

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan optimisme dengan kesejahteraan subjektif pada santri pesantren tahfidz di Aceh Utara dengan pendekatan kuantitatif. Data diperoleh melalui pembagian skala psikologi. Subjek penelitiannya adalah para santri yang mondok di pesantren tahfidz aceh utara sebanyak 165 orang santri. Hasil penelitian ini menunjukkan bahwasanya terdapat hubungan antara optimisme dengan kesejahteraan subjektif pada santri pesantren tahfidz aceh utara, dimana semakin optimis para santri maka semakin tinggi pula sikap kesejahteraan subjektif pada santri pesantren tahfidz di Aceh utara.

Kata Kunci: Kesejahteraan Subjektif, Optimisme, Santri Tahfidz

ABSTRACT

This research aims to determine the relationship between optimism and subjective well-being in Tahfidz Islamic boarding school students in North Aceh using a quantitative approach. Data was obtained through the division of psychological scales. The research subjects were 165 students who boarded at the Tahfidz Islamic boarding school in North Aceh. The results of this research show that there is a relationship between optimism and subjective well-being in the students of the Tahfidz Islamic boarding school in North Aceh, where the more optimistic the students are, the higher the attitude of subjective well-being in the students of the Tahfidz Islamic Boarding school in North Aceh.

Keywords: Optimism, Subjective Well-Being, Tahfidz Student