinjau dari Sikap Nrimo Ing Pandum dan Kecenderungan Upward Social Comparison pada Generasi Digital Natives*. Skripsi. Program Studi Bimbingan dan Konseling, FKIP, Universitas PGRI Madiun. Pembimbing (I) Beny Dwi Pratama, S.Psi., M.Psi, (II) Dr. Noviyanti Kartika Dewi, M.Pd., Kons.

Penelitian ini dilatarbelakangi oleh maraknya fenomena *upward social comparison* digital pada generasi *digital natives* yang rentan memicu kecemasan dan menurunkan kesejahteraan psikologis (*psychological well-being*). Di sisi lain, terdapat nilai kearifan lokal budaya Jawa, yaitu sikap *nrimo ing pandum*, yang diduga kuat mampu menjadi benteng protektif internal bagi mahasiswa. Penelitian ini bertujuan untuk menganalisis hubungan antara sikap *nrimo ing pandum* dan kecenderungan *upward social comparison* terhadap *psychological well-being* pada siswa kelas X SMA Negeri 1 Nglames.

Metode penelitian yang digunakan adalah kuantitatif dengan desain korelasional. Sampel dalam penelitian ini berjumlah 179 siswa yang dipilih menggunakan teknik *simple random sampling*. Pengumpulan data dilakukan dengan menyebarkan skala psikologi model Likert secara *online* melalui *Google Form*. Teknik analisis data yang digunakan meliputi uji asumsi klasik dan analisis regresi linear berganda dibantu oleh program SPSS 25.

Hasil penelitian analisis deskriptif menunjukkan mayoritas siswa memiliki tingkat *psychological well-being* pada kategori tinggi (68,16%), sikap *nrimo ing pandum* pada kategori tinggi (76,54%), dan kecenderungan *upward social comparison* berada pada kategori sedang (84,92%). Berdasarkan hasil uji regresi linear berganda, variabel sikap *nrimo ing pandum* terbukti memiliki kontribusi positif yang signifikan dalam mendongkrak kesejahteraan psikologis siswa. Model regresi ini juga dinyatakan fit dan bebas dari gejala multikolinieritas serta memiliki hubungan yang linear. Secara simultan, kedua variabel independen ini bersama-sama berhubungan signifikan dalam menentukan arah *psychological well-being* pada generasi *digital natives*. Hasil ini diharapkan bisa menjadi acuan bagi guru BK dalam merancang program penguatan karakter berbasis kearifan lokal.

Kata Kunci: *Digital Natives, Nrimo Ing Pandum, Psychological Well-Being, Upward Social Comparison.*

ABSTRACT

Herlin Nabila Miraningsih. 2026. *An Analysis of Psychological Well-being Viewed from the Attitude of 'Nrimo Ing Pandum' and the Tendency for Upward Social Comparison among the Digital Native Generation (Analisis Psychological Well-being Ditinjau dari Sikap Nrimo Ing Pandum dan Kecenderungan Upward Social Comparison pada Generasi Digital Natives)*. Skripsi. Program Studi Bimbingan dan Konseling, FKIP, Universitas PGRI Madiun. Pembimbing (I) Beny Dwi Pratama, S.Psi., M.Psi, (II) Dr. Noviyanti Kartika Dewi, M.Pd., Kons.

This research is motivated by the widespread phenomenon of digital upward social comparison among digital natives, which is prone to triggering anxiety and reducing psychological well-being. On the other hand, there is a local wisdom value of Javanese culture, namely the nrimo ing pandum attitude, which is strongly suspected of being an internal protective shield for students. This study aims to analyze the relationship between the nrimo ing pandum attitude and the tendency of upward social comparison toward psychological well-being in class X students of SMA Negeri 1 Nglames.

The research method used is quantitative with a correlational design. The sample in this study consisted of 179 students selected using simple random sampling technique. Data collection was carried out by distributing a Likert model psychological scale online via Google Form. Data analysis techniques used include classical assumption tests and multiple linear regression analysis assisted by the SPSS 25 program.

The descriptive analysis results showed that the majority of students had a high level of psychological well-being (68.16%), a high level of nrimo ing pandum attitude (76.54%), and the tendency of upward social comparison was in the medium category (84.92%). Based on the results of multiple linear regression analysis, the nrimo ing pandum attitude variable is proven to have a significant positive contribution in boosting students' psychological well-being. This regression model is also declared fit and free from multicollinearity symptoms and has a linear relationship. Simultaneously, these two independent variables together are significantly related in determining the direction of psychological well-being in digital natives. These results are expected to be a reference for guidance and counseling teachers in designing character strengthening programs based on local wisdom.

Keywords: *Digital Natives, Nrimo Ing Pandum, Psychological Well-Being, Upward Social Comparison.*