

CORRELATION BETWEEN SUBJECTIVE WELL-BEING AND PSYCHOLOGICAL WELL-BEING AMONG UNIVERSITY STUDENTS

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ABSTRACT

Background: Subjective well-being (SWB) is a self-reported measure of well-being, which comprises three distinct but often related components of wellbeing: frequent positive affect, infrequent negative affect, and cognitive evaluations such as life satisfaction. Psychological well-being (PWB) consists of positive relationships with others, personal mastery, autonomy, a feeling of purpose and meaning in life, and personal growth and development. This study aimed to estimate the correlation between SWB and PWB among university students.

Subjects and Method: This was a cross-sectional study conducted at Psychology Study Program, Faculty of Public Health, Nusa Cendana University, Kupang, East Nusa Tenggara, Indonesia, from March to April 2018. A total sample of 211 students was selected for this study. The study variables were SWB and PWB. The data were collected by pre-tested questionnaire and analyzed by correlation.

Results: SWB was strongly and positively correlated with PWB ($r = 0.71$; $p < 0.001$).

Conclusion: Subjective well-being is strongly and positively correlated with psychological well-being.

Keywords: subjective well being, psychological well being.

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