

ABSTRACT

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The Role of Humor Styles in Quality of Life of Adolescents with Subjective Well-Being and Coping as Mediator (Erik Wijaya, M.Si.); Bachelor of Psychology, Universitas Tarumanagara, (i-xiii, 72 pages, R1-R4, Appdx 1- 51)

Joking or known as humor can be used to connect with other people or with themselves. The style of humor used can be positive and negative. Humor can be used at any age, including adolescents. The use of humor can play a role in subjective well-being (SWB) and also the quality of life of adolescents. When doing humor, adolescents can use coping which will also affect the quality of life. The purpose of this study is to test the role of humor style on quality of life in adolescents with subjective well-being and coping as a mediator. Participants of this study were 455 adolescent around 11-20 years old. The measuring instrument used adaptations of the Humor Styles Questionnaire (HSQ) (by Maginda, 2018), Subjective Well-being borrowed from the Research and Measurement Section of the Universitas Tarumanagara, Faculty of Psychology (2008), *The Ways of Coping Revised* adapted by Kalyanamitta (2018), WHOQOL-BREF in the adaptive Universitas Tarumanagara. Results showed affiliative humor direct increase quality of life with $t = 2.87 > 1.96$. After mediated by SWB and coping, it has a value of $t = 19.71 > 1.96$ and $t = 2.76 > 1.96$. SWB and coping were important to be a mediator for self-enhancing humor towards the quality of life of adolescents. It is also found that coping can play a role in SWB with $t = 4.75 > 1.96$.

Keywords: humor style, quality of life, subjective well-being, coping, adolescents