



## THE INFLUENCE OF STUDENT MANAGEMENT ON PSYCHOLOGICAL WELL BEING

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### **Abstract :**

*One of the problems in education that has a considerable influence is depression in students. Whether it is due to personal problems in the family or unpleasant school experiences, it can also be a source of stress and reduce students' quality of life at school and in their home environment. This study examines the "Influence of student management on psychological well-being" using quantitative research methods of ordinal data types with a correlative Associative quantitative approach. Researchers use data collection techniques with questionnaires to fill in all respondents in the last semester of MPI, as many as 55. Then the questionnaire results are input into Microsoft excel and SPSS 16 to find out whether the data is valid. A prerequisite test is carried out first to determine the feasibility of the data before Somer'S D analysis is carried out to determine whether student management influences psychological well-being. The results showed a significant influence between student management on psychological well-being, as evidenced by Approx. Sig. is less than the calculated value of  $0.000 < of 0.05$ .*

**Keywords:** *Influence, Management, Learners and Psychological Well Being*

### **INTRODUCTION**

Current educational problems are very complex and range from process problems to implementation and application in everyday life. Learning difficulties are things that students should avoid because they can lead to lazy learning, low IQ levels, and depression caused by personal problems in the family. In addition, an unpleasant school experience can be a source of stress and reduce the quality of life of students. (Arsilawita et al., 2021) There are many factors that hinder the learning process, including internal factors and external factors. Factors that can influence students' school well-being according to Keyes and Waterman (Bornstein, Davidson, Keyes, & Moore, 2003) argue that social relationships, friends and free time, volunteering, social roles, personality characteristics, self-control and optimism, as well as goals and aspirations. Students need self-adjustment to place themselves so they can feel well-being wherever they are.

The importance of student management in institutions or in student schools as a major role in realizing school goals. Institutions have a very big obligation to cultivate the potential of students, the process of carrying out the potential of students needs good management so that the desired goals can be orderly and regular in the learning process of students. Management of an institution is integrity or something that is done consistently with what is planned in forming a good environment, learning content, education system to meet the desired needs (Finogeev, Kravets, Deev, Berhadsky, Gamidullaeva, 2018). (Firmansyah & Sunandar, 2020) Student management is an effort made to manage students from the time students enter school until they graduate. (Imron, 2011)

Education management can make a major contribution to the success of the quality of learning and education in schools (Egeberg and McConney, 2018). The well being of students can be seen from their assessment of the state of their own educational institutions, what is the role of the school in their learning process, especially final year

students. Rfyy & Keyes (1995) explained that Psychological Well Being includes six dimensions, namely: 1) autonomy, 2) positive relations with others (positive relations with others, 3) environmental mastery, 4) personal growth (personal growth), 5) life goals (purpose in life), 6) self-acceptance (Yuliani, 2018). Psychological well being in students can be seen from their assessment of the condition of their own school, what is the role of the school in their learning process, especially in the accelerated program. Unpleasant school experiences for students can be a significant source of stress and reduce the quality of life for students (Huebner & McCullough, 2000). In Grahani's research, it was stated that there was an influence between psychological well-being and student achievement motivation. Thus increasing psychological well-being will be accompanied by an increase in student achievement motivation. (Grahani, Mardiyanti, Sela, Nuriyah, et al., 2021)

The stress that students have is not only on students but also occurs in final year students and early semester students. During the Covid-19 pandemic, the stress level of students reached 70.29. In addition to the learning changes experienced by students, there are learning assignments during the pandemic for final year students, namely writing final assignments or thesis (PH et al, 2020). (Jannah et al., 2021). The ability of students is a form of welfare, welfare or skills that students acquire while participating in learning. Well being itself is the mental condition of a consistent learner, there are several characteristics, namely 1) positive feelings and attitudes; 2) good relations in the school environment; 3) resilience; 4) self-potential development; 5) high level of satisfaction; this was revealed by Han (2020) in Listina (2021). (Setiyo, 2022). Psychological well-being is the condition of individuals who have the ability to make life decisions independently, are able to control the environment effectively, are able to establish positive relationships with others, are able to determine and carry out the direction of life goals, are able to accept themselves positively, and develop their potential continuously. continuously from time to time (Rfyy, 1989).

Some previous researchers regarding Psychological Well Being, research by Firsty Oktaria Grahani et al. The findings from this study show that there is a significant influence between Psychological Well Being on achievement motivation as evidenced by  $0.000 < 0.05$  (Grahani, Mardiyanti, Sela, & Nuriyah, 2021). The research conducted by Gery Desrama Briankusuma and Umi Anugerah Izzati can be concluded from this research that there is a significant relationship between the quality of work relationships and Psychological Well Being as evidenced by a correlation value of 0.813. (Briankusuma, 2022). Research by Putu Santi Purnamasari and Rudi Cahyono can be drawn the conclusion of this study is the low level of Psychological Well Being possessed by the two subjects, the inability to accept a situation to accompany children's learning with the online system. (Purnamasari & Cahyono, n.d.). Student management includes planning, accepting new students, orientation, managing attendance and absence, grouping students and managing evaluations. Acceptance of students is carried out by each school either online or offline at the counter directly to get a registration form and ask the officer about the relevant matters. (Muspawi, 2022)

Based on the background above, the aim of the researchers was to analyze whether there was any influence from student management on the Psychological Well Being of Nurul Jadid University students in the final semester of the MPI Study Program. This research was conducted in order to get benefits both theoretically and practically. Theoretically, in order to contribute academic and scientific contributions, especially in developing student management and student Psychological Well Being and as a reference that will be carried out by researchers in the future. Practical benefits for input to Nurul Jadid University, and for researchers as additional knowledge.

## **METHODS**

The approach used in this study was to use quantitative, to obtain sufficient and clear data according to the research problem, the researcher took a sample of 55 MPI final semester Nurul Jadid University students. The researcher used Somer's D analysis to determine whether the effect was significant or not. Before the analysis was carried

out, the data sources were obtained by researchers through questionnaires. First, the researcher distributes a questionnaire on variable X or student management and variable Y. Psychological Well Being, then inputs it into SPSS to determine its validity and reliability. After the data is valid and reliable, the researcher conducts a prerequisite test in order to determine whether the data is appropriate for Somer's D analysis. Sirager, 2013)

## RESULTS AND DISCUSSION

The findings from research at Nurul Jadid University regarding the effect of student management on psychological well being. The researcher used a Likert scale, using SPSS.16 assistance, and gave a questionnaire containing statement questions to respondents to answer, as the data validity of each statement, Four Alternative choices were provided with the following categories:

Item pernyataan	Bobot skor			
	S	S	K	T
Positif	4	3	2	1
Keterangan : selalu, sering, kadang2, tidak perna				

### Validity and Reliability Test

After the questionnaire grid as above, the researcher first conducted a Validity and Reliability test for each variable which would then be examined, the following table shows the results of the validity and reliability test of Student Management Variables and Psychological Well Being:

**Item-Total Statistics manajemen peserta didik**

NO	Corrected Item-Total Correlation	r tabel	Keterangan	Cronbach's Alpha if Item Deleted	Critical Value	Keterangan
1	0.368	0.266	Valid	0.837	0,05	Reliabel
2	0.591	0.266	Valid	0.825	0,05	Reliabel
3	0.545	0.266	Valid	0.810	0,05	Reliabel
4	0.591	0.266	Valid	0.825	0,05	Reliabel
5	0.312	0.266	Valid	0.836	0,05	Reliabel
6	0.005	0.266	Tidak Valid	0.844	0,05	Reliabel
7	0.687	0.266	Valid	0.793	0,05	Reliabel
8	0.608	0.266	Valid	0.825	0,05	Reliabel
9	0.526	0.266	Valid	0.833	0,05	Reliabel
10	0.486	0.266	Valid	0.818	0,05	Reliabel
11	0.608	0.266	Valid	0.818	0,05	Reliabel
12	0.675	0.266	Valid	0.798	0,05	Reliabel
13	0.380	0.266	Valid	0.813	0,05	Reliabel
14	0.658	0.266	Valid	0.801	0,05	Reliabel
15	0.457	0.266	Valid	0.824	0,05	Reliabel

### Item-Total Statistics Psychological Well Being

NO	Corrected Item-Total Correlation	r tabel	Keterangan	Cronbach's Alpha if Item Deleted	Critical Value	Keterangan
1	.156	0.266	Tidak Valid	.837	0,05	Reliabel
2	.391	0.266	Valid	.825	0,05	Reliabel
3	.603	0.266	Valid	.810	0,05	Reliabel
4	.504	0.266	Valid	.825	0,05	Reliabel
5	.408	0.266	Valid	.836	0,05	Reliabel
6	.075	0.266	Tidak Valid	.844	0,05	Reliabel
7	.778	0.266	Valid	.793	0,05	Reliabel
8	.504	0.266	Valid	.825	0,05	Reliabel
9	.291	0.266	Valid	.833	0,05	Reliabel
10	.503	0.266	Valid	.818	0,05	Reliabel
11	.545	0.266	Valid	.818	0,05	Reliabel
12	.785	0.266	Valid	.798	0,05	Reliabel
13	.643	0.266	Valid	.813	0,05	Reliabel
14	.786	0.266	Valid	.801	0,05	Reliabel
15	.410	0.266	Valid	.824	0,05	Reliabel

Hasil dari instrumen data yang sudah layak untuk dipakai berdasarkan uji validitas dan reabilitas maka langkah selanjutnya sebelum dilakukan analisis data maka peneliti melakukan uji Prasyarat terlebih dahulu dengan beberapa jenis yaitu, normalitas data, linieritas, multikolinieritas dan heteroskedastisitas dalam rangka mengetahui kelayakan data untuk di analisis:

### Normality Test Table of the Influence of Student Management on Psychological Well Being One-Sample Kolmogorov-Smirnov Test

		Unstandardized Residual
N		55
Normal Parameters <sup>a</sup>	Mean	.0000000
	Std. Deviation	4.62985431
Most Extreme Differences	Absolute	.094
	Positive	.094
	Negative	-.072
Kolmogorov-Smirnov Z		.700
Asymp. Sig. (2-tailed)		.710

- a. Test distribution is Normal.
- b. Calculated from data

Based on the SPSS output table, it is known that the Asymp.Sig (2-tailed) significance value of 0.710 is greater than 0.05. then according to the basis of decision making in the Kolmogorovsmirnov normative test above. It can be concluded that the data is normally distributed. Thus the normality assumptions or requirements in the regression model have been fulfilled.

**Linearity Test Table of the Effect of Student Management on Psychological Well Being  
ANOVA Table**

			Sum of Squares	df	Mean Square	F	Sig.
VAR00002 *	Between Groups	(Combined)	755.529	10	75.553	3.478	.002
VAR00001		Linearity	553.826	1	553.826	25.495	.000
		Deviation from Linearity	201.703	9	22.411	1.032	.431
	Within Groups		955.817	44	21.723		
	Total		1711.345	54			

Based on the significance value (Sig) of the output above, the Deviation from Linearity Sig value is obtained. is 0.431 greater than 0.05, it can be concluded that there is a sig linear relationship between the X1 Student Management variable and the Y Psychological Well Being variable.

**Tabel Uji Heteroskedastitas Pengaruh Manajemen Peserta Didik Terhadap Psychological Well Being**

**Coefficients<sup>a</sup>**

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	-2.180	2.319		-.940	.351
VAR00001	.152	.060	.331	2.557	.013

a. Dependent Variable: RES2

Based on the output above, it is known that the Significance value (Sig) is 0.013 while. because the sig value of the variable above is greater than 0.05, according to the basis for making a decision in the Glejser test, it can be concluded that there are no symptoms of heteroscedasticity.

After the prerequisite test was carried out, to find out whether there was an influence of student Management on Psychological Well Being in the final semester students of the MPI Study Program, Nurul Jadid Paiton University, Probolinggo, the researchers used the Somer's D analysis technique using SPSS 16 to determine whether there was an effect of variable X on variable Y as the results of the analysis below this :

**Analisis Pengaruh Manajemen Peserta Didik terhadap Psychological Well Being**

### Directional Measures

			Value	Asymp. Std. Error <sup>a</sup>	Approx. T <sup>b</sup>	Approx. Sig.
Ordinal by Ordinal	Somers' d	Symmetric	.450	.095	4.736	.000
		VAR00001 Dependent	.446	.095	4.736	.000
		VAR00002 Dependent	.453	.095	4.736	.000

a. Not assuming the null hypothesis.

b. Using the asymptotic standard error assuming the null hypothesis.

Based on the analysis as above, there is an influence between Student Management on Psychological Well Being as evidenced by Approx. Sig. smaller than the calculated value of  $0.000 < \text{than } 0.05$ .

### CONCLUSION

The findings from research at student management universities have a significant influence on the Psychological Well Being of final semester students of the MPI study program as evidenced by Approx. Sig. smaller than the calculated value of  $0.000 < \text{than } 0.05$ . then in accordance with the quantitative decision making analysis of Somers' D if the value is Approx. Sig. smaller than the calculated value means that there is a significant influence between variable x and variable y.

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