

ABSTRACT

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The Difference in Quality of Life/Spiritual of Young Adults Reviewed from Their Participation in Spiritual Youth Groups (Widya Risnawaty, M.Psi., Psi.) Undergraduate Program in Psychology, Universitas Tarumanagara (i-xii,48 pages, P1-P7, L1-L47).

Quality of life is an important aspect of one's life. In general, quality of life is defined as the achievement of human life that is ideal or in accordance with what is desired. In the young adult community of DKI Jakarta it was found that aspects of spirituality/ religion determine the quality of life followed by aspects of family, health, education, and social relations. Spiritual aspects do contribute to the quality of life and their mental health. Seeing the importance of spiritual aspects and social relations to young adult communities in DKI Jakarta, one of the ways an individual can fulfill this aspect is to actively participate in spiritual youth groups in the church that is proven to have a relationship with a positive life outcomes.

Therefore, this study aims to find differences in quality of life/spiritual of young adults by comparing the frequency of their participation. This study uses quantitative comparative research conducted on 391 participants using non-probability sampling techniques with convenience sampling techniques and WHOQOL-SRPB Bref instrument as it can assess the quality of life/spiritual. Based on data analysis, the comparison test produces a significance value of $p=0.01 >$

0.05 and the value of $F= 4.969$. The results showed, that there is a significant difference between the mean score of quality of life/spiritual in terms of participation in participating in church youth activities.

Keyword : Quality of life of young adults, spiritual, youth groups, participation