

## ABSTRACT

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***Picture of subjective well-being in individuals who receive training Vipassana meditation in homestead X (a descriptive study vipassana meditation participants in homestead X); Sandi Kartasasmita, M.Psi. Study Program S-1 Psychology, University Tarumanagara, (i-xv, 1-62, P1-P5, L1-L45)***

*The aimed of this study is to describe the subjective well-being in individuals who receive training Vipassana meditation in homestead X. Vipassana meditation is a way to do reflection. Subjective well-being is an individual way to evaluate life by sticking to the happiness and satisfaction. The subjects of this study are individuals who attended training Vipassana meditation in homestead X. The study was conducted in June to October 2014. Retrieval of data using questionnaires and processing the data using descriptive statistical techniques. The number of subjects are 14 subjects. The results of this study at any subjective well-being dimensions have a value of  $p > 0.05$ , it can be interpreted that every dimensions have a normal data On the dimension of global life satisfaction had the highest scores in the other dimensions.*

*Keywords: subjective well-being, vipassana meditation*