



Optimistic Minds, Robust Theses: The Key to Psychological Flourishing in Aspiring Psychologists

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Abstract. This research was conducted because researchers found the phenomenon of low psychological well-being in students who were preparing their final assignment. The purpose of this study was to determine the relationship between optimism and psychology students who are preparing their final assignment at the Muhammadiyah University of Sidoarjo. The type of research used is correlational quantitative. The population in this study were psychology students at Muhammadiyah University, Sidoarjo, who were preparing their final project, totaling 165 students. The data collection technique uses 2 psychological scales of Optimism and Psychological Well-being which are arranged using the Likert scale model. Optimism reliability was obtained 0.880 from 26 items, while 0.85 from 30 items. The data analysis technique uses Spearman rho correlation statistical calculations. JASP 16.1 for window statistical application program assistance. The results of data analysis showed that the Spearman rho correlation value was 0.716 with a significance value of $0.001 = (0.05)$. which means that there is a significant positive relationship between optimism and psychological well-being in psychology students at the University of Muhammadiyah Sidoarjo who are preparing their final project.

Keywords: Optimism, Psychological Well-being, Student, Final Project

1 Introduction

Students are part of higher education institutions with demands to be able to apply knowledge in the form of research. [1]. When starting lectures, students can feel the greater tasks and responsibilities, but the more the semester increases, the more tasks and responsibilities that must be accepted, especially in the final semester students. Work that initially could still be done with the group began to become an individual task, such as in doing research and submitting a thesis proposal which will later continue to the thesis. Various things can affect the smoothness of students when preparing the final project. Students begin to experience anxiety and negative emotions as a result of pressure to finish college on time, obstacles to writing a thesis, preparation for job opportunities after graduation, demands from parents and universities that are too high, and other factors. [2]. Obstacles, expectations, and demands result in students who work on theses being vulnerable to stress. The condition of students who are prone to stress, experience excessive worry, and feel dominant negative emotions if left unchecked can interfere with students. The conditions experienced by students like this illustrate a problem in terms of *psychological well-being*.

Psychological well-being is the ability of individuals to accept themselves both positively and negatively, to have a balanced psychological state between themselves and society, so that they can develop their abilities. [3]. *Psychological well-being* is a concept that seeks to explain the function of positive psychology, which is associated with how mental conditions are considered healthy and functioning optimally [4]. [4]. According to Ryff & Keyes [5] *psychological well-being* helps a person be able to realize their potential, have good quality relationships with others, have a purpose in life and how to take responsibility for their life.

According to Ryff [5] *psychological well-being* consists of six aspects. When these aspects are fulfilled, then the person will have a high level. These aspects include: Self-Acceptance (having a positive opinion about oneself and one's past), Self-Development (feeling like growing and developing as a person), Life Purpose (believing that one's life has purpose and meaning), Environmental Mastery (being able to take advantage of opportunities that exist in one's environment), Positive Relationships with Others (having a positive attitude towards relationships with others), autonomy (self-determination).

In reality, not all individuals have high *Psychological Well-being*. Research on *Psychological Well-being* has been done before, about *psychological well-being* with the subject of student workers at Muhammadiyah University of Sidoarjo. The results of this study indicate that some student workers have very low *psychological well-being*, namely 27 people (7.34%), student workers who have low *psychological well-being* are 92 people (25%). [6]. In addition, there are still several other studies on *Psychological Well-being* with research subjects in students, such as students during the Covid 19 pandemic. [7], on Muslim students [8], bidikmisi students [9], new students [10].

This research was also conducted because the researcher found the phenomenon of problems related to low *Psychological Well-being* in psychology study program students who were preparing their final project when this research would be conducted. Based on the results of interviews with four students who were working on their final project in the Psychology study program of FPIP, Muhammadiyah University of Sidoarjo, which showed that the data obtained showed that students lost their motivation and enthusiasm for doing their final project, could not feel the meaning of life, could not understand what had been achieved in their lives, and understood the purpose of life because the subject did not have a view of the future after graduating from college, seemed resigned to the situation without looking for solutions to the problems they faced, could not manage time between lectures and work and there was no effort in building good relationships with others so that it was difficult to find the information and literacy needed. Phenomena such as the above are in accordance with Ryff's opinion that aspects of *psychological well-being* include self-acceptance, self-development, life goals, positive relationships with others, mastery of the environment, and autonomy [11]. [11].

Age, gender, social and economic status, spirituality, social support, optimism, emotional control, closeness and warm relationships, and achievement of life goals are factors according to Ryff that can affect a person's *psychological well-being*. [11]. Ryff & Singer explained that optimism can help individuals see the future and not be affected by the past.

According to Scheier and Carver [11] optimism is the belief that one's actions will result in positive outcomes, which motivates one to continue working towards their goals and pursue better outcomes. According to Ryan and Deci [12] optimism helps people realize their goals for well-being and happiness in life, so that it can fulfill individuals in the process of finding their life goals, recognizing the potential that exists in themselves and developing themselves. Ryff & Singer. It can be concluded that optimistic people have more *resilience* and mentally strong personality patterns, they always have hope and believe that good things will come to their lives whatever they are experiencing now and an optimistic attitude can help get out of

existing problems and burdens, optimistic people also have better overall health both physically and mentally.

Aspects of optimism according to Seligman [13], which can determine whether individuals have high or low optimism. First, the *Permanence* aspect. Pessimistic individuals think the reasons for the negative things that happen to them will last forever and have an impact on their lives. In optimistic individuals, bad events that occur are believed to only occur temporarily. Good or bad events can have permanent or temporary causes. Second, the *permanence* aspect. Pessimistic individuals tend to see their failures *universally* or as a whole, whereas optimistic individuals will see failures specifically and in more detail. Third, the *Personalization* aspect. Individuals often believe an event is the result of themselves (internal) or others (external). When something terrible happens, people often blame themselves (internal), others, or the environment (external). The formation of an optimistic mindset depends on one's perspective on whether or not one feels valuable. Optimism helps students realize their goals for *psychological well-being* and happiness in life. Optimistic people have a personality pattern that is more resilient and mentally strong, they always have hope and believe that good things will come to their lives whatever they are experiencing now and an optimistic attitude can help get out of existing problems and burdens, optimistic people also have better overall health both physically and mentally. [14] The existence of optimism is needed by students in completing the final project. Obstacles and pressures in completing the final project can be overcome by having good *psychological well-being*. This analysis leads to the hypothesis that there is a positive relationship between optimism and *psychological well-being* in psychology study program students who are preparing their final project.

Based on the description above, it raises the question whether there is a relationship between optimism and *Psychological Well-being* in psychology study program students who are preparing their final project at Muhammadiyah university sidoarjo. Therefore, the purpose of this study is to determine the relationship between optimism and *Psychological Well-being* in students who are preparing their final project. The results of this study are expected to provide information for students needed optimism to improve *psychological well-being* when preparing the final project. For institutions, they can provide debriefing to students who are preparing their final project regarding the importance of optimism in an effort to improve the *psychological well-being* of students who are preparing their final project.

2 Methods

This type of research uses a quantitative approach. The quantitative approach is an approach used to research or certain samples, in collecting data using research instruments, analyzing data using statistics, with the aim of testing predetermined hypotheses. [15]. The research method used in this study is quantitative correlation, namely research that connects two or more variables which aims to determine the relationship between variables [16]. [16]. In this study using two variables including Optimism (X) and *Psychological Well-being* (Y).

The population of this study were psychology study program students at Muhammadiyah University of Sidoarjo who were preparing their final project when collecting research data, totaling 165 students. The sample was taken by *nonprobability sampling*, namely by saturated sampling technique, which is a technique for determining the sampel so that all members of the population are used as research samples. [17]. With a small population, this study used the entire population as respondents as many as 165 students.

In this study using data collection techniques using 2 psychological scales Optimism and *Psychological Well-being* which are compiled using a modified *Likert* scale model by eliminating doubtful answers with the consideration that subjects do not give answers that collect in the middle. Subjects are asked to express their agreement or disagreement with the contents of the statement on four answer options by selecting one of the answer options that matches the situation or condition that the subject currently feels, namely strongly agree (SS), agree (S), disagree, (TS), and strongly disagree (STS). The statements on the *Likert* scale are in the form of *favorable* (positive) and *unfavorable* (negative) statements. [18]. In this study, the optimism variable will be measured using the optimism scale, which is an adopted scale from Nasution's research. [19] which refers to the three aspects of Optimism, put forward by Seligman, namely as follows: *Permanence*, *Pervasiveness* and *personalization*. The *Optimism* scale consists of 26 items with a reliability score of 0.880. While the *Psychological Well-being* variable will be measured using the *Psychological Well-being* scale, which is an adopted scale from Nasution's research. [10] which refers to the aspects put forward by Ryff, namely as follows: Self-acceptance, *Positive Relations With Others*, *Autonomy*, *Environmental Mastery*, *Purpose in Life*, *Personal Growth*. The scale consists of 30 items with a reliability score of 0.85.

In this study using the correlation test in analyzing data, the correlation test is a statistical technique used to find the relationship or correlation between 2 or more variables. In this study, the variables to be studied are optimism as the independent variable (variable X) and *Psychological Well-being* as the dependent variable (Y). Researchers used the statistical calculation of *Spearman rho* correlation with the help of the JASP 16.1 *for window* statistical program application.

3 Results And Discussion

3.1 Research Results

Data analysis of the research results begins with conducting assumption tests which include normality tests and linearity tests. This normality test aims to determine whether the samples taken are normally distributed or not. The normality test in this study was carried out with the help of JASP 16.1 *for windows* with the Shapiro-Wilk test. The normality test in this study was carried out on both variables, namely optimism as the independent variable and as the dependent variable. If the significance value of the data is greater than 0.05 then the data is considered normal; otherwise if the significance value is smaller than 0.05 then the data is considered abnormal.

Table 1. Normality Test Results

	OPTIMISM	PWB
Valid	165	165
Missing	1	1
Mean	62.158	70.697
Std. Deviation	10.337	14.974
Shapiro-Wilk	0.970	0.950
P-value of Shapiro-Wilk	0.001	<.001

Based on table 1, the results of the two-scale normality test show that the significant value of the optimism scale is 0.001 with $p < 0.05$ and the scale significance is $<.001$ with $p < 0.05$. thus it can be concluded that these two variables are not normally distributed.

Furthermore, the linearity test is carried out to see whether or not the two variables in the study are linear. In this study, the independent variable is Optimism, and the dependent variable is *Psychological Well-being*. It is known that the F coefficient value is 253.791 and sig is 0.000 (<0.05), it can be concluded that there is a linear relationship between Optimism and *Psychological Well-being*.

Table 2. Linearity Test Results

			Sum of Squares	df	Mean Square	F	ig.	
PWB Optimism	*	Between Groups	(Combined)	27121.930	40	678.048	8.712	000
			Linearity	19752.535	1	19752.535	253.791	000
			Deviation from Linearity	7369.395	39	188.959	2.428	000
			Within Groups	9650.918	124	77.830		
			Total	36772.848	164			

Furthermore, hypothesis testing was carried out using the Spearman rho statistical test, and the results are as shown in table 3 below.

Table 3. Hypothesis Test Results

Correlation Table

		Spearman rho		p	Kendall know B		p
OPTIMISM	- PWB	0716	***	< .001	0.529	***	< .001

* $p < .05$, ** $p < .01$, *** $p < .001$

As seen in the *Spearman Rho* test table, the correlation coefficient r 0.716 was obtained with a significance of $<.001$. The results of hypothesis testing show that there is a positive relationship between optimism and *Psychological Well-being* in psychology study program students at muhammadiyah university sidoarjo who are preparing their final project. These results indicate that the higher the optimism felt by students who are preparing their final project, the higher their *Psychological Well-being*.

Researchers also conducted calculations to determine the magnitude of the influence of optimism on *Psychological Well-being*.

Table 4. Determination Coefficient Test Results

	R	R Squared	Eta	Eta Squared
PWB * Optimism	.733	.537	.859	.738

The test results of the coefficient of determination of variable X, namely optimism on *Psychological Well-being* in the table above, are known to be 53.7%. These results are obtained from multiplying *R Square* by 100%, which is 53.7%, which means that the *optimism variable* has an influence on the *Psychological Well-being* variable with a percentage of 53.7%. While 46.3% of *Psychological Well-being* is influenced by other factors.

In addition, researchers also conducted a description analysis to find out the description of the high and low *Psychological Well-being* and Optimism of students as described in tables 5 and 6 below.

Table 5. Categorization of Subject Optimism Score

Categorization	Subject Score Optimism	
	Σ Students	%
Very High	11	6,66
High	41	24,84
Medium	58	35,15
Low	50	30,30
Very Low	5	3,03
Total	165	100,00

Based on the categorization table on the *Optimism* scale, it is divided into 5 categories, namely very high, high, medium, low and very low categories so that the norm values are obtained as follows: very low < 20, low 21 - 40 medium 41 - 60, high 61 - 80 and very high > 81. Students who experience very low category *optimism* are 5 or 3.03%, for students who experience low category optimism are 50 or 30.30%, for students who experience moderate category optimism are 58 or 35.15%, while students who experience high category optimism are 41 or 24.84%, and for students who experience very high category *optimism* are 11 or 6.66%. From the discussion above, it is concluded that the *optimism of psychology* study program students who are preparing a thesis at Muhammadiyah University of Sidoarjo is in the medium category. This category can be seen in table 5 where the majority of subjects experience moderate category *optimism* and the percentage is in the moderate category.

Table 6. Categorization of Subject *Psychological Well-being* Score

Categorization	Subject Score	
	<i>Psychological Well-being</i>	
	Σ Students	%
Very High	13	7,87
High	38	23,03
Medium	46	27,87
Low	68	41,21
Very Low	0	0
Total	165	100,00

Based on the categorization table on the *Psychological Well-being* scale, it is divided into 5 categories, namely very high, high, medium, low and very low categories. So that the norm values are obtained as follows: very low < 20, low 21 - 40 medium 41 - 60, high 61 - 80 and very high > 81. Students who experience *Psychological Well-being* in the very low category are 0, for students who experience *Psychological Well-being* in the low category are 68 or 41.21%, for students who experience *Psychological Well-being* in the medium category are 46 or 27.87%, while students who experience *Psychological Well-being* in the high category are 38 or 23.03%, and for students who experience *Psychological Well-being* in the very high category are 13 or 7.87%. From the discussion above, it is concluded that the *Psychological Well-being* of psychology study program students who are preparing a thesis at muhammadiyah university sidoarjo is in the medium category. This category can be seen in table 6 where the majority of subjects experience *Psychological Well-being* in the low category and the percentage in the low category.

4 Discussion

The results of hypothesis testing show that there is a positive relationship between optimism and *psychology well-being* in psychology study program students at muhammadiyah university sidoarjo who are preparing their final project, this is evidenced by the correlation coefficient value of 0.716 with a significance value of $<.001 = <.05$. These results indicate that the higher the optimism felt by students who are preparing their final project, the higher their *psychological well-being*. But on the contrary, if optimism is low, *psychology well-being* in students who are preparing for the final project is also getting lower.

The results of this study are in line with the results of previous research conducted by [1] with the title "The Relationship Between Optimism And Psychological *Well-Being* In Students Who Are Preparing Thesis" shows the existence of a correlation between the Optimism variable and *Psychological Well-being* and produces a correlation value ($r = 0.624$ with a significance

value < 0.05). There is a significant positive correlation in this study so that optimism increases, *Psychological Well-being* also increases. The results of research by [20] "entitled Optimism and Psychological Well-being in Medical Education Students of the Faculty of Medicine, Diponegoro University" shows the existence of a correlation between the Optimism variable and the *Psychological Well-being* variable and produces a correlation value ($r = 0.59$; $p < 0.001$). The higher the optimism of students, the higher the *Psychological Well-being* of students, on the contrary, the lower the Optimism, the lower the *Psychological Well-being* of students. From this study, it provides an effective contribution of 35% to the . This condition shows that the variable consistency level of 35% can be predicted by optimism.

According to Ryff [20], it consists of six aspects. When these aspects are fulfilled, then the person will have a high level of *Psychological Well-being*. These aspects include having a positive opinion about oneself and one's past (self-acceptance), feeling like growing and developing as a person (self-development), believing that one's life has purpose and meaning (life purpose), being able to take advantage of opportunities in one's environment (mastery of the environment), having a positive attitude towards relationships with others (positive relationships with others), self-determination (autonomy).

Aspects of self-acceptance can support individuals to accept themselves now, do activities that support changes for the future and not fixate on their past by taking the positive points. The existence of various activities and other activities carried out by the subject can also show good environmental mastery, individuals who have optimism and good environmental mastery can control and adapt themselves to the surrounding environment. According to [21], individuals with good autonomy can make their own decisions, can deal with social pressure well, regulate behavior, and evaluate themselves well. Allport [21] said that individuals who have life goals, their lives will be more directed and clearer what achievements they should get after completing the final project, it is hoped that the subject can make decisions independently, which in this case is determining life priorities. In addition to life priorities, life goals can determine subsequent achievements. The existence of good relationships with others can benefit individuals by helping each other if friends have difficulty working on the thesis and no problems arise with relationships or socializing activities even though they are in the process of compiling the final project. Individuals who are optimistic feel able to work on and complete the thesis well so that socializing activities will not interfere with individuals who are preparing for the final project.

According to Scheier and Carver optimism is the belief that one's actions will produce positive results, which motivates a person to continue working towards their goals and pursue better outcomes. According to Ryan and Dechi [20], optimism helps people realize their goals for well-being and happiness in life. It can be concluded that optimistic people have more *resilience* and mentally strong personality patterns, they always have hope and believe that good things will come to their lives whatever they are experiencing now and an optimistic attitude can help get out of existing problems and burdens, optimistic people also have better overall health both physically and mentally.

The results of the calculation of subject score categorization show that out of a total of 165 students tend to use *psychological well-being when preparing the final project* (13 students who have very high psychological well-being, 38 students have psychological well-being in the high category, and 46 students have *psychological well-being* which is included in the moderate category). The tendency of students to use *psychological well-being* when preparing the final project is supported by optimism which tends to be high (11 students have very high optimism, 41 students have high optimism, and 58 students have moderate optimism). This descriptive analysis supports the hypothesis results. High and low optimism is needed by students in the

process of doing the final project, namely the ability and confidence in the process of doing the final project.

The limitation in this study is the limitation of data collection by using google form so that there is no direct supervision from the researcher which causes the possibility of students not really answering the scale given.

5 Conclusion

Based on the research analysis obtained $r = 0.716$ with a significance value of $< .001 = < 0.05$, so the conclusion is that there is a positive relationship between optimism and psychological well-being in students who compile the final project at Muhammadiyah University of Sidoarjo. This means that the research hypothesis is accepted. Where, these results indicate that the higher the optimism felt by students who are preparing their final project, the higher their *psychological well-being*. But on the contrary, if optimism is low, then *psychological well-being* in students who are preparing for the final project is also getting lower. The effect of *optimism* on *psychological well-being* has a magnitude of 53.7% and the rest of academic *psychological well-being* is influenced by other factors.

This research is expected to provide benefits, provide information about the relationship between optimism and *psychological well-being in psychology* students who are preparing a thesis at Muhammadiyah University Sidoarjo, so that it can be an inspiration in dealing with the problems experienced, and be able to add reviews so that it can be utilized for the development of further research, especially in psychology, is expected to reveal other sides that have not been revealed in this study.

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