

THE RELATIONSHIP BETWEEN SOCIAL SUPPORT AND PSYCHOLOGICAL WELL-BEING IN HOMOSEXUAL PEOPLE IN MEDAN CITY

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ABSTRACT

This study aims to find out relationship between social support and psychological well-being on homosexuals at Medan city. The hypothesis proposed in this study states that there is a positive relationship between social support and psychological well-being, with the assumption that the higher social support, the higher will the psychological well-being be and conversely the lower the social support, the lower will psychological well-being. The subjects of this study were 95 person of homosexuals at Medan city which were selected by total population sampling method. Data were obtained from a scale to measure social support and psychological well-being. The calculation was performed by means of testing requirements analysis (assumption), which consists of normality test for distribution and linearity test for relationship. The analysis of the data is Product Moment Correlation with SPSS 20 for Windows. The results of data analysis showed that the correlation coefficient was 0,438 with $p < 0,000$ ($p < 0,05$). It shows that there is a positive relationship between social support and psychological well-being. These results indicate that the contribution of a given variable of social support on the psychological well-being was 19,2 percent, while the remaining 80,8 percent is influenced by other factors not examined. From the results it is concluded that the hypothesis stating that there is a positive relationship between social support with the psychological well-being is acceptable.

Keyword: Psychological Well-Being, Social support, Homosexuals.

INTRODUCTION

Human daily life cannot be avoided by socializing, both to communicate and share. As time goes by, increasingly sophisticated technology makes it easier for people to obtain new information and socialize with each other. Advanced technology also helps people in forming social networking communities and sharing information, one of which is the homosexual community which is more open about their identity in cyberspace. Homosexuals do not only exist in Indonesia, but they can also be found in other parts of the world. Homosexuals are now better known as LGBT, which is an abbreviation of the words lesbian, gay, bisexual and transgender.

Recently, the topic of homosexuality has often been discussed in society. The existence of homosexuals is not yet clear, but some homosexual individuals are starting to be more courageous in revealing their identity to society, which is shown in their clothing style and body language movements. This condition is very different compared to the previous period where homosexuals tended to hide their identity as homosexual individuals. Even though homosexuality is now more accepted, teenagers who openly declare themselves to be homosexual individuals, whether gay, lesbian or bisexual, often feel isolated in a cruel

environment. They can be subject to discrimination and even violence. Currently, this generation of pioneers is only exploring the opportunities that are inseparable from the growing acceptance of homosexuals (Papalia, et.al., 2013).

According to Chaplin (2004), homosexuality or homosexuality is sexual attraction to members of the same sex or sexual relations between members of the same sex. Lesbian, which comes from the word lesbianism, is homosexual among women, gay is an everyday word about homosexual people, bisexual, which comes from the word bisexuality or double sexuality, is a state of feeling equally strongly attracted to both sexes, women and men, and Transgender or transsexual is a person whose behavior or appearance does not conform to gender roles. The terms commonly used by society are gay for men who are attracted to the same sex and lesbian for women who are attracted to the same sex.

According to Glover, et.al., (in Fisher & Kennedy, 2017), stating that sexual orientation and sexual identity are continuum, which originates from observations that support a conceptualization of sexuality that allows for unique exploration and flexibility. The first sexual interest appears from childhood to adolescence and their first experiences as adults (Delamater & Freidrich, in Fisher & Kennedy, 2017). The development of sexual orientation and sexual identity also comes from several pathways, adolescents will label their sexual orientation and identity at a young age before early adolescence and will remain consistent until adulthood. Although those who labeled themselves as bisexual in their early teens were likely to identify themselves as gay and lesbian. This explains bisexuality remaining stable in some adult individuals, but for others, it is a natural phase of exploration to understand their own sexuality (Rosario, et.al., in Fisher & Kennedy, 2017).

Several countries, such as the Netherlands, Belgium, Spain and several other countries do not consider homosexuals as a problem, in fact some of these countries have legalized and accepted the existence of homosexuals socially. However, this does not apply in Indonesia, which refuses to accept the existence of homosexuals. In Indonesia, homosexuals are also a minority who experience a lot of rejection from society. This can be seen from the quote "KAHMI Medan and Akbar Tanjung Reject Legalization of LGBT", as an action against the legalization of Lesbian, Gay, Bisexual, Transgender (LGBT) which is widespread among alumni activists of the Islamic Student Association (HMI) in Medan, North Sumatra. The action against sexual deviation also extended to the Medan HMI Alumni Corps (KAHMI) and the Medan Kohati Alumni Forum (FORHATI) which were holding the inauguration of the Medan KADMI Regional Council (MD), at Hermes Place Convention Hall, Medan. Hundreds of KAHMI and Forhati Medan members immediately signed their names rejecting LGBT. In this quote, it can be seen that in Indonesia, especially in the city of Medan, the majority of people in Medan City still cannot accept the existence of homosexuals (<http://transindonesia.co>).

Homosexual individuals in the city of Medan are now attracting the public's attention, both in terms of appearance and holding demonstrations. This is also shown by the "2015 Idaho Commemoration in Medan", International Day Against Homophobia and Transphobia which is commemorated every May 17, also commemorated in Medan, North Sumatra. International Day Against Homophobia and Transphobia is a rejection of discrimination and violence directed at LGBT people. In Medan, this commemoration is held on Car Free Day, which is located on Jalan Sudirman Medan. The initiator of this warning is the Queer shell community which focuses on the rights of LGBT people who often face social discrimination in society, especially in Indonesia. So far, there has been no visible support from the community and it

can be assumed that social support for homosexual individuals is greater from the community (www.kompasiana.com).

The movement of homosexuals to demand the same rights as heterosexuals, this refers to the identity of homosexuals who want to be recognized, so that homosexual individuals are no longer considered a threat or problem in the eyes of society, and homosexuals can live freely without pressure. However, in reality, there is no single path for the development of homosexual, lesbian or bisexual identity and behavior, transgender, ethnicity, personal characteristics, socio-economic status and place of residence (Diamond & Savin-William, in Papalia, et.al., 2013).

Another case of rejection of homosexual individuals was also from the Merdeka mass media on 26 January 2015, with the topic "Fired for being gay, this man sues his company". Through a video uploaded to the internet wearing a red hat and admitting his identity as Gay, a man named Mu Yi, without realizing it, immediately became a virus on the internet and spread widely until many people copied it. However, as soon as the video circulated, Mu Yi received unfair treatment from the company where he worked. Mu Yi, who works as the head of design sales, was fired from the company on the grounds that he did not follow the company's dress code and received complaints about his attitude. Mu Yi felt that he had been treated unfairly. Then, Mu Yi sued the company again claiming that sexual orientation was not a source of problems in China. (www.merdeka.com).

The case above can be seen that even though previously the individual was viewed highly in society, because a different sexual orientation caused the individual to be discriminated against in society, this had a negative impact on the individual's psychological condition. The act of suicide in the case above shows the absence of Psychological Well-being in homosexual individuals.

Matters regarding psychological well-being or welfare were also expressed by Aristotle (in Bradburn, 1969). He notes that humans in general, say that the highest of all things that can be achieved by individual action is happiness (eudaimonia). But regarding that, happiness depends on the perception of each individual, many of whom do not give the same meaning about happiness from a wiser perspective. Ross (in Bradburn, 1969). Agrees with Aristotle, where he translated the term eudaimonia as "happiness", where this term can be translated into a more neutral term called "Well-Being".

Field's (2009) view defines psychological well-being as a positive mental state. Originally embraced by some psychologists as a means of focusing attention on health and satisfaction with life, rather than on mental illness and medication, it has been adopted more widely by various social scientists and some policy makers. Psychological Well-being has been recently defined as a dynamic condition, in which individuals are able to develop their potential, work productively and creatively, build strong and positive relationships with others, and make a contribution to their society. It is enhanced when an individual is able to fulfill their personal and social goals and achieve a sense of purpose in society.

Factors that influence psychological well-being, one of which is social support. This is in accordance with the results of research by Riani (2016), regarding the relationship between Psychological Well-being and social support, research using 330 students as subjects, shows that there is a positive relationship between social support and psychological well-

being. This means that the higher the social support a student has, the higher the student's psychological well-being. On the other hand, if the social support possessed by students is low, the psychological well-being of students will also be low.

According to Uchino, (in Sarafino, 2011), social support is a person's acceptance of another person or group in the form of comfort, care, appreciation or other assistance that makes the individual feel that he is loved, cared for, appreciated and helped.

Since the beginning of a person's life, social relationships and health go hand in hand (Bosworth & Schaie, in Papalia, 2013). Social support obtained from friends, partners, and religious factors also makes an important contribution to happiness (Csikszentmihalyi, in Papalia, et.al., 2013).

Based on the description above, it is clear that social support plays an important role in influencing the psychological well-being of homosexuals, this also happens in the city of Medan.

Researchers found that several homosexual individuals in the city of Medan still lack social support both from their families and from the surrounding community, which triggers homosexual individuals to tend to be secretive about their identity. Examples include homosexual individuals who receive rejection from their families and heterosexuals who feel strange towards homosexuals. The rejection problems faced by homosexuals also have a negative impact on the psychological well-being of homosexual individuals. This is the background for researchers to conduct research on Psychological Well-being in terms of social support for homosexuals in the city of Medan."

THEORETICAL BASIS

Psychological Well-Being

Papalia, et.al., (2013), define psychological well-being as mental health which is a positive feeling that involves a feeling of well-being from a psychological perspective, which goes hand in hand with feelings of health. Subjective feelings of well-being, or happiness, are a person's assessment of their life, and these tend to increase in midlife.

According to Felce, et.al., (in Waddel and Burton, 2006), Psychological well-being is a subjective state of being healthy, happy, satisfied, comfortable and satisfied with the quality of one's life. It includes physical, material, social, emotional (happiness), and dimensions of development and activities.

Ryff and Keyes, (in Papalia, et al., 2013), explain that there are six dimensions of psychological well-being, namely: (1) Self-acceptance; (2) Positive relationships with others; (3) Autonomy; (4) Environmental mastery; (5) Purpose in life; (6) Personal growth.

Social Support

Definition of social support According to Uchino, (in Sarafino, 2011), it is a person's acceptance of another person or group in the form of comfort, care, appreciation or other assistance that makes the individual feel that he is loved, cared for, appreciated and helped.

According to Rietschlin, (in Taylor, 2006), defines social support as a form of information that individuals get from a caring surrounding environment, and is part of a communication network and can come from parents, partners, friends and the community.

There are four forms of social support aspects according to Cutrona, et al., (in Sarafino, 2011), namely: (1) emotional support; (2) appreciation support (Esteem support); (3) instrumental support (Tangible or instrumental support); (4) information support.

RESEARCH METHODS

The type of research used in this research is a quantitative research method. The research method used to obtain the data required in this research is the Likert scale method. The Likert scale is used to measure attitudes, opinions and perceptions of a person and a group of people about social phenomena.

The analysis technique used to analyze the data from this research is the Product Moment correlation method (Pearson's Correlation) with the help of the SPSS 20 for Windows program. Pearson correlation analysis or commonly called Product Moment analysis is used to measure the relationship between two variables linearly and to determine the direction of the relationship that occurs (Priyatno, 2011).

RESULTS AND DISCUSSION

Results

Before conducting a hypothesis test, an assumption test is first carried out to determine whether there are deviations in the data obtained from the data collection tool. The assumption tests used in this research are the normality test and the linearity test.

The normality test is carried out in order to find out whether each research variable has distributed normally or not. Test the normality of the distribution using the Kolmogorov Smirnov Test. Data is said to be normally distributed if $p > 0.05$ (Santoso, 2012). The normality test carried out on the psychological well-being variable obtained a KS-Z coefficient = 0.516 with a Sig of 0.953 for test 2 (two tails) and a Sig of 0.476 for test 1 (one) tail ($p > 0.05$), which means that data on the psychological well-being variable has a normal distribution or distribution. The normality test on the social support variable obtained a KS-Z coefficient = 0.789 with a Sig of 0.562 for the 2 (two) tail test and a Sig of 0.281 for the 1 (one) tail test ($p > 0.05$). Based on these results, the social support variable data has a normal distribution because $p > 0.05$. The results of the normality test can be seen in table 1.

Table 1: Normality Test Results

Variable	SD	K-SZ	Sig.	P	Information
<i>Psychological well-being</i>	12,336	0,516	0,476	P > 0,05	Normal Distribution
Social Support	13,223	0,789	0,281	P > 0,05	Normal Distribution

The linearity test is used to determine whether the distribution of research data on social support and psychological well-being variables has a linear relationship. F Test (Anova). The variables social support and psychological well-being are said to have a linear relationship if $p < 0.05$. The results of the linearity test can be seen in table 2.

Table 2: Relationship Linearity Test Results

Variable	F	P	Information
<i>Psychological Well-being</i> Social Support	24,881	0,000	Linear

Based on the table, it can be said that the variables psychological well-being and social support have a linear relationship. It can be seen from the P value obtained, namely 0.000, then $p < 0.05$, it can be concluded that the two variables have a linear relationship and have met the requirements for Product Moment correlation analysis.

After the assumption test is accepted, the hypothesis test is then carried out. The hypothesis in this research is a positive relationship between social support and psychological well-being. Based on the research objectives, the Pearson Correlation test was carried out. The statistical test results can be seen in the following table:

Table 3: Correlation between Social Support and Psychological Well-Being

Analysis	Pearson Correlation	Significance (p)
Correlation	0,438	0,000

Based on the results of the correlation analysis between social support and psychological well-being, a product moment coefficient of 0.438 was obtained with a p of 0.000 ($p < 0.05$). This shows that there is a positive correlation between social support and psychological well-being.

Based on the results of these calculations, the hypothesis proposed in this research shows that there is a positive relationship between social support and the psychological well-being received, so it can be concluded that the higher the social support, the better the psychological well-being and vice versa, where the higher the support If homosexual individuals are socially accepted, the higher the individual's psychological well-being and vice versa.

The effective contribution seen from the R Square table is 0.192. Based on these results, it can be concluded that 19.2 percent of social support influences psychological well-being and the remaining 80.8 percent is influenced by other factors such as self-esteem, problem-focused coping, psychological pressure, work-family conflict and optimism. The results of effective donations can be seen in table 4.

Table 4: Effective Contribution

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.438 ^a	.192	183	1.149

DISCUSSION

The results of research on 95 homosexual subjects at the Teladan Health Center and Accurate Health Center showed that there was a positive relationship between social support and psychological well-being with a product moment correlation coefficient of $r = 0.438$, a p value of 0.000, meaning the higher the social support, the higher the social support. then psychological well-being will be higher and vice versa.

This research obtained an R square (R^2) of 0.192. Based on these results, it can be concluded that 19.2 percent of social support influences psychological well-being and the remaining 80.8 percent is influenced by other factors such as self-esteem, problem-focus coping, psychological pressure, work-family conflict, and optimism. Thus, it can be concluded that the higher the social support of homosexual individuals, the higher the individual's psychological well-being,

and conversely, the lower the social support of homosexual individuals, the lower the individual's psychological well-being.

The research results obtained regarding the existence of a positive relationship between social support and psychological well-being in homosexual individuals at the Teladan Community Health Center and Accurate Health Center. This is in line with research by Mami and Suharnan (2015), in research which aims to examine the relationship between self-esteem and social support and psychological well-being in adult women who are still single, the research used subjects as many as 50 (fifty) adult women who still single, this research shows a correlation coefficient of 0.285 between social support and psychological well-being, and explains that there is a significant contribution of social support to psychological well-being in single adult women, and social support contributes to psychological well-being amounted to 17.7 percent while the other 82.3 percent was likely influenced by other factors. In general, social support and psychological well-being in subjects have a positive relationship and are classified as high, where the higher the individual's social support, the higher the psychological well-being, or conversely, the lower the individual's social support, the lower the psychological well-being.

However, not only Mami and Suharnan (2015) conducted research on the magnitude of the influence of social support on psychological well-being, but Riani (2016) also conducted research on FIP UNY students and showed the results that social support was the strongest predictor influencing psychological well-being. being in FIP UNY students. This research also shows that there is a strong positive relationship between social support and psychological well-being. Where this research shows a correlation coefficient value of 0.281 between social support and psychological well-being and shows that social support contributes to psychological well-being by 58.7 percent while the other 41.3 percent is likely influenced by other factors. In general, social support and psychological well-being in subjects have a positive relationship and are classified as high, where the higher the individual's social support, the higher the psychological well-being, or conversely, the lower the individual's social support, the lower the psychological well-being.

The psychological well-being of the subjects in this study showed a high category. This can be seen based on categories, so it can be seen that the majority of subjects, namely 0 (zero) people or 0 (zero) percent have a low level of psychological well-being, 39 (thirty nine) people or 41.5 percent have a low level of psychological well-being. moderate well-being and 56 (fifty-six) people or 58.5 percent who have high psychological well-being.

Based on the results of observations and interviews with homosexual individuals at the Teladan Community Health Center and Accurate Health Center, the categorization of the subject's psychological well-being was discussed from low, medium and high level categories. In the results of the research conducted, no subjects were found with low levels of psychological well-being. At a moderate level of psychological well-being there are still some individuals who cannot fully accept their identity, they still feel the value of rejection towards them in the eyes of society, they cannot explore their lives widely, they feel less confident about having meaningful life goals. The remainder were found to be individuals with a high level of psychological well-being. Individuals feel high psychological well-being which comes from individuals feeling that they are independent in doing their work, and individuals accept their identity well. They are also able to build good relationships with colleagues in managing life and the surrounding environment. They also feel positive relationships with other people that run positively and are of good quality. They also have meaning and life goals that are meaningful for individuals in their lives. They also have a sense of responsibility for their

personal growth, and always try to have a positive attitude in viewing themselves and their past lives. However, there are still some homosexual individuals in the city of Medan who also feel negative responses from the environment around them which then influences how they act and behave. However, according to them, it is common for homosexual individuals to receive negative views from society because of their different sexual orientation.

The social support of the subjects in this study showed a high category. The subject's high level of social support is obtained from a sense of sensation, care received and a sense of support and appreciation for the people around him. This can be seen based on categories, so it can be seen that the majority of subjects, namely 1 (one) person or 1.1 percent have low social support, 39 (thirty nine) people or 41.5 percent have moderate social support, and 55 (fifty five) people or 57.4 percent who have high social support.

Based on the results of observations and interviews with homosexual individuals at the Teladan Community Health Center and Accurate Health Center, the categorization of social support was also discussed from low, medium and high level categories. In the research conducted there were still individuals with low levels of social support, where individuals felt discriminated against, ignored and ostracized by the surrounding environment. Meanwhile, individuals with a medium level of social support category feel that even though they have been accepted by their surrounding environment, they need advice, guidance and suggestions from the people around them. The remaining subjects in this study were also found to be individuals with a high level of social support category. Individuals receive high levels of social support which comes from the community and peers who already know their identity, individuals also feel that they are cared for, appreciated and individuals can also help each other like heterosexuals in general.

Based on the explanation above, it can be concluded that homosexual individuals in Medan City have high social support from the surrounding environment and experience high psychological well-being. Based on this description, it can be stated that there is a relationship between social support and psychological well-being. The higher the level of social support an individual has, the higher the psychological well-being of homosexual individuals and vice versa, the lower the level of social support, the higher the individual's psychological well-being.

CONCLUSION

Based on the results obtained in this research, it can be concluded that there is a positive relationship between social support and psychological well-being in homosexual individuals in the city of Medan with a Product Moment correlation (r) of 0.438 with p of 0.000, so $p < 0.05$, meaning that the higher the social support, the higher the psychological well-being of homosexual individuals, and conversely, the lower the social support, the lower the individual's psychological well-being.

The mean of psychological well-being in homosexual research subjects in the city of Medan as a whole shows that the psychological well-being of research subjects shows a high category. This can be seen from the empirical mean value of 109.39 which is greater than the hypothetical mean of 90. Based on the categories, it can be seen that of the 95 subjects or 100 percent, there are 56 subjects or 58.5 percent who have a level of psychological well-being which was high, 39 subjects or 41.5 percent had a medium level of psychological well-being and no subjects had a low level of psychological well-being or 0 percent.

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