

THE RELATIONSHIP BETWEEN COPING STRATEGIES AND SOCIAL SUPPORT WITH PSYCHOLOGICAL WELL-BEING AMONG ADOLESCENTS IN NURUL IMAN CINERE ORPHANAGE, DEPOK

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ABSTRACT

As the future generation of our nation, adolescents are expected to overcome even the simplest challenges in their lives, such as accepting themselves as they are. By doing so, adolescents can achieve psychological well-being. One of the factors that influence psychological well-being is an individual's ability to solve problems through coping strategies. Additionally, psychological well-being is also influenced by external factors, namely social support. This research aims to determine the relationship between coping strategies, social support, and psychological well-being among adolescents in Nurul Iman Cinere Orphanage, Depok. The sampling technique used in this study was non-probability sampling with a saturated sample size of 42 adolescents. Data analysis was conducted using Pearson's Product Moment correlation in SPSS 22.0 for Windows. The analysis revealed a correlation coefficient (r) of 0.671, indicating a significant relationship between coping strategies, social support, and psychological well-being. The analysis of the coping strategies variable with psychological well-being yielded a correlation coefficient (r) of 0.743, indicating a relationship between coping strategies and psychological well-being. Similarly, the analysis of the social support variable with psychological well-being yielded a correlation coefficient (r) of 0.667, indicating a positive relationship between social support and psychological well-being.

Keywords: Coping strategies, social support, psychological well-being, adolescents, orphanage.

INTRODUCTION

The family plays a crucial role in the well-being and development of children. However, not every child is fortunate enough to have a smooth journey through life. Some children are faced with the difficult circumstance of being separated from their families due to reasons such as being orphaned or abandoned, having no capable relatives to care for them, or being neglected. Consequently, the psychological needs of these children are often inadequately met, especially when there is no one to serve as a role model or provide emotional support and guidance in problem-solving. As a result, many children are forced to reside in social institutions to fulfill their psychological needs. Numerous social institutions, including orphanages, have been established in Indonesia with the aim of assisting these children.

Orphanages, or social institutions for children, are not solely for orphans and abandoned children. They also cater to other disadvantaged children, such as those who have been

neglected or come from divorced families. Housing orphaned children in social institutions like orphanages is one approach taken to provide them with a structured environment, where they can receive care, guidance, and skills development similar to what they would have received from their parents in a family setting.

According to Papalia, Olds, and Feldman (2009:8), there are three aspects of individual development: physical, cognitive, and psychosocial. During adolescence, individuals experience various changes in these aspects. It is also a period when adolescents begin to detach themselves emotionally as they navigate their new social roles and seek to establish their identity as adults.

Adolescents aspire to live a happy, healthy, and prosperous life, encompassing both physical and spiritual aspects. Psychological well-being is a concept used to describe an individual's psychological health based on the fulfillment of positive psychological functioning criteria proposed by experts in psychology, such as Ryff (as cited in M. Noor Rochman Hadjam & Arif Nasiruddin, 2003:74).

There are various ways to achieve psychological well-being. One of them is through the utilization of coping strategies when individuals experience problems. According to Lazarus & Folkman (in Fidia Oktarisa & Zulmi Yusra, 2015: 137-138), individuals who respond to stressful situations employ coping as a concept, whereby they attempt to overcome issues or manage the negative emotions they evoke. Coping strategies serve as a process to address diverse demands, both internally and externally, that surpass an individual's capacity to cope with stress.

However, psychological well-being is not solely attained through coping strategies alone. Social support is a significant factor that influences psychological well-being. For teenagers in orphanages, the orphanage environment serves as their primary social milieu, representing the primary source of social support. Adolescents obtain this social support from caregivers and fellow residents within the orphanage.

Thoits, Sarafino, Mussen, et al. (in Ayu Nuzulia Rahma, 2011: 236-237) state that social support refers to the degree to which individuals' basic needs for affection, acceptance, belongingness, and security are fulfilled through interactions with others. This support can take the form of emotional support, esteem support, informational support, and instrumental support. However, the social support received by teenagers in orphanages may not be provided optimally. Attention, affection, intellectual stimulation, and value formation are important factors in child development.

Based on the above description, the research problem formulated in this study is as follows: (1) Is there a relationship between Coping Strategies and Psychological Well-Being among teenagers in Nurul Iman Cinere Orphanage, Depok? (2) Is there a relationship between Social Support and Psychological Well-Being among teenagers in Nurul Iman Cinere Orphanage, Depok? (3) Is there a relationship between Coping Strategies, Social Support, and Psychological Well-Being among teenagers in Nurul Iman Cinere Orphanage, Depok? The objective of this research is to determine: (1) The relationship between Coping Strategies and Psychological Well-Being among teenagers in Nurul Iman Cinere Orphanage, Depok. (2) The relationship between Social Support and Psychological Well-Being among teenagers in Nurul Iman Cinere Orphanage, Depok. (3) The relationship between Coping Strategies, Social

Support, and Psychological Well-Being among teenagers in Nurul Iman Cinere Orphanage, Depok.

LITERATURE REVIEW

A. Psychological Well-Being

Ryff argues (in Papalia, Old, Feldman 2009: 294) that psychologically healthy individuals have a positive attitude towards themselves and others. They make autonomous decisions and regulate their own behavior, choosing or creating environments that meet their needs. They have multiple goals that give meaning to their lives and strive to explore and develop themselves as fully as possible. On the other hand, according to Huppert (2009: 137), psychological well-being is about how life functions well and effectively. Psychological well-being does not require individuals to feel good all the time; experiencing painful emotions (such as disappointment, failure, and sadness) is a normal part of life, and the ability to manage negative or painful emotions is crucial for long-term psychological well-being.

1. Factors Influencing Psychological Well-Being

According to Ryff and Singer (in Wahyu Kusbadini and Veronika Suprapti 2014: 84), several factors are associated with psychological well-being, including:

a. Psychosocial Factors

Social scientists have linked aspects of well-being to psychological constructs such as emotion regulation, personality, personal goals, values, coping strategies, and spirituality. Well-being is also influenced by life experiences, such as caregiving, changes in marital status, and trauma disclosure.

b. Sociodemographic Factors

Sociodemographic factors that can influence individual psychological well-being include age, gender, socioeconomic status, education, and culture.

c. Personality

Ryff and colleagues conducted research on the relationship between five personality types and dimensions of psychological well-being. Schmutte and Ryff found that individuals categorized as extraversion, conscientiousness, and low neuroticism were associated with eudaimonic dimensions, such as self-acceptance, environmental mastery, and life purpose. Openness to experience was linked to personal growth. Agreeableness and extraversion were positively associated with positive relationships with others, while neuroticism was linked to autonomy (in Keyes, Ryff, Shmotkin, 2002: 1010).

d. Family Factors

For couples who remain married compared to those who are divorced, widowed, or never married, they have higher scores on the dimension of life purpose, but this perspective is revisited when considering socioeconomic resources. However, unmarried women have higher scores in autonomy and personal growth compared to married women (in Ryff, 2014: 15).

e. Religiosity

Religious participation and religious experiences have been associated with well-being. In later adulthood, religiosity has a positive relationship with interpersonal well-being, while spirituality is positively related to personal growth (in Ryff, 2014: 17).

f. Social Support

Several studies have been conducted regarding well-being in cancer patients. Perceived social support and an approach-oriented coping strategy are predicted to enhance eudaimonic well-being in women diagnosed with stage I or II breast cancer (in Ryff, 2014: 18).

2. Dimensions of Psychological Well-Being

Ryff (in Ryff & Singer, 2008: 20-26) proposed dimensions related to psychological well-being, namely self-acceptance, positive relations with others, personal growth, purpose in life, environmental mastery, and autonomy.

B. Coping Strategies

1. Definition of Coping Strategies

Lazarus and Folkman (in Antari Nuryandani and E. Kristi Poerwandari, 2007: 259) define stress as a state in which individuals perceive a situation as threatening, harmful, or challenging. The meaning of stress itself can be defined through various variables and processes reflected in individual appraisals of their relationship with the environment relevant to their well-being and the available resources they possess. Transactions that lead individuals to experience stress typically involve an appraisal process called cognitive appraisal by Lazarus & Cohen; Lazarus & Folkman; Lazarus & Launier Lazarus and Folkman (in Antari Nuryandani and E. Kristi Poerwandari, 2007: 259). Cognitive appraisal is a mental process in which individuals assess two factors: whether the demands or situations that arise threaten their well-being and whether resources are available to cope with the situation or demands. The individual's process of assessing a situation or event involves two stages: appraising the meaning of the situation for their well-being (primary appraisal) and ongoing assessment of the resources available to cope with it (secondary appraisal) (Sarafino, in Antari Nuryandani and E. Kristi Poerwandari, 2007: 260).

2. Types of Coping Strategies

a. Problem-Focused Coping

This strategy is used to address stressful situations (Problem-Focused Coping). In this type of coping strategy, individuals attempt to solve the problems they are facing by making changes to themselves and their environment. Aldwin & Revenson (in Emma Indirawati, 2006: 72-73) categorize this coping strategy into three forms: cautiousness, instrumental action, and negotiation.

b. Emotion-Focused Coping

This strategy aims to alleviate individual emotions caused by stressors without directly attempting to change the stressful situation. Emotion-focused coping can be divided into four forms: escapism (escaping from problems), minimization (perceiving the problem as minimal), self-blame (blaming oneself), and seeking meaning (searching for hidden meaning).

C. Social Support

1. Definition of Social Support

According to Uchino (in Sarafino & Smith, 2011: 81), social support refers to comfort, attention, appreciation, or assistance available to individuals from others or groups. Social support, as defined by Sarason, Sarason & Pierce (in Baron & Byrne, 2005: 244), is the physical and psychological comfort provided by others. Taylor (2015: 148) defines social support as information from others indicating that one is loved, cared for, valued, and an integral part of a communication network and shared obligations.

2. Types of Social Support

According to Cutrona & Garner; Uchino (in Sarafino & Smith, 2011: 81), social support can be divided into several types:

a. Emotional support or esteem support

This involves conveying empathy, concern, attention, positive regard, and encouragement to the individual. It provides comfort and reassurance by fostering a sense of belonging and being loved during times of stress.

b. Tangible or instrumental support

This involves direct assistance, such as when individuals provide or lend money or help with tasks when the individual is experiencing stress.

c. Informational support

Informational support includes providing advice, guidance, suggestions, or feedback on what the individual should do.

d. Companionship support

Refers to the availability of others to spend time with the individual, providing a sense of membership in a group that shares common interests and social activities.

METHODOLOGY

The scales used in this study are the psychological well-being scale, coping strategy scale, and social support scale. The data collection method involved a questionnaire using a Likert scale model, consisting of a number of written statements distributed to respondents with five answer options. The sample size was 42 respondents. The data analysis was conducted using the Pearson Product-Moment correlation formula and performed using the SPSS version 22.0 for Windows program.

RESULTS

From the research results for hypothesis testing on the correlation between coping strategies and psychological well-being, a correlation coefficient value (r) of 0.743 was obtained, and the product of r -table value for a total sample of 42 is 0.297. Therefore, $0.743 > 0.297$, indicating that there is a relationship between coping strategies and psychological well-being among adolescents at Nurul Iman Orphanage in Cinere, Depok.

This finding is consistent with a study conducted by Rodriguez (in Marty Mawarpury, 2013: 40), which states that positive relationships with others and self-acceptance as parameters of psychological well-being have a significant relationship with confrontive coping, while autonomy and environmental mastery are related to avoidance coping. The significant effects of self-control coping and social support are evident in the aspects of autonomy, environmental mastery, and self-acceptance.

For hypothesis testing on the bivariate relationship between social support and psychological well-being, a correlation coefficient value (r) of 0.667 with $p = 0.000 < 0.05$ was obtained. Therefore, a significant positive correlation exists between social support and psychological well-being among adolescents at Nurul Iman Orphanage in Cinere, Depok.

This finding is consistent with the belief that one of the dimensions of psychological well-being, positive relationships with others, is an important factor in human development, as stated by Ryff et al. (in Ryan & Deci, 2001: 155). Positive relationships with others are believed to have physiological and health functions, including oxytocin secretion, which is associated with mood and stress reduction. This is related to the understanding of social support according to Uchino, where social support can influence lifespan expectancy through changes in cardiovascular, endocrine, and autoimmune systems.

For hypothesis testing on the dummy regression correlation between coping strategies, social support, and psychological well-being, an R value of 0.671 with $p = 0.000 < 0.05$ was obtained. Therefore, there is a significant relationship between coping strategies, social support, and psychological well-being among adolescents at Nurul Iman Orphanage in Cinere, Depok.

The contribution of coping strategies and social support to psychological well-being is 45.0% with an R Square (R^2) value of 0.450, while the remaining 35.0% relates to contributions from other factors not included in this study.

DISCUSSION

The categorization results show that the psychological well-being of adolescents at Nurul Iman Orphanage in Cinere, Depok is in the moderate category. Meanwhile, the social support received by adolescents at Nurul Iman Orphanage in Cinere, Depok is in the high category. Additionally, out of the 42 research subjects, 6 individuals used problem-focused coping, 9 individuals used emotion-focused coping, and the coping strategies of the remaining 27 individuals were not identified. The psychological well-being exhibited by the orphanage residents is unexpected, as interviews with one of the residents at Nurul Iman Orphanage in Cinere, Depok indicated low well-being. However, the findings of this study with relatively good psychological well-being may be attributed to other influencing factors that resulted in such research.

Based on the description above, the results of this study can strengthen the statement that there is a relationship between coping strategies and social support with psychological well-being among adolescents at Nurul Iman Orphanage in Cinere, Depok.

CONCLUSIONS

Based on the results of the dummy regression analysis, there is a significant influence of coping strategies and social support on the psychological well-being of adolescents at Nurul Iman Orphanage in Cinere, Depok. Furthermore, the correlation analysis (η) indicates a relationship between coping strategies and psychological well-being among adolescents at Nurul Iman Orphanage in Cinere, Depok. The bivariate correlation analysis between social support and psychological well-being among adolescents at Nurul Iman Orphanage in Cinere, Depok shows a positive relationship. This means that adolescents who receive high social support have higher levels of psychological well-being. Conversely, adolescents with low social support have lower levels of psychological well-being.

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