

## ABSTRAK

### **Hubungan Antara Kualitas Hidup Dengan Kebahagiaan Pada Pekerja Muda Di Masa Adaptasi Kebiasaan Baru Serta Tinjauannya Dalam Islam**

Pandemi COVID-19 berdampak bukan hanya pada kesehatan fisik namun juga pada kondisi psikologis seseorang. Saat banyak terjadi pemutusan hubungan kerja, anak muda yang masih aktif bekerja dituntut untuk tetap produktif dengan bekerja di kantor maupun di rumah meskipun merasa khawatir terpapar virus Corona dan berkurangnya kesempatan berinteraksi tatap muka dengan orang lain. Kondisi ini beresiko menurunkan kualitas hidup dan kebahagiaan pekerja muda. Tujuan penelitian ini untuk melihat apakah terdapat hubungan yang signifikan antara dimensi-dimensi kualitas hidup dengan kebahagiaan pada pekerja muda di masa adaptasi kebiasaan baru. Penelitian ini menggunakan metode penelitian kuantitatif dengan jumlah partisipan 127 yang berusia 20-40 tahun, bekerja di suatu instansi/perusahaan dan bertempat tinggal di Jakarta. Teknik pengambilan data yang digunakan *incidental sampling*. Kualitas hidup diukur dengan WHOQoL-BREF dan kebahagiaan diukur secara kognitif dengan menggunakan *Satisfaction with Life Scale* (SWLS) dan secara afektif dengan *Scale of Positive and Negative Experience* (SPANE). Uji statistik korelasi Spearman's Rank menunjukkan keempat dimensi kualitas hidup memiliki hubungan yang signifikan dengan kebahagiaan, yaitu kesehatan fisik ( $r = .467$ ), kesehatan psikologis ( $r = .569$ ), hubungan sosial ( $r = .419$ ) dan lingkungan ( $r = .421$ ). Perusahaan perlu memperhatikan kondisi dan situasi kerja para pekerjanya baik di kantor maupun di rumah karena pekerja yang bahagia diharapkan dapat berkarya secara optimal. Dalam pandangan Islam, kualitas hidup seseorang memiliki hubungan dengan kebahagiaan.

**Kata Kunci:** Kualitas hidup, Kebahagiaan, Pekerja muda.

## **ABSTRACT**

### ***The Correlation Between Quality of Life With Happiness of Young Workers In New Normal And Point Of View On Islam***

*The COVID-19 pandemic has an impact not only on physical health but also on a person's psychological condition. When there are many layoffs, young people who are still actively working are required to remain productive by working in offices and at home even though they are worried about being exposed to the Corona virus and reduced opportunities for face-to-face interaction with others. This condition has the risk of reducing the quality of life and happiness of young workers. The purpose of this study was to see whether there was a significant relationship between the dimensions of quality of life and happiness among young workers in the adaptation period for new habits. This study uses quantitative research methods with 127 participants aged 20-40 years, working in an agency / company and residing in Jakarta. The data collection technique used incidental sampling. Quality of life is measured by WHOQoL-BREF and happiness is measured cognitively using the Satisfaction with Life Scale (SWLS) and affective with the Scale of Positive and Negative Experience (SPANE). The Spearman's Rank correlation statistical test shows that the four dimensions of quality of life have a significant relationship with happiness, namely physical health ( $r = .467$ ), psychological health ( $r = .569$ ), social relationships ( $r = .419$ ) and environment ( $r = .421$ ). Companies need to pay attention to the conditions and work situations of their workers both at work and at home because happy workers are expected to work optimally. The view of Islam, a person's quality of life has a relationship with happiness.*

**Keywords:** *Quality of life, Happiness, Young workers.*