

ABSTRAK

Peran *Perceived Discrimination* Terhadap Kualitas Hidup Etnis Tionghoa di JABODETABEK Serta Tinjauannya dalam Islam

Diskriminasi sering terjadi pada etnis-etnis minoritas. Adapun etnis minoritas yang sering didiskriminasi di Indonesia ialah etnis Tionghoa. Sementara itu, diskriminasi membuat seseorang mengalami *perceived discrimination*. *Perceived discrimination* yang dialami akan membuat kualitas hidup menjadi rendah. Penelitian ini bertujuan untuk melihat peran *perceived discrimination* terhadap kualitas hidup etnis Tionghoa. Penelitian ini menggunakan alat ukur PEDQ dan WHOQOL_BREF. Partisipan dalam penelitian ini berjumlah 109 etnis Tionghoa yang bertempat tinggal di JABODETABEK dengan usia 20-65 tahun dengan teknik pengambilan data penelitian *accidental sampling*. Hasil yang diperoleh dalam penelitian ini adalah *perceived discrimination* berperan terhadap kualitas hidup etnis Tionghoa sebesar 6,2%, 3,8%, 3,8%, dan 4,3% dengan nilai $p < 0,05$. Hal ini sesuai dengan pandangan Islam bahwa terdapat peran *perceived discrimination* (buruk sangka kepada orang lain) terhadap konsep dimensi-dimensi kualitas hidup (kebugaran jasmani, rohani, *hablumminannas*, dan melestarikan lingkungan). Adapun implikasi dalam penelitian ini ialah sebagai masukan kepada etnis Tionghoa yang sering mengalami *perceived discrimination* untuk berusaha menghilangkan pikiran-pikiran negatif yang dapat mengganggu kualitas hidup dengan cara terapi kognitif.

Kata Kunci: Etnis Tionghoa, Kualitas Hidup, *Perceived Discrimination*.

ABSTRACT

The Role of Perceived Discrimination againsts Quality of Life on Chinese Ethnic in JABODETABEK and its Review in Islam

*Discrimination often occurs in ethnic minorities. The ethnic minorities that are often discriminated against in Indonesia are the ethnic Chinese. Meanwhile, discrimination makes a person experience perceived discrimination. Perceived discrimination experienced will result in a lower quality of life. This study aims to look at the role of perceived discrimination on the quality of life of ethnic Chinese. This research uses PEDQ and WHOQOL_BREF. Participants in this study were 109 ethnic Chinese living in JABODETABEK aged 20-65 years with accidental sampling research data collection techniques. The results obtained in this study are perceived discrimination contributing to the quality of life of ethnic Chinese by 6.2%, 3.8%, 3.8%, and 4.3% with a value of $p < 0.05$. This is consistent with the Islamic view that there is a role of perceived discrimination (poor prejudice to others) towards the concept of the dimensions of quality of life (physical, spiritual, *hablumminannas*, and preserving the environment). The implications in this study are as input to ethnic Chinese who often experience perceived discrimination to try to eliminate negative thoughts that can disrupt quality of life by means of cognitive therapy.*

Keywords: *Chinese Ethnic, Quality of Life, Perceived Discrimination.*