

Psychological Well-Being Assessed from Social Support in the Management of Teenagers of Orphanage Jamiyatul Al-Wasliyah Medan

Muhammad Hatta Wijaya, Catherine Meidany, Jessica Cendana, Sri Hartini*

Universitas Prima Indonesia

*srihartini_psikologi@unprimdn.ac.id

Keywords : Psychological Well-Being, Social Support, Adolescents, Orphanages.

Abstract : *High psychological well-being, occurs because adolescents at the Jamiyatul Al Wasliyah Orphanage Medan received high social support. Social support is both a perception and a situation where a person feels recognized, trusted, comfortable, cared for, valued, loved, and cared for. valued, loved, and cared for. This research aims to find the relationship between social support and Psychological well-being in adolescents in orphanages. The subjects used in this study were teenagers in the Jamiyatul Al Wasliyah Orphanage Medan. The results of the multiple regression test were $R = 0,364$ and the determination of coefficient was $0,132$. This shows that 13,2% contribution of social support affects Psychological well-being.*

1 INTRODUCTION

Family is an important aspect that is one of the history of human life and influences the formation of the individual's character. Family is an important role in the development of adolescents because it is from them, both parents and younger siblings, that we can even master basic abilities, namely academic or social (www.depkes.go.id). Every child does not have the same experience. Not everyone has complete parents, there are children who no longer have a father or who are usually called orphans, and who do not have a mother or are commonly called orphans, or even do not have both, are called orphans. Most children who have incomplete families, experience economic hardship in the family and custody issues will usually be admitted to an orphanage with the hope that the child will get safety and protection. Adolescents who are housed in orphanages indirectly lose their function and family role, where the functions and roles in this family are very much needed by teenagers in carrying out their developmental tasks. It is not uncommon for children who spend their daily lives in an orphanage to experience heavier experiences than other children. Most of these teenagers, they will feel hopeless and feel that life does not mean anything. They need support from their friends, and they need to be given hope and they will want to achieve valuable things in the future.

2 LITERATURE REVIEW

Papalia and Olds (1997), adolescence is a period of changing development from childhood to a adulthood. At 12 years old. Hurlock (1990) describes 2 types of age, namely adolescence at the age of 13 years to 17 years, and the second is late adolescence which is 18 years old. What distinguishes early and late adolescence is that at the end of time humans approach a more mature period. Where is this period that makes the development period more dynamic. Especially the children who live in the orphanage, which in the future will have different conditions from adolescents in general.

The following is a case example that shows the problems faced by adolescents who spend their days in the orphanage. Reported by Tribunnews.com Saturday, February 11, 2017, there was an orphanage child who

was punished by putting him in a pig pen for being naughty. Then because of that, the orphanage was monitored for committing violence against children. Children are asked to go to the rice fields in the late afternoon until early morning. Therefore, the Child Protection Agency (LPA) in NTT Veronika Ata argues that the wrong child is placed in a chair in a pigpen with the aim of the child learning and repenting, not crying a lot and not making mistakes is a form of wrong coaching and violating children's rights, thus making the child psychologically depressed. As a result, children cannot fulfill their duties at school properly.

Another case also happened to a child at the Mualaf Al Hijrah orphanage who was named a pedophile suspect. The case that was carried out by the owner of this home was open because three children managed to escape and then they reported what happened to their parents. After examining ten people, Ibrahim was finally named suspects (www.Tribunnews.com).

From the cases written above, it can be concluded that the orphanage was created to provide protection for children, on the other hand, many teenagers experience physical, emotional, psychological, and even social pressure so that they are at risk of psychological well-being or often referred to as Psychological well-being.

Felce, et al, (in Waddel & Burton, 2006), Psychological well-being is a subjective state of being healthy, happy, satisfied, comfortable, and satisfied with the quality of life they have. It includes the physical, material, social, emotional (happiness), and activity development dimensions. Petranto (2015) mentions psychological well-being is the vehicle we use to reach our quality world. Only by having psychological well-being can we go into and inhabit our quality world. In line with Franklin (2003) Psychological well-being is defined as having the capacity for good decision making, effective stress management, good communication skills, effective parenting, and taking care of oneself emotionally.

Psychological well-being can be influenced by many factors, an example is social support. Social support has a meaning, namely a sense of comfort and the presence of care given by other individuals as well as help and self-esteem (Sarafino & Smith, 2011). Support can also be obtained from various parties or close people, for example family, friends, girlfriends, organizations and the community. People who have high social support will feel that people who love, appreciate what they are is one of their social lives. For example, when the family or community is willing and able to help when he needs help.

Rodin and Salovey (in Smet, 1994), say that the main source we get social support is through marriage and family. Along with these opinions, Coyne and Downey (in Smet, 1994) explain that intimate relationships are also one of the things related to social support, they also add that relationships that are not harmonious, and many disagreements have a bigger impact than not being connected at all.

Individuals who are active in social interactions and are involved in various activities will find it easier to achieve welfare for themselves and their inner life, which can also be referred to as having psychological well-being, then the fact that support rooms from large and small social environments have different effects. Regarding the risk factors in adolescents who actively socialize, the researcher is interested in conducting a research entitled "Psychological well-being in terms of social support. And the aim of this research is to find out how and to what extent social support can affect psychological well-being.

3 METHODOLOGY

This study uses quantitative research. There are 2 related variables tested in this study, including the independent variable is social support with the dependent variable being Psychological well-being. The sampling technique used is purposive sampling technique. The research population in this study were 150 adolescents in the Jamiyatul Orphanage. The data collection procedure used was a psychological well-being scale and social support with a Likert scale model consisting of favorable and unfavorable statements. The analysis technique used in this study is the Pearson Product Moment correlation technique with the help of SPSS 20.00 for Windows.

4 FINDINGS AND DISCUSSION

Based on the research conducted, 127 adolescents were obtained as the research sample. The normality test contained in the social support variable resulted in the KS-Z coefficient = 1.113 with a Sig of 0.167 for the 2 (two) way test and a Sig of 0.008 for the 1 (one) way ($p > 0.05$), which means that the data on social support variables have a normal distribution or distribution (Gaussian). The linearity test is needed to determine whether

the research distribution data, namely the psychological well-being variable and Social Support, have a linear relationship with the F test (Anova). The variables psychological well-being and social support had a linear relationship at $p < 0.05$. (Can be seen in Table 2).

The hypothesis in this study is that there is a positive relationship between social support and psychological well-being. The Pearson Correlation test was carried out based on the objectives of this study.

Through the results of the correlation analysis between social support and psychological well-being, the product moment correlation coefficient is $r = 0.364$ with a sig of 0.000 ($p < 0.05$). (Can be seen in Table 3).

Thus, it can be concluded that if social support is high, psychological well-being is also high. Conversely, if social support is low, psychological well-being is also low.

5 CONCLUSION

From the results obtained in this study, it can be concluded that there is a significant relationship between social support and psychological well-being at the Jamiyatul Al Wasliyah Orphanage with Product Moment Correlation of $r = 0.364$ with p of 0.000 ($p < 0.05$). It can be concluded that the greater the social support, the greater will be psychological well-being. And conversely, if there is less social support, the less psychological well-being will be.

The researcher provides suggestions that are expected to be learned by readers to continue this correlational study:

From the research that has been done by researchers, it is suggested for orphanage children to further increase their confidence in doing something, have confidence in what to do and look for and think about what to do in the future. So that the children at the institution will become better individuals in the future.

For the administrators of the Jamiyatul Al Waliyah Orphanage, suggestions can be given to get closer to the children of the orphanage to know more about their desires and better understand the needs of children. By getting closer, it is hoped that the children will be able to feel the support given from the orphanage for them which will support the level of self-confidence and creativity of children to express themselves in life.

For further researchers, it is recommended to look for variables as other elements that have an impact on psychological well-being such as Work Family Conflict, optimism, psychological pressure, forgiveness, attachment patterns, job satisfaction, tough personality, perceived social support, religiosity and age and pay more attention to language use. in scale items to avoid the occurrence of high social desirability. In addition, researchers also hope that researchers.

REFERENCES

- Azwar, Saifuddin. 2007. *Metode Penelitian*. Pustaka Pelajar: Yogyakarta.
- B. Hurlock, Elizabeth. 1990. *Psikologi Perkembangan: Suatu Pendekatan dalam Suatu Rentang Kehidupan*. Jakarta: Erlangga
- Compton, W. C., & Hoffman, E. (2013). *Positive Psychology: The Science of Happiness and Flourishing* (2nd ed.). Belmont, CA: Wadsworth.
- Petranto, I. 2005. It Takes Only One to Stop the Tango
<https://books.google.co.id/books?id=ipR5CgCerIEC&pg=PA86&dq=dimensi+kesejahteraan+psikologis&hl=id&sa=X&ved=0ahUKEwiQscjVgKHUAhVBK48KHc4jDlwQ6AEIIjAA#v=onepage&q&f=false>
- Priyatno, Duwi, 2011, *Buku Saku Analisis Statistik Data SPSS*, Mediakom, Yogyakarta.
- Ryff, C.D. 1989. Happiness is Everything, or is it? Exploration on the meaning of Psychological Well-being. *Journal Personality and Social Psychology*, 57, 1069-1081.
- Ryff & Keyes. 1995. The Structure of psychological well-being revisited. *journal of Personality and Social Pshychology*, 69(4), 719-727. Diunduh 1 Maret 2017 <https://scholar.google.com/citations?user=YIlu3jYAAAAJ&hl=id>
- Sarafino, E. P., Timothy W. Smith. 2011. *Health Psychology: Biopsychosocial Interactions*, 7th edition. Amerika Serikat John Wiley & Sons, Inc

Smert. B. 1994. Jakarta Psikologi kesehatan Grasindo

Tribunnews.com. 2017 Berbuat Nakal, Ada Anak Panti Asuhan Dimasukkan ke Kandang Babi sebagai Hukuman <http://www.tribunnews.com/regional/2017/02/11/berbuat-nakal-ada-anak-panti-asuhan-dimasukkan-ke-kandang-babi-sebagai-hukuman>

Tribunnews.com. 2017 Pemilik Panti Asuhan Di Gorontalo jadi Tersangka Paedofilia <http://www.tribunnews.com/regional/2017/03/27/pemilik-panti-asuhan-di-gorontalo-jadi-tersangka-paedofilia>

Waddell, G. & Burton, A.K. 2006 Is Work good for your health and wellbeing?. London: The Stationery Office.

TABLE

Table 1. Categorization of Subject Data

Variable	SD	Category	Total (n)	Percentage
Psychological Well-Being	$x < 78$	Low	21	16%
	$78 < x < 91$	Moderate	88	69%
	$x > 91$	High	18	14%
Variable	SD	Category	Total (n)	Percentage
Social Support	$x < 82$	Low	1	2%
	$82 < x < 99$	Moderate	10	7%
	$x > 99$	High	116	91%

Table 2. Normality Test Results

Variable	SD	KS-Z	Sig.	P	Information
Psychological Well-Being	6.222	1.039	0.231	$p > 0.05$	Normal Spread
Social Support	8.255	1.113	0.167	$p > 0.05$	Normal Spread

Table 3. Results of Relationship Linearity Test

Variable	SD	Information
Psychological Well-Being	0.364	0,000
Social Support		