

Abstract

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The Relationship Psychological Well-Being and Lecturers' Effectiveness: A Study based on The Value of 'Budi Luhur' (Sri Tiatri, Ph. D., Psi. and Dr. Fransisca Iriani R.Dewi, M.Si.); Postgraduate Studies In Psychology Tarumanagara University (63 pages,R1-R3, Appdx1-Appdx38)

This analytical study is intended to assess the relationship between psychological well-being and lecturers' effectiveness. Psychological well-being is linked to an individual's ability to accept him/herself, their ability to continuously realize their potential, having a sense of purpose to their life, able to control their external environment, possesses a sense of independence towards social pressures, able to relate to others effectively. A lecturer's effectiveness is interpreted as a lecturer who has a sense of care, aware of complexities, communicates clearly and is focused and loyal to their profession. Good psychological well-being impact an individual's ability in being an effective lecturer, in delivering effective teaching which does not only produce students who are competent in cognitive aspects but also other aspects such as affective aspect, psychomotor and an orientation towards 'budi luhur' values. A total of 52 lecturers from the same faculty participated in this study. The analysis was conducted by means of a quantitative method using questionnaire as a tool to collect data. The data was analysed using Pearson correlation method. The result of this study showed a correlation between psychological well-being and lecturers' effectiveness $r=0,33$, $p=0,02<0,05$ which is significant. The result showed a correlation between psychological well-being and lecturers' effectiveness and has an orientation towards the value of 'budi luhur'.

Key words: psychological well-being, lecturer's effectiveness, value of 'budi luhur'