

Relationship Parental Social Support and Subjective Well-Being in Adolescents

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Abstract. Human beings certainly want happiness in life, because happiness is something important and must be achieved by each individual because it is individual. *Subjective well-being* is felt and experienced by everyone, including teenagers. Adolescence is a stage of development where individuals undergo a transition from childhood to adulthood. A very important factor in the subjective well-being experienced by adolescents is social support. Social support is a feeling of comfort, attention, and respect that is received by individuals from other individuals or groups. This research is quantitative research, with the method used is a correlation study. The sampling technique is using random stratification with the number of samples in this study as many as 90 people. The subjects in this study were adolescents. Data analysis using *Pearson Product Moment* correlation test. Test results between social support parents and subjective Well-Being -0.516, there is a positive and significant relationship between the two research variables. The higher the social support of parents felt by teenagers, the higher the *subjective well-being* in the teenagers of SMA Negeri Banat.

Keywords: *Perental social Suppot, Subjective Well-Being*

Abstrak. Kebahagiaan merupakan sesuatu yang penting dan harus dicapai oleh setiap individu karena bersifat individual. *Subjective well-being* dirasakan dan dialami oleh semua orang, termasuk juga remaja. Remaja merupakan tahap perkembangan dimana individu mengalami peralihan dari masa anak-anak menuju dewasa. Faktor yang sangat berperan penting dalam *subjective well-being* yang dialami oleh remaja adalah dukungan sosial. Dukungan sosial merupakan perasaan nyaman, diperhatikan, dan dihormati yang diterima oleh individu dari individu atau kelompok lain. Penelitian ini adalah penelitian kuantitatif, dengan metode yang digunakan adalah studi korelasi. Teknik pengambilan sampel adalah menggunakan acak stratifikasi dengan jumlah sampel dalam penelitian ini sebanyak 90 orang. Subjek dalam penelitian ini adalah remaja. Analisis data menggunakan uji korelasi *pearson product moment*. Hasil uji antara dukungan sosial orangtua dengan subjective Well-Being sebesar -0.516, maka terdapat hubungan positif dan signifikan antara kedua variabel penelitian. Semakin tinggi dukungan sosial orangtua yang dirasakan oleh remaja, maka semakin tinggi juga subjective well-being pada remaja SMA Negeri Banat.

Kata kunci: *subjective well-being*, dukungan sosial orangtua

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Introduction

Human beings certainly want happiness in life, because happiness is something important and must be achieved by each individual because it is individual. But each person has a different perspective to interpret the meaning of happiness. From this, Diener (2002) explained this individual happiness with his concept called subjective well-being or known as subjective well-being.

Diener, Lucas, & Oishi, (2009) defines subjective well-being as the result of cognitive and affective evaluation or assessment of the entire life experience. Cognitive evaluation is an assessment of a person's life satisfaction and affective evaluation is an emotional response arising from each person's life experience.

Park (in Nisfiannor, Rostiana, and Puspasari 2004) has long been considered a core component of a good life. Individuals with a high level of subjective well-being, generally have several amazing qualities. This individual will be better able to control his emotions and face various events in life better, the subjective well-being individual who lowly looks down on his life and considers the events that occur as unpleasant, therefore unpleasant emotions arise such as anxiety, depression, and anger.

Subjective well-being is felt and experienced by everyone, including teenagers. Adolescence is a stage of development where individuals undergo a transition from childhood to adulthood. In this period adolescents undergo many changes, both biologically, socially, cognitively, and socio-emotionally. (Santrock 2007). Changes in adolescents are also related to the development of puberty and changes in social roles, cognitive development, emotions, and morals. Adolescence starts from the age of 10 to 13 years and will end around the age of 18 to 20 years.

Youth is also confronted with various needs in life, there are two needs, namely physical needs, and spiritual needs. Physical needs such as food, drink, sexual urges, and psychic needs such as compassion, security, freedom, and others, while spiritual needs such as places of worship or communities that blend spiritually. In addition to being faced with changes that occur in adolescence, they are also faced with tasks that differ from the tasks of childhood. The individual must have tasks that must be fulfilled. If these tasks are successfully completed, satisfaction, happiness, and environmental acceptance will be achieved. In this phase, a typical lifestyle is formed in connection with the placement of itself. Adolescence is also referred to as the transition from childhood to adulthood so that it causes considerable changes. Teenagers have dissatisfaction, always want to be different, and have a lot of conflict with them. Therefore, it is very important that teenagers, especially in Indonesia can have a high subjective because teenagers with high subjective will tend to have always positive emotions that in the end all life problems and developmental tasks can be resolved properly. It's just that according to the fact that adolescence is a vulnerable age with dissatisfaction with life. In addition, adolescence is an age of increasing emotions, especially because teenagers are under social pressure and facing new conditions and expectations.

Previous research conducted by Erlyilmaz (2011) states that in adolescents at the age of 15 years to 20 years, subjective well-being increases with age. According to Eryilmaz , younger teenagers are happier because they prepare to take the exam to cook in high school so that they are in a relaxed position that is reminiscent of teenagers who have reached the age to enter the early adult stage.

Facts in the field show that in life not everyone easily feels happiness, especially for people who have many demands, roles, or tasks, for example, teenagers who are looking for their identity. Seeing this, the author conducted initial interviews on 4 teenagers on July 4 and 5, 2019 who were local in their respective homes located in RT/RW 001/002, Kecamatan Kolbano, Timor Tengah Selatan. About the happy feelings they feel. RU (14 years old), AT (14 years old), NT (15 years old), EL (15 years old). The results of the interview showed that they will be happy if they receive support from friends in school, parents, or the surrounding environment. The happiness they feel is like getting compliments from their closest friends, having exciting new things, or

getting achievements at school parents are always there to provide good support so that they continue to be motivated and feel happy. Those teenagers are also happy because they participate in daily activities held in the surrounding environment, such as going to visit friends who are sick, helping friends who are in distress, and participating in activities that are done in their neighborhood. However, on the other hand, they are not happy if the number of tasks given such as doing homework is included in unpleasant activities that make the teenager experience stress and anxiety.

One of the teenagers said that his emotional condition would arise if he was tired and saturated due to the many demands received. In addition, the teenager admitted to often feeling unpleasant because of many problems with friends and parents, as well as being dissatisfied with his life. It was a challenge for him. If the claims are managed properly then the results will be good, but if the teenager is not able to manage the claims then it will have a negative impact.

A very important factor in the subjective well-being experienced by adolescents is social support. Social support is a feeling of comfort, attention, and respect received by individuals from other individuals or groups (Sarafino, 2008). Gore (in Saputri & Indrawati, 2011) states that social support is often obtained from the closest relationship, namely from family or friends. Social support provided can be emotional support, instrumental support, informational support, and companionship support. Emotional support is support in the form of empathy, attention, and encouragement to individuals, instrumental support is the provision of social support in the form of finance, goods, or informational support services are support in the form of advice, advice, and direction about what individuals do, and companionship support is a form of the social shaman that gives feelings received in one group or a sense of togetherness (Sarafino, 2008).

Teenagers also need support from the environment. The social support that teenagers receive from the environment, whether in the form of encouragement, attention, appreciation, help, and compassion that makes teenagers consider that they are loved, cared for, and appreciated by others. If the individual is positively accepted and valued, then the individual tends to develop a positive attitude towards himself and is more accepting and appreciative of himself. Based on the background, the researcher is interested in conducting research to find out

whether there is a positive and significant relationship between parental social support and the well-being in adolescents.

The purpose of this study was to find out the relationship of social support of parents with Subjective Well-Being in Teenagers of SMA Negeri Banat, Kecamatan Kolbano, Timor Tengah Selatan. The hypothesis presented in this study is H₁: there is a positive and significant relationship between the relationship of parental social support and Subjective Well-Being in Adolescents.

Method

This research uses quantitative research, called quantitative research methods because the analysis is based on quantitative data (numbers) that are collected through measurement procedures and processed by statistical analysis methods (Azwar, 2017). The analysis in this study used a correlation study test. Namely, to determine the relationship between parental social support and subjective welfare on adolescents in Banat State Senior High School. The sampling of this research used stratification random technique. The total sample of the subjects in the study amounted to 90 eleventh grade adolescents in SMA Negeri Banat, Kecamatan Kolbano, Timor Tengah Selatan.

The data collection technique used is a questionnaire (questionnaire). Data processing techniques in this study used a computer which included editing, coding, entry, and cleaning. Furthermore, the researcher did the validity test and the reliability test on the parent's social support variable. With the results of the validity test, all 16 items were declared invalid because with the correlation $r < 0.30$ and the results of the reliability test, the Cronbach alpha value was 0.909. Meanwhile, 9 items of subjective welfare were failed and the reliability test of Cronbach's alpha value was 0.701

Results

Table 1. Subjective well-being rates in adolescents based on aspects

Subjective Being	Well-	Aspects		
		Positive Affect	Negative Affect	Life Satisfaction
Low	F	-	14	34
	%	-	15,6%	37,8%
Medium	F	14	76	56
	%	15,6%	84,4%	62,2%
High	F	76	-	-
	%	84,45	-	-
Total	F	90	90	90
	%	100%	100%	100%

Based on the table above, it can be seen that the subjective aspect of Well-Being in the highest adolescents owned by SMA Negeri Banat is positive, and the low affect aspect is the negative effect aspect.

Tabel 2. Subjective Well-Being Rates in Teens by Gender

Subjective Being	Well-	Gender		
		Women	Male	Total
Low	F	-	-	-
	%	-	-	-
Medium	F	30	14	44
	%	33,3%	15,5%	48,8%
High	F	39	7	46
	%	43,3%	7%	51,1%
Total	F	69	21	90
	%	76,6%	23,2%	100.0%

Based on the data above we can see that the subjective well-being rate of women is higher than that of teenage boys.

Table 3. Parental Social Support Level based on aspects

Parental Social Support		Aspects				
		Emotional support	Award support	Instrumental support	Information support	Social network support
Low	F	-	4	-	1	2
	%	-	4,4%	-	1,1%	2,2%
Medium	F	7	9	16	13	11
	%	7,8%	9,9%	17,7%	14,4%	12,2%
High	F	83	77	73	76	77
	%	92,2%	84,6%	81,1%	84,4%	85,6%
Total		90	90	89	90	90
		100%	100%	100%	100%	100%

Based on the table above, it can be seen that the highest aspect of parental social support felt by teenagers of SMA Negeri Banat is the aspect of emotional support and the lowest is information support.

Table 4. Parental Social Support by gender

Parental Social Support		Gender		Total
		Women	Male	
Low	F	-	-	-
	%	-	-	-
Medium	F	10	5	15
	%	11,1%	5,5%	16,6%
High	F	59	16	75
	%	65,5%	17,7%	83,3%
Total	F	69	21	90
	%	76,6%	23,2%	100,0%

Based on the data above we can see that the level of social support of women is higher than that of teenage boys.

Table 5. The results of the correlation test

Correlations		
	SWB	Parental Social Support
Pearson Correlation	1	.516**
Sig.(2-tailed)		.000
N	90	90
Pearson Correlation	.516**	1
Sig. (2-tailed)	.000	
N	90	90

From the table above, it can be seen that the correlation coefficient (r_{xy}) is 0.516 with a significance value (p) of 0.000, which means that H_1 is accepted, that is, there is a positive and significant relationship between parental social support and subjective welfare on adolescents in SMA Negeri Banat, Kecamatan Kolbano, Timor Tengah Selatan. There is also a positive correlation coefficient value and has two signs (**), meaning that the two variables have a positive and very strong relationship.

Discussion

This study aims to determine the relationship between parental social support and subjective well-being. Based on the results of the coefficient data analysis without having a value of 0, 516 and a significance value (p) = 0.000 < 0.05, which indicates that the relationship between the two research variables is a positive and significant relationship, meaning that the higher the social support is felt, the higher the subjective welfare in SMA Negeri Banat, Kecamatan Kolbano, Timor Tengah Selatan.

The variables of subjective welfare and parental social support felt by SMA Negeri Banat adolescents in this study were high. According to Sarason, Henry, Robert and Barbara (1983) individuals who receive positive social support during their life will help build self-esteem and tend to see things positively and optimistically in their lives. Because these individuals also

have confidence in their ability to control the various situations they face. Individuals who do not receive support from the social environment will feel dissatisfied with life

Based on the results of the study above, it can be seen that the level of parental social support felt by the teenagers of SMA Negeri Banat belongs to the high class in the aspect of emotional support which is 83 or as much as (92.2%). According to Sarafino (in Purba., et al. 2007), five forms of social support can be felt by teenagers, namely emotional support, award support, instrumental support, information support, and social network support.

The first form of social support that the first Banat high school teenagers get is emotional support, including expressions of empathy, care, and attention to individuals. The results showed that in the high category with a percentage value of 92.2% of teenagers feel that parents always pay attention, and give them empathy.

The second form of parental social support obtained by the youth of SMA Negeri Banat is the support of the award, including positive expressions or positive appreciation in the individual, the urge to progress. The results showed that in the high category with a percentage value of 84.6% of teenagers feel that parents always appreciate and encourage them to continue to excel in school.

The third form of parental social support obtained by the teenagers of SMA Negeri Banat is instrumental support, including direct assistance. The results showed that in the high category with a percentage value of 81.1% of teenagers feel that parents always help them solve tasks or problems that are facing.

The fourth form of parental social support obtained by the youth of SMA Negeri Banat is information support, including advice or feedback on individuals. The results showed that in the high category with a percentage value of 84.4% of teenagers feel that their parents always provide good information and good advice when they do wrong.

The last form of parental social support obtained by teenagers of SMA Negeri Banat is social network support, including requesting, cooperation in groups. The results showed that at a high theory with a percentage value of 85.6% of teenagers feel that parents always give a good assessment of their interests and the urge to embarrass the efforts done with the group

The table above showed that out of 21 male subjects there were 16 people (17.7%) have a high level of social support, and 5 people (5.5%) moderate level of social support. Meanwhile, out of 69 subjects of the female gender, there were 59 people (65.5%) have a high level of social support, and 10 people (11.1%) have moderate levels of social support. The results showed that in a high category with a percentage value of 84.4%. The regime feel that they are happy if they succeed in getting what they want. The results showed that this negative effect is in a moderate category with a percentage value of 84.4% this is due to teenagers every day feeling stressed when faced with a lot of tasks, as well as embarrassment if they do not excel in school

The subjective well-being form in the last Banat State High School teenagers is cognitive or life satisfaction, including an individual's self-assessment of what they have now. The results showed that life satisfaction is in a moderate category with a percentage value of 62.2%. This is because teenagers are dissatisfied with what they want and what others have.

The table above shows that out of 21 male subjects there are 14 people or (15.5) including the medium category, and 7 people (7.7%) including high categories. Meanwhile, out of 69 female subjects, there were 39 people (43, 3%) high category, and 30 people (30.3%) moderate category.

Conclusions

Based on the results of the above research and discussion, the author provides the following conclusions:

There was a positive relationship of 0.516 between Parental Social Support and Subjective Well-Being in Teenagers of SMA Negeri Banat, Kecamatan Kolbano, Timor Tengah Selatan. This means that the higher the social support of parents felt by teenagers, the higher the subjective well-being in teenagers of SMA Negeri Banat, Kecamatan Kolbano, Timor Tengah Selatan. The correlation coefficient value is positive and has two signs (**) meaning that both variables have a positive and very strong relationship. The results of linearity tests can mean that there is a linear relationship between the variables of parental social support with subjective well-being in adolescents. The contribution value of parental social support variables to subjective well-being variables in adolescents was 26.7%.

Subjective Well-Being level in teenagers of SMA Negeri Banat Kolbano District TTS is included in the high category based on aspects, the positive effect aspect in the high category with a score of 84.4%

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