

THE RELATIONSHIP OF SOCIAL SUPPORT WITH PSYCHOLOGICAL WELL-BEING IN TEENAGE VICTIM BROKEN HOME IN DUSUN X

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ABSTRACT

The aim of this research is to determine the relationship between social support and psychological well-being in adolescent victims of broken homes in Dusun nonprobability sampling procedure, namely that not all individuals in the population have the same opportunity to become the research sample. This research was also conducted non-randomly. The analysis used in this research uses product moment correlation. The correlation test results show a correlation coefficient value of $r = 0.942^{**}$ with a significance level (p) of 0.000 ($p < 0.01$). Two asterisks (**) indicate a correlation of 1% or 0.01 and have two-tailed possibilities. Then the positive value of the coefficient shows that there is a significant positive relationship between social support and psychological well being.

Keywords: Social Support, Psychological Well-Being, Teenage Victims of Broken Homes.

INTRODUCTION

The family is a small human organization whose existence is so missed that no one can be separated from it, in fact everyone who goes abroad always tries to return home so they can always be together with their family. Every family always hopes for a complete and harmonious relationship, far from arguments and disputes that can lead to division. According to Galvin & Brommel (Dulwahab, 2018) family is a network of people who share their lives for a long time and are bound by legal ties of marriage, strong ties of blood, or descent, and each other has a high commitment.

Building a harmonious and peaceful household is not easy, there will be differences of opinion in the household between husband, wife and children. To be a harmonious family, both partners must complement each other, understand each other, be honest, loyal, draw closer to the Almighty, and be mutually responsible. Chales states that a family will be harmonious if members of the family can relate in a harmonious and balanced manner, mutually satisfy each other, and obtain satisfaction of their needs (Jamiah, 2012).

Problems that usually occur in households are disorientation between husband and wife in building a household, when there is no communication and dialogue between family members due to busyness between husband and wife, the immaturity of parents who only think about themselves compared to their children. Bandung Regent Dadang Naser said economic problems were one of the factors in divorce. Therefore, we strongly urge the public, especially those who are navigating the household ship, to remain patient in facing this non-natural disaster (Gabrillin, 2020).

Other problems that often arise in households are cold wars in the household because of disagreements or feelings of hatred, lack of closeness to God which makes parents unable to educate their children in terms of religion, economic problems, educational problems which make husbands or wives not know their position within their own family. Based on data in the Academic Paper on the Family Resilience Bill, the divorce rate has an increasing trend. For example, in 2016 the divorce rate reached 365,654, in 2017 it increased to 374,516, and in 2018 it reached 408,202. Still based on data taken from the Central Statistics Agency, the most common causes of divorce are disputes and quarrels at 44.8%, followed by economic problems at 22.17%, and husband or wife leaving at 17.55%, domestic violence at 2.15%, and drunk 0.85% (Riana, 2020).

Broken home is a situation where parents are no longer in harmony, often fight and cause commotion, which results in no longer being able to provide love and care for children, so that children no longer have someone to protect or be a role model for them (Tabroni, 2010) . So broken home families are not only those who are divorced but can arise in households that are still intact but there is no longer any harmony in building the household.

A broken home can have many negative effects on children. Dagun (Pratama & Karneli, 2016) stated that divorce events always have a deep impact such as stress, depression, causing physical and mental changes that can be experienced by all family members, father, mother and children. Based on divorce cases, there will be victims, one of which is a child. Parents often do not think about the consequences of the actions they take. The most important impact that will have on children is the psychological impact. A child will develop well if his psychological needs are also good. Teenagers with divorced parents tend to have more psychological problems than teenagers in general. For example, it is not easy to get along with peers, it is difficult to open up with other people, trauma from acts of violence committed by parents as an outlet, to the point of experiencing depression and wanting to end your life, (Setyorini, 2020).

According to Ijtima'iyyah, (2015) The behavior of children who are victims of broken homes, even though their families' broken home backgrounds are different from each other, the consequences that befall the children are almost the same, namely in the form of mental depression, so that children with mental depression due to broken homes appear different in children. Children in general are normal. In general, children who experience broken homes have excessive fear, do not want to interact with others, close themselves off from the environment, are emotional, sensitive, have a high temperament, and are unstable.

When children in a family enter adolescence, the role of parents and family is very important as a source of inspiration and a place to learn about character and norms that apply in society so that children do not take the wrong path of thinking.

Adolescence is a transition period for a child towards the maturity phase. Not all teenagers have wrong behavior when they are in a disharmonious family (broken home), there are also some teenagers who can think positively when they are faced with an incomplete family condition so that in the end they can give birth to positive behavior in life daily.

Based on various cases that occur in children from broken homes, it can be seen that the problems they face always experience problems related to other people, self-acceptance as children from broken homes, mastery of the environment and goals in life. This can affect the level of psychological well-being. Psychological well-being is an individual's ability to accept

themselves as they are, form warm relationships with other people, have independence in facing social pressure, control the environment, have goals in life and be able to realize one's potential (Ryff, 2014) According to Ryff & Singer (Villarosa & Ganotice, 2018) Individuals with a high level of psychological well-being show that the individual has a good relationship with the environment around him, has good self-confidence, can build good interpersonal relationships with other people, has personal goals and goals in his work. This is because individuals do not fully control themselves better in carrying out the activities they undertake, so they feel they have no potential and are not valuable. Psychological well-being can be characterized by achieving happiness, life satisfaction, and the absence of depressive symptoms (Ryff, 2010). When an individual feels happy with the life he lives, of course his life will not be a burden in living it. One of the factors that influences psychological well-being according to (Ryff, 2010) is social support. Social support is related to emotional support, appreciation, instrumental and informational support.

This support appears when individuals connect with other people. Individuals as social creatures are required to interact with other people. Individuals will definitely need other people for every day-to-day need such as working together, working together, helping, and providing support to each other. Everything an individual gives to another individual can be interpreted as social support. which suggests that social support does not only refer to the actions of other people but refers to the individual's perception that the comfort, care and assistance available can be felt as support. Taylor defines social support as a form of expression to other people where the expression can be expressed as mutual love, respect and meaning (Empati, Kartika, Sari, & Indrawati, 2016).

C. D. Ryff (2014), formulated the meaning of psychological well-being by integrating various sub-disciplines of psychology, such as developmental psychology, clinical psychology, and personality psychology. The subdisciplines of personality psychology used by Ryff include Maslow's concept of self-actualization (hierarchy of needs), Allport's concept of maturity, Jung's concept of individuation, and Roger's fully functioning person concept. So (C. D. Ryff, 2014) defines psychological well-being as a condition where individuals have a positive attitude towards themselves and others, can make their own decisions and regulate their own behavior, can create and manage an environment that is compatible with their needs, have goals. live and make their lives more meaningful, and try to explore and develop themselves. Psychological well-being can be characterized by achieving happiness, life satisfaction and not experiencing depression. Individuals with low psychological well-being have indicators such as stress, anxiety, depression and other mental problems (Ryff & Singer, 2014).

Huppert (2009), says that psychological well-being is a life that runs well from a combination of feeling good and functioning effectively. Individuals will be able to feel happy, confident, receive support, and be satisfied with their life if their level of psychological well-being is high. Based on several explanations regarding psychological well-being above, it can be concluded that psychological well-being is a condition where an individual can feel happiness in his life, is able to accept the problems that occur in his life and can face various kinds of problems in his life, can respect himself, and have positive goals in life and can develop to become even better.

Social support refers to comfort, attention, appreciation, or assistance provided by other people or groups of individuals (Sarafino & Graham, 2006). Social support is information or response from other parties who are loved and loved who appreciate, respect, and include a communication relationship and an interdependent situation (Santrock, 2006).

Bastaman Tentama (2015), defines social support as the presence of certain people who personally provide advice, motivation, direction and show a way out when individuals experience problems and when they experience obstacles in carrying out directed activities to achieve goals. Meanwhile, (Baron & Byrne, 2005) defines social support as physical and psychological comfort provided by friends and family members.

Social support can be obtained from various sources, such as from a partner or lover, family, friends, coworkers, doctors or therapists, or community organizations (Safarino, 2011). According to Cobb (Sarafino, 2002) individuals who receive social support believe that they are loved, cared for, appreciated, valuable, and are part of a social network such as a family or community organization that can provide mutual assistance, services, and defense in times of need or in dangerous situation.

Caplin (2006), describes social support as good formal or informal relationships between an individual and other individuals in their environment. The various supports that individuals receive from family, friends and other people are related to the level. According to Broman (Taylor, Peplau & Sears, 2009) social support can help individuals overcome difficult and stressful times. Social support according to Sarason, Sarason & Pierce (Tentama, 2015), social support is an interpersonal transaction that is demonstrated by providing assistance to other individuals and this assistance is obtained from people who are meaningful to the individual concerned.

RESEARCH METHODS

This research is quantitative research, namely research where the data is in the form of numbers which will be analyzed using certain statistical methods to prove the proposed hypothesis. The research population was teenagers who were victims of broken homes in Dusun II, Bekasi Regency. Meanwhile, the sample in this study was 100 teenagers who were in their teenage years, namely aged 13 years to 18 years (Hurclock, 1996), lived in broken home households and had the characteristics or characteristics desired by the researcher.

The sampling technique in this research is quota sampling where the researcher determines the quota number of research subjects, creates specific criteria for research subjects, and looks for subjects who meet these criteria (Periantolo, 2016). This technique was chosen because from the beginning of the research the researcher had determined how many participants would be in the research, determined that from each area in Bekasi there had to be a representative and then there were predetermined subject characteristics.

In this research, the data used is data obtained from the scale given to the subject. The scale is a research instrument used to reveal effective psychological constructs through implied items. The scale in this research consists of two scales, namely the psychological well-being scale and the social support scale. The scaling method used is the Likert model, namely a method of scaling attitude statements that uses response distribution as the basis for determining the scale value (Azwar, 2017). The Likert scale consists of favorable items and unfavorable items. Favorable items are items that support the construct you want to express, while unfavorable items are negations or reversals of the truth value of a construct. The Likert scale used in this research has four answer categories, namely Very Suitable (SS), Suitable (S), Not Suitable (TS), Very Unsuitable (STS). The assessment given to each subject's answer to each favorable statement is: the answer Strongly Agree (SS) gets a score of 4, the answer Agree (S) gets a score 3, the answer Disagree (TS) gets a score 2, and the answer Strongly Disagree (STS) gets a score of 1. For statements that are unfavorable, the assessment given is: the answer Strongly

Agree (SS) gets a score of 1, the answer Agree (S) gets a score of 2, the answer Disagree (TS) gets a score of 3, and the answer Strongly Disapprove Agree (STS) gets a score of 4.

Analysis of the collected research data was carried out using the Pearson product moment correlation analysis technique, with the main aim being to see the relationship between social support and psychological well-being. Before analyzing the data using the Pearson product moment analysis technique, the normality and linearity assumptions were first tested.

RESULTS AND DISCUSSION

The correlation test results above show a correlation coefficient value of $r = 0.942^{**}$ with a significance level (p) of 0.000 ($p < 0.01$). Two asterisks ($**$) indicate a correlation of 1% or 0.01 and have two-tailed possibilities. Then the positive value of the coefficient shows that there is a significant positive relationship between social support and psychological well being.

Based on the description above, it can be seen that the alternative hypothesis (H_a) is accepted and the null hypothesis (H_o) is rejected. So it can be interpreted that there is a significant relationship between social support and psychological well-being among the residents of Dusun X Bekasi. A positive relationship indicates that the higher the social support, the higher the psychological well-being. Conversely, if social support is low, then psychological well-being is low.

This research was measured using a psychological well being scale which consists of 35 valid items with the highest score being 4 and the lowest score being 1. So psychological well being can be categorized as follows:

Value Limits	Categorization	Frequency	Percentage
< 70	Low	0	0%
70,01 – 104,99	Currently	19	19%
≥ 105	Tall	81	81%
Value Limits	Categorization	Frequency	Percentage
< 40	Low	0	0%
40,1 – 59,99	Currently	16	16%
≥ 60,	Tall	84	84%

DISCUSSION

Based on the subject's identity, there are 100 people from Dusun X Bekasi. There were 45 women and 55 men. Based on the Asumi test that has been carried out, the data on psychological well-being and social support are normally distributed with a value of 0.497. Furthermore, after carrying out the linearity test, a significance value of 0.00 was obtained, which means that the two variables have a linear relationship.

Based on the results of the correlation test that was carried out between the social support variable and psychological well-being using Pearson correlation, a correlation coefficient of 0.942** was found with a significance value of 0.000 ($p < 0.05$). This means that there is a strong relationship between social support and psychological well-being. So the higher the social support you get, the higher the psychological well-being that emerges for adolescent victims of broken homes, and conversely, the lower the social support you receive, the lower the psychological well-being that emerges for adolescent victims of broken homes.

A positive value on the correlation coefficient indicates that there is a unidirectional relationship between the two variables. This means that the higher the social support you get, the higher the psychological well-being that appears in young victims of broken homes, and conversely, the lower the social support you get, the lower the psychological well-being that appears in young victims of broken homes. Thus, the hypothesis stating that there is a relationship between social support and psychological well-being in Hamlet X in Kab. Bekasi accepted. Meanwhile, the hypothesis states that there is no relationship between social support and psychological well-being in Hamlet X in Kab. Bekasi rejected.

The results of the Psychological Well-Being score categorization showed that out of 100 subjects, 19 subjects were in the medium category, while 81 subjects were in the high category. According to C. D. Ryff, (2014) psychological well-being is a condition where individuals have a positive attitude towards themselves and others. This means that subjects who have a high psychological well-being score are individuals who are able to try to explore and develop themselves and can create and organize an environment that is compatible with their needs and have a purpose in life.

On the categorization of social support scores from 100 subjects. There were 15 subjects in the medium category, while 85 subjects were in the high category. Sarafino (2006) defines social support as referring to comfort, attention, appreciation, or assistance provided by other people or groups of individuals. So it can be explained that subjects who have high scores receive social support from people around them such as attention or assistance in the form of information and finances, while those who get low scores are individuals who receive less social support.

From the categorization results obtained by the researcher, it was concluded that the psychological well-being of teenagers who were victims of broken homes was categorized as high and medium, this was not in line with the results of the initial data survey which showed that psychological well-being in broken home children was low, this happened in because the researchers took samples from every aspect that was not appropriate to the subject's condition, so the results of the initial data survey showed that the psychological well-being of teenagers who were victims of broken homes was low, whereas in the categorization results the high psychological well-being score occurred due to high social support. from the surrounding environment so that young people who are victims of broken homes feel that they receive attention from the surrounding environment, appreciation from those around them, comfort, and assistance in the form of information and finances from individuals and groups. This is what can create prosperity in young people who are victims of broken homes so that they can explore themselves, accept the current situation, can create and organize a compatible environment based on their needs, and have a purpose in life.

CONCLUSION

The results of the research show that there is a relationship between Social Support and Psychological Well-Being in adolescent victims of broken homes in X hamlet, Bekasi Regency. This relationship is positive, meaning that if Social Support for teenagers who are victims of broken homes is high, then their Psychological Well-Being is also high, and vice versa. This proves the alternative hypothesis in this research, namely, there is a relationship between Social Support and Psychological Well-Being in adolescent victims of broken homes in Dusun X Kab. Bekasi.

The results of the categorization of the psychological well-being variable and the social support variable found that the majority were in the high category for both variables, namely 81% of subjects or 81 people for the psychological well-being variable and 84% of subjects or 84 people for the social support variable.

The weakness of this research is that the results of this research show that the subjects have a good/high level of psychological well-being, even though according to theory individuals who experience broken homes have low psychological well-being, this can happen because of the high level of social support around them. The subject perceived by the subject. Therefore, this research may not necessarily have relevant results in different locations, this could be a weakness in this research.

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