

Adolescent's Subjective Well-being With A Military Family Background

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Abstract. Adolescence is a time with various possibilities of conflict. Conflict can occur if adolescents have a different value of life with an adult as parents, siblings, or society. A conflict that is allowed to happen might ensue an identity confusion, mental illness, and issue of quality of life. Adolescents' quality of life is related to subjective well-being. Subjective well-being is an individual's subjective evaluation of him/her whole life. This research aims to describe adolescents' subjective well-being with a military family background in Military Headquarters at the ward level dormitory. Participants of this research were three adolescents. The research methodology that was used was qualitative with data collection techniques were semi-structured interview and unstructured observation. The results of the research discovered that three participants achieved their life satisfaction especially by their domain life satisfaction from family, peer group-community, and education achievement. Furthermore, participants have experienced much positive emotion, and lack of negative emotion in their present life too.

Keywords: *adolescent, subjective well-being*

Abstrak. Masa remaja adalah masa dengan berbagai peluang konflik. Konflik bisa terjadi bila remaja memiliki nilai hidup yang berbeda dengan orang yang lebih dewasa seperti orangtua, saudara atau masyarakat. Konflik yang dibiarkan terjadi bisa berakibat pada kekacauan identitas, gangguan kesehatan mental dan masalah kualitas hidup. Kualitas hidup remaja berkaitan erat dengan *subjective well-being*. *Subjective well-being* adalah evaluasi subyektif individu terhadap keseluruhan hidupnya. Tujuan penelitian ini untuk menggambarkan *subjective well-being* remaja dengan latar belakang keluarga militer. Partisipan dalam penelitian ini berjumlah 3 orang. Metodologi penelitian yang digunakan adalah kualitatif dengan teknik pengumpulan data menggunakan wawancara semi terstruktur dan observasi tidak terstruktur. Hasil penelitian mengungkapkan ketiga partisipan telah mencapai kepuasan hidup, khususnya dari kepuasan hidup dalam domain keluarga, teman-komunitas, dan pencapaian dalam pendidikan. Lebih lanjut partisipan juga mengalami banyak afek positif dan sedikit afek negatif dalam kehidupan mereka saat ini.

Kata kunci: remaja, subjective well-being

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Introduction

Adolescence was a time with various opportunities for conflict. Conflict could happen if adolescents have a different value of life with an adult as parent, sibling, or society. A conflict that is allowed to happen might have ensued an identity disorder, mental illness, and issue of quality of life. The family as the first place for individuals to interact has an important role for individual behavior in the future. Adler added that adolescents' social interests will first be built by parents. Adler specifically describes the role of a father in parenting. Fathers who are too strict and rigid in educating their children tend to look like unfair rulers and can make children develop the same behavior in the future (Alwisol, 2009).

One layer of the family that is assumed to apply strict parenting in educating children was a family with a military background in the TNI unit. Research by Herawati explains that parents with the TNI profession tend to apply strict, disciplined, full rules of parenting, and apply punitive principles in parenting. This departs from the habits of parents who were also educated while carrying out education in the military academy (Herawati, 2015; Syawalludin, 2016; Tayo, 2018).

Based on interviews previously conducted by researchers on two adolescents in a Military Headquarters at the ward level dormitory, it was found that one adolescent experienced verbal abuse several times, such as scolding from the father for doing something wrong. Apart from that, the shouting of voices and the attitude of comparing children was also experienced by the adolescents. In addition, the two adolescents admitted to experiencing physical violence, such as

being hit, pinched, or kicked since childhood. This violence occurs when they do not follow the house rules made by their parents, especially their fathers.

The existence of a dysfunctional relationship between parents and adolescents, who tend to educate children with authoritarian patterns, can affect adolescent cognitive and emotional development (Hurlock, 2015; Papalia, 2011; Nayana, 2013). The results of Riset Kesehatan Dasar Indonesia (RISKESDAS) find that in Indonesia, the household members between 15-24-year-old groups occupied the third position with a prevalence of 6.2% as a contributor to depressive disorders. NTT Province was in the third place for depressive disorders in people aged ≥ 15 years old with a prevalence of 9.7%, while emotional disorders with a prevalence of 15.7% (RisKesDas, 2018). The fact that mental health problems were very risky to emerge at the age of adolescence was quite worrying considering that adolescents were in the process of forming their identity, as well as preparing themselves to enter the next stage of life, as adults with more complex developmental tasks (Hurlock, 2015). These concerns lead researchers to the question of how the personal well-being of adolescents as individuals living in military families?

In general, well-being is an important factor in improving the quality of life and is used as a benchmark in looking at individual mental health (Lucas & Diener, 2000). Shah and Marks added that well-being is more than just happiness and contentment. Well-being means being a person who can self-actualize and make a positive contribution to the community (Dodge et al., 2012). One of the well-being used to describe an individual's quality of life is subjective well-being. Diener (2000) defines subjective well-being as an individual's subjective evaluation of their life. This evaluation can occur cognitively, by assessing individual life satisfaction and affective by assessing feelings of pleasure or sadness experienced and its meaning (Lucas & Diener, 2000).

Diener and Ryan (2009) explain subjective well-being as an umbrella term used to describe a person's well-being experience based on subjective evaluation

experienced. The evaluation includes assessments and feelings about life satisfaction, interests, emotional reactions such as happiness and sadness to life events, satisfaction at work, relationships, health, spirituality, and other specific areas. Diener stated there are two main aspects of subjective well-being, namely life satisfaction and affective. Life satisfaction is the result of a cognitive evaluation process, in which individuals assess the quality of life based on personal criteria that they elected themselves. The affective aspect of subjective well-being helps individuals understand how they evaluate various events that occur in their lives. Affective aspects consist of positive and negative effects (Diener et al., 1999; Lucas & Diener, 2000; Diener, 2009; Eid & Larsen, 2008; Lid et al., 2017).

Diener (2009) explains that there are three special characteristics to describe the form of subjective well-being. First, it is subjective, which means that it lies in a person's individual experience. Second, subjective well-being not only eliminates negative factors but also includes positive factors. Third, do an assessment globally, rather than limiting the assessment to one domain of life. The purpose of this research was to determine the description of subjective well-being in adolescents with military family backgrounds. Individuals with high subjective well-being tend to feel satisfied with their lives, which have a lot of positive effects and a few negative effects. On the other hand, individuals who have low subjective well-being tend to be less satisfied with their lives, experience a lot of negative effects and a few positive ones (Lucas & Diener, 2000). The benefits of this research are to increase the study of science in the field of positive psychology, especially on subjective well-being, and adding parental insight about the important role of subjective well-being for individuals in adolescence.

Method

The research method that was used is the qualitative method. Based on inclusion criteria, participants of this research included three adolescents who live at Military Headquarters at the ward level dormitory, aged between 13 to 22 years old. Data of research was collected through semi-structured interviews and unstructured observation techniques. The data analysis technique that was used was three steps, namely 1) data reduction (coding technique); 2) data display (narrative data results); and 3) conclusion drawing. The data validity technique that used in this study was the data source triangulation technique, with the purpose was founding the consistency of data from research participants and significant others.

Result

To understand the descriptions of the three participants, the researcher compiled a general demographic picture of the three participants in the following table.

Table 1.
Participants' demographic picture

Information	Participant Researcher		
	NG	MR	MA
Gender	Female	Female	Male
Age	20 years old	21 years old	20 years old
Religion	Catholic	Protestant	Protestant
Job	College student	Apprentice midwife	College student
Address	Kupang	Kupang	Kupang
Tribes	Ende	Bali	Alor
Birth Order	2 of 3	2 of 2	1 of 2

The schedule for data collection of interviews and observations from the three participants was carried out three times as described below.

Table 2.
Interview's schedule

Participant	Schedule interviews and observations		
	1 st meeting	2 nd meeting	3 rd meeting

	Date	Duration	Date	Duration	Date	Duration
NG	15/07/'18	80 minute	19/07/'18	56 minute	29/05/'19	32 minute
MR	17/07/'18	84 minute	21/07/'18	48 minute	05/06/'19	20 minute
MA	20/07/'18	82 minute	23/07/'18	48 minute	08/06/'19	17 minute

Data from the interviews and observations were compiled and prepared for the reduction. The data reduction process uses coding techniques. Coding is the way of processing the raw information into segments of writing that will be interpreted. This research coding involves several stages, namely collecting the information of interview from participants, changing the information in the form of a verbatim transcript, re-reading and segmenting each sentence in verbatim, providing the theme (interpretation) of sentences that have special meaning, and sequentially giving the analyst code and numbering on each line in verbatim.

Table 3.
Result of subjective well-being between participant

Aspect	Partisipants Research		
	NG	MR	MA
Life satisfaction	-The experience of childhood is not satisfying because the strict parenting of parents -There are positive changes in parental education since high school -Communication with parents is getting better -Enjoy the time with friends and the social community -Sibling support affects life satisfaction -achievement is NG's own satisfaction	-felt constrained because his father's protective attitude from childhood -the father's protective attitude decreased as MR grew older -satisfied with her education and current work's achievement -Feel satisfied with her life right now -Parents and siblings' support is an important factor in MR's achievement	-asses his life better because his father's nurture began to be flexible -family and friends' support in education and hobbies are an important factor in MA life satisfaction -MA has made a hobby in art as a way of enjoying life -MA enjoys activities on campus and his community
Negative affect	-Have an unpleasant childhood because of	- feel not free - felt sad because she	- his childhood was quite scary because of

Aspect	Partisipants Research		
	NG	MR	MA
	the parents' strict nurture	didn't have much playtime in childhood	his strict father's nurture
	-NG'S childhood was filled with fear, sadness, and insecurity because of her father's strict nurture	-afraid of his father's strict nurture in childhood until the early teenager	-felt sad when got beaten and received physical punishment as a child
	-unhappy with the curses and criticisms of her parents in the past	-felt sad because of the lack of time with family	
	-feel guilty if not please her parents		
Positive affect	-NG'S pleasant experience admittedly mediocre in past	- lots of fun experiences with my family since childhood	- expressing affection to the family
	-Claiming to be happier right now	- happy to have parents and brothers who support her until now	-Feels happy with parents' care until now
	-feels calmer and comfortable with life now	-happy with her current environment	-love her younger brother
	-intimacy with parents brings happiness for NG currently	of friends	-happy with his parents' attitude who is friendly with his friends

Discussion

Life Satisfaction. Diener (2009) explains that life satisfaction is the result of a cognitive evaluation process, in which individuals assess their quality of life-based on self-determined personal criteria. Cognitive evaluation is carried out by making comparisons between the past, present, and what is expected of the individual's desired standard of life

Participants of this study reveal their past life was unsatisfactory. They get bad treatment from their parents, from criticisms, cursing and even beatings are common things in their daily life. These kinds of treatment develop into a bad relationship within the family. Participants feel that their parents nurture them with too restrictive rules. Hurlock (2015) reveals that adolescents who are constantly criticized, given derogatory comments, and treated unfairly throughout the early

adolescent years tend to show low family relationships. Eid dan Larsen (2008) explained that the life satisfaction of children has a strong relationship with parenting style. Parents who tend to use parenting strictness-supervision have the potential to increase stress in children, reduce feelings of love between the child and parents, and also result in the possibility of problematic behavior in the future (Proctor et al., 2017; Eid & Larsen, 2008). Hurlock (2015) adds that adolescents who receive strict parenting from their parents tend to show dissatisfaction in life and not feel happy.

Another finding from this study is that there are changes in parenting styles as the children age. Participants notice that their parents especially father change their attitude when they entering late teenage period or early adulthood. Hurlock (2015) explains that as adolescence progresses, the child-parent relationship will get better, starting when parents realize that the child is no longer a child. Parents learn to adapt and give children rights as teenagers. Parents tend to be more disciplined towards their children when they enter their teens and begin to loosen up their education when they feel that they are becoming adults and can take responsibility for at least the activities they are interested in.

All participants expresses that they are satisfied with their current life. Communication with parents that was getting warmer, support from siblings, and peer group that always helps them survived in the face of life's obstacles. They also realize that having achievements in education and jobs also helps them to feel more satisfied with their life. Diener (2009) adds that individual life satisfaction can be determined by knowing how individuals perceive life satisfaction with their families. Diener explains that the more intimate and warmer an individual's family situation, the higher individual's life satisfaction (Eid & Larsen, 2008; Cenkseven & Önder, 2012; Proctor et al, 2017). Furthermore, Diener (2009) expounds that the relationship between individual life satisfaction and the condition of their family describes a collective cultural condition that tends to be interpersonal, emphasizing

the importance of family togetherness, compliance with group rules, and the achievement of collective group goals.

The life satisfaction experienced by all participants is widely affected by the quality of friendship and achievement that they have. This is consistent with the explanation of Eid and Larsen (2008) that school satisfaction is a meaningful variable for adolescents, especially in building a wider network of friends. Tay et al (2005) found that friendship has a positive correlation with the level of individual satisfaction and happiness.

Based on the explanation above, it is known that the experiences of each participant from childhood to early adolescence were considered unsatisfactory. Along with changes in parenting styles, the life satisfaction of the participants also increases. This is inversely proportional to their current life which is overall considered more satisfying. The main aspects that determine the life satisfaction of adolescents are family, community-friendship, and achievement. In line with the findings above, Diener (Eid & Larsen, 2008) found that the three main domains that determine adolescent life satisfaction are family environment, peer-community, and academic achievement. Others study confirms that emergence of specific aspects including satisfying relationships between adolescents and parents, the existence of social support from family and peers and the achievement of adolescents in their favorite fields, which are strong factors in determining adolescent life satisfaction (Proctor et al, 2017; Eid and Larsen. , 2008).

Positive affect. Joshi (2010) assessed that positive affect is responsible for contributing to emotional reactions and a pleasant mood. The main categories of positive affect include pleasure, satisfaction, happiness, positive attitudes towards others (affection), positive attitudes towards activities (recreation, hobbies), and positive mood (joy, enthusiasm, friendly).

Participants of this study revealed that their current life is more fun because their parent-child relationship is getting warmer. Hurlock (2015) adds that if

adolescents are successful in overcoming the problems they are facing, the unhappy periods experienced previously will gradually fade and the dissatisfaction that marks the beginning of adolescence will decrease. Besides parents, good relationships and support from siblings also make participants feel happier. Soysal (2016) reveals that adolescents describe older siblings as advisors in social, academic, and family matters. A close relationship with siblings, a supportive attitude, and advising older siblings can strengthen the intimacy between siblings (Hurlock, 2015; Eid & Larsen, 2008).

Aside from family life, the three participants also expressed feelings of pleasure when spending time with friends or the community they participate in. Previous studies explain that one of the positive characteristics of happy individuals is having close and supportive social relationships (Eid & Larsen, 2008; Joshi, 2010; Diener et al, 2015). Joshi (2010) adds that happy individuals are friendly individuals who are good at building relationships with other people comfortably.

The next positive effect that found in the three participants were optimism and gratitude. Participants have a positive attitude towards their future. They trying to have achievement in the academic or job field and learn to have a good attitude in life. The three participants also expressed feelings of gratitude because of positive things that happened in their life (in education and jobs) and their families getting warmer. Participants also feel grateful for friends that they have in their life. Eid and Larsen (2008) explained that optimism allows individuals to expect good things to happen in their lives. It indirectly makes individuals try harder to achieve their life goals. This extra effort will result in greater achievement, and ultimately affect individual happiness (Eid & Larsen, 2008; Lima & Morais, 2016).

Negative affect. Negative effects include unpleasant emotions and represent negative responses to individual experiences (Diener et al., 2015). All participants report experienced negative affect in their past life. The dominant effect experienced by participants include fear, sadness, afraid, unfairness, and feel unsafe at home

especially when they are alone with their father. Furthermore, the feeling of discomfort (insecure) in the participants was seen by Eid dan Diener (2008) as a condition when adolescents received unfair treatment by their parents. The feeling of discomfort (insecure) that is developed can lead to the risk of depression, anxiety, fear, and other psychological risks in adolescents (Eid & Larsen, 2008).

As time goes, and parent's attitudes change, participants report lesser negative affect in their current life. In contrast to other participants, MR still feels negative effects in his current life. The negative effect that MR has felt recently is sadness because of the lack of time to spend with family because of each family member's business. Hurlock (2015) explains that individuals at the end of adolescence, busy themselves with the work they are doing. This has an impact on the lack of time for teenagers with their families. Feelings of loneliness may be a little formed, but not dangerous because teenagers understand that what they do is an activity that they are interested in.

Conclusion

Based on the results of research about adolescent's subjective well-being with a military family background in Koramil Dormitory 1604/01 Kupang City, it is found that the experiences of each participant from childhood to early adolescence were considered unsatisfactory. Along with changes in parenting styles of parents, the life satisfaction of the participants also increases. This is inversely proportional to their current life which is overall considered more satisfying. Furthermore, life satisfaction experienced by all participants is widely affected by the quality of friendship and achievement that they have. It is means the main aspect that affected to increase participants' life satisfaction are family (adolescent-parent relationship, adolescent-sibling relationship), friendship-community environment, and achievement.

Next, from the positive effect aspect, it is found that participants revealed their current life is more fun because their parent-child relationship is getting

warmer. Aside from it, the three participants also expressed feelings of pleasure when spending time with friends or the community they participate in. The next positive effect that was found in the three participants was optimism and gratitude in their present life.

Meanwhile, from the negative effect aspect, all participants report experienced negative affect in their past life. As time goes, and parent's attitude changes, participants report lesser negative affect in their current life. In contrast to other participants, MR still feels negative effects in her current life. The negative effect that MR has felt recently is sadness because of the lack of time to spend with family because of each family member's business.

Suggestion

The researcher hopes that the next researcher can use quantitative research methods to explore deeper into the data and the concept of subjective well-being in adolescents with military family backgrounds. This is very helpful for other researchers who were developing research on subjective well-being, especially among adolescents.

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