

A Review Of Happiness Among Teenagers Who Have Parents as Migrant Workers: A Non-systematic Literature Review

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Abstract. Adolescence is a period of transition from childhood to adulthood that affected many aspects of development. Adolescent happiness remains one of the relevant topics to be researched. Plenty of factors can bring happiness to teenagers, similarly many factors can make adolescents experience unhappiness, one of which is being separated from their parents for a long time for reasons of working abroad or becoming a TKI (Indonesian Migrant Worker). This literature review discusses happiness in teenagers in general and on teenagers who have parents working as migrant workers. Evidence showed that adolescents with parents as migrant workers need support as they are threatened by negative factors that make them one of the most vulnerable children in Indonesia.

Keywords: *Happiness, Adolescents, TKI, Unhappiness.*

Abstrak. Masa remaja merupakan masa transisi dari masa kanak-kanak ke masa dewasa yang mempengaruhi banyak aspek perkembangan. Kebahagiaan remaja tetap menjadi salah satu topik yang relevan untuk diteliti. Banyak faktor yang dapat mendatangkan kebahagiaan bagi remaja, demikian pula banyak faktor yang dapat membuat remaja mengalami ketidakhahagiaan, salah satunya adalah berpisah dengan orang tua dalam waktu yang lama karena alasan bekerja di luar negeri atau menjadi TKI (Tenaga Kerja Indonesia). Tinjauan pustaka ini membahas tentang kebahagiaan pada remaja pada umumnya dan pada remaja yang memiliki orang tua yang bekerja sebagai TKI. Bukti menunjukkan bahwa remaja dengan orang tua sebagai pekerja migran membutuhkan dukungan karena mereka terancam oleh faktor negatif yang menjadikan mereka sebagai salah satu anak paling rentan di Indonesia.

Kata kunci: *Kebahagiaan, Remaja, TKI, Ketidakhahagiaan*

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Introduction

Happiness can be felt by every individual, including teenagers. According to research conducted by Hafizah (2018), regarding the meaning of happiness in broken home adolescents, it is explained that if the happiness is possessed by adolescents, then adolescents will perform functions in life well, both related to society and their functions.

According to Piaget, adolescence is a time when children already have integration as adults, at least in terms of rights. The things of a teenager must be fulfilled but still must be under the supervision of an older person. One of the rights obtained by adolescents is happiness, if adolescents do not get enough happiness, adolescents will have a lot of negative emotions in themselves (Hurlock, 2015).

Research conducted by Diener & Ryan (2009) explains that individuals will feel happier when they are around other people. This explains that teenagers can be said to be happy if they get support from people around them and their social environment.

Adolescents who are not socially supported or experience social inequality can also affect their psychological and social conditions. Social inequality and the absence of social support are like the incompleteness of a family. The integrity of the family or social life of adolescents can be seen from the number of parents who are still complete, the circumstances and social conditions of the adolescent's family, and the economic level of the adolescent's family. Adolescents who have a low economic level tend to take the initiative to help their families in meeting their needs. In addition, parents of teenagers have also taken the same action, namely by finding a way out to meet the needs of their families.

The government's policy to open up opportunities for its citizens to be able to work abroad is a hope that this will overcome the existing unemployment problem. Many villagers are interested in working abroad either as TKI or TKW due to the high wage difference and relatively easy requirements to fulfill. It does not require higher education to become workers abroad, causing many residents from

rural areas and villages to flock to become TKI and TKW (Karlina, 2016). For some people who want to become TKI or TKW, they hope that by working abroad they can improve their family's standard of living. Stories about the success of TKI or TKW who work abroad become an attraction for people to follow in their footsteps. This is also a reason for them to get permission from their families to work abroad (Kiling & Kiling-Bunga, 2019).

In addition to the positive impacts such as the fulfillment of family needs and increasing the economic level of the families of migrant workers or migrant workers, the presence of families who work as migrant workers or migrant workers also has a negative impact, especially for working parents. The negative impact on the household can be seen immediately, such as the lack of communication between children and parents who work abroad, the family becomes incomplete due to parents who are far abroad, as well as the lack of love from parents to children which can affect the happiness of the child (Ardianingjakti & Resdasari, 2016).

Kupang city is a city that is starting to develop at this time. Social, cultural, and economic conditions affect individual circumstances. With the increasing number of needs from each person and every household, many people work hard to get jobs in various ways, including by joining the Indonesian Migrant Worker (TKI) program. According to data from the Central Statistics Agency in 2017, there were 1,739 Indonesian workers from East Nusa Tenggara who worked abroad both as TKI and TKW.

The current reality shows that many parents in East Nusa Tenggara are required to work abroad to meet the needs of their families. This can be a source of unhappiness for children as a result of both parents being far away. Adolescents who have parents who work as migrant workers will feel that they have lost the figure of one of their parents. Many problems that occur in the family environment are also one of the factors that trigger unhappiness in adolescents.

Happiness

According to Seligman, happiness is defined as a load of positive emotions and activities (Anggoro & Widhiarso, 2010). Seligman also explained that happiness is a concept that refers to the positive emotions felt by individuals as well as positive activities that the individual likes (Impisari, 2017).

As described by Seligman (Impisari, 2017) to achieve true happiness, the following things must be fulfilled in the individual, such as positive relationships with others, full involvement of individuals in their lives in the environment, individuals must find new meaning in themselves. , have self-optimism that is reality or in line with their lives, and individuals must also have the ability to rise from their problems or adversity.

Adolescent

According to the World Health Organization (WHO), what is called adolescents are those who are in the transitional stage between childhood and adulthood. According to WHO, the adolescent age limit is between 12 and 24 years. Anna Freud argues that in adolescence there is a developmental process including changes related to psychosexual development, as well as changes in relationships with parents and ideals, where ideals are a process of shaping future orientation (Putro, 2017).

According to Bappenas in 2019, the total population in Indonesia is 267 million people with the number of adolescents aged 15-19 years consisting of 11.2 million males and 10.1 million females (Ministry of National Development Planning). According to the World Health Organization (WHO), what is called adolescents are those who are in the transition stage between childhood and adulthood. The age limit for adolescents according to WHO is between 12 and 24 years. According to the Ministry of Health of the Republic of Indonesia in 2010, the age limit for adolescents is between 10 to 19 years and has not been married.

Based on the explanation above, it can be concluded that adolescents are individuals who are in the transition period from childhood to adulthood with the age of around 12 to 24 years. During adolescence, there is also a process of development and change which includes personal changes as well as changes in social life. Also, at this time individuals begin to build integration in society and begin to form ideas for future orientation.

The Happiness Factor

Several factors can affect a person's happiness. According to Seligman, in his book *Authentic Happiness*, there are external and internal factors that affect a person's happiness (Impisari, 2017).

1. External factors that affect a person's happiness, namely:

- a. Social life. According to Seligman, people who are very happy in leading a rich and satisfying social life are the ones who spend the least time alone and socialize more.
- b. Religion or religiosity affects happiness because religious people tend to be happier and more satisfied with their lives than those who are not religious. This is due to religion which gives hope for the future and creates meaning in human life and with the existence of religion, individuals have a clear handle on life so that they are not easily collapsed with the problems at hand.
- c. Marriage, Seligman argues that marriage is closely related to happiness. According to him, married people tend to be happier than unmarried people. This is because the married person will provide psychological and physical intimacy.
- d. Health, according to Seligman, what is important is our subjective perception of how healthy we are. Objective health has little to do with happiness. Also, according to Veenhoven, happy people have a longer life span because happiness protects human physical health (in Maharani, 2015).

- e. Money is one of the reasons someone lives happily. Individuals who put money above their life goals will tend to be less satisfied with their life as a whole (Maharani, 2015).
- f. Negative Emotions, individuals must be able to control negative emotions to get positive emotions, namely by breaking down bad events in life. Individuals who experience a lot of negative emotions will lose a lot of positive emotions.
- g. Age, individuals feel satisfied with life as they get older. The feeling of peaking and sinking into despair in an individual's life diminishes with age and experience.
- h. Education, climate, race, and gender. Education can have little effect on happiness because education is a means to achieve a better or higher income. Climate and race are perceived to not influence individual happiness. There is no difference between men and women in their emotional state, but women tend to be happier and sadder than men.

2. Internal factors that affect happiness are:

a. Satisfaction with the past, satisfaction with the past can be achieved in three ways:

- 1) Letting go of the view of the past as determining one's future.
- 2) Gratitude (Gratitude) for the good things in life will increase positive memories.
- 3) Forgiving and forgetting (forgiving and forgetting) one's feelings about the past depend entirely on the memories one has. One of the best ways to get rid of past negative emotions is to forgive.

b. Future

Optimism for the future, optimism is defined as a general expectation that there will be more good things than bad things in the future. Also, optimism and hope provide a better ability to deal with depression, improve performance, and improve health.

c. Present time

Happiness in the present according to Seligman (in Maharani, 2015) includes two things, namely:

1) Pleasure is a pleasure that has strong sensory and emotional components, is temporary, and involves little thought. Enjoyment will be obtained after one motive is fulfilled. Enjoyment can also be divided into two, namely bodily pleasures, where this pleasure is obtained through sensory and sensory levels, and higher enjoyment which is obtained through more complex activities.

2) Gratification is an activity that is liked by individuals, but does not involve basic feelings and has a longer duration than pleasure. Gratification is a pleasant state that follows the achievement of desire. Activities that can give rise to gratification in individuals generally have a challenge component, require skill and concentration, have goals, and have direct feedback, so that individuals can be immersed in them.

The Impact of Happiness

Happiness as a positive emotion has an impact on the individual who feels it. According to Seligman's theory of happiness in Authentic Happiness, there are several influences that happiness can produce, namely:

1. A positive mood opens the individual to accept new ideas and experiences.
2. Happiness can expand the intellectual, physical, and social resources that an individual has.
3. Positive emotions make individuals more creative, tolerant, constructive, generous, and less defensive.
4. Happy individuals are less realistic about their abilities.
5. Happy individuals remember more fun events for themselves.
6. Happiness can prolong life and improve health.

7. Happy individuals find it easier to get friends with.
8. Happy individuals tend to find marriage partners more easily.
9. Creating better relationships with other people.

Based on the explanation of the effect of happiness for individuals above, it can be explained that happiness influences positive feelings that make individuals build and have good relationships with themselves and others, and happiness is also able to make oneself more critical in living life.

Adolescent Happiness

Adolescent happiness is an important point in adolescent life. Happiness is the dream of every human being. These positive emotions have a calming effect and aid in the formation of a healthy personality. Happiness is a pleasure and peace of life both physically and mentally. This is as explained by Diener and Oishi who have conducted surveys in several countries including Indonesia (Elfida, et al. 2014). The issue of adolescent happiness is very relevant to discuss because adolescents are prone to experiencing unhappiness.

There are many ways you can be happy. These methods sometimes only have a temporary or unfavorable effect. So it is not uncommon for individuals to be happy but then become depressed over what has been done before, such as happiness due to drugs and free sex.

Adolescents with parents who work as migrant workers have many factors that prevent them from experiencing happiness. Adolescents with parents as migrant workers can experience neglect, this is caused by parents who are not nearby or one parent is unable to replace the figure of a departing parent, or a teenager loses the figure of one parent because of the distance created (Ardianingjakti & Resdasari, 2016). Parents who go far enough away and for a long time make children lack attention from parents, especially regarding issues of character and behavior cultivation, health, and education (Wijayanti, 2017).

Previous Research

Previous research related to the dynamics of adolescent happiness is as follows:

1. Ardianingjakti and Resdasari (2016) also took similar participants, namely adolescents. This study aims to see and determine the self-esteem of adolescents in terms of the presence of mothers, namely adolescents who have mothers as TKW. In this study, researchers took three female adolescents as participants. The research method used is the phenomenological research approach. The data analysis technique used in this study used data implications. From the results of this study, it is known that based on data analysis, it can be concluded that the formation of adolescent self-esteem is influenced by parenting styles, experiences from family, peer ratings, physical appearance, social comparisons, and abilities over themselves.

2. Research conducted by Wijayanti (2017), this research conducted by Wijayanti wants to see changes in behavior in families who have wives or mothers who become TKW. This research was conducted in Damarwulan Village, located in Keling District, Jepara Regency, Central Java Province. The researcher took this place as the research area because the researcher saw that the majority of the population worked as farmers because of the favorable geographical conditions, with an education level equivalent to that of elementary school graduates. This causes the wife or mother in this area to be determined to work abroad for a bigger income.

The research technique used in this study is field research because the researcher looked at it from the point of view of the place where this research was conducted. This research is a descriptive qualitative study with primary data sources consisting of husbands, wives, children, and other parties close to TKW. Other informants selected in this study were determined using purposive sample or sample objectives/considerations.

Data collection techniques in this study used three techniques, namely observation, interviews, and documentation. The data validation in this study used source triangulation. Furthermore, data analysis used several stages, namely, data collection, data reduction, data presentation, and concluding. The results of research in the field show the factors that make a wife or mother work abroad, namely economic factors and the success of their predecessors. The results of this study indicate that the wife's departure from becoming a TKW brings changes to their lives, especially for their husbands. From an economic point of view, it can be said that there has been a fairly good increase, but from an emotional point of view, it can be seen that there is a change in the attitude of the husband which then has an impact on the development of the child. Also, there is an opportunity for miscommunication between wives and husbands.

Based on the results of previous studies that have been described, the authors have not found a study that discusses the dynamics of happiness in adolescents whose parents work as TKI / TKW and use the photovoice method. Research with this method will be carried out by taking pictures/photos by participants who will then be interviewed regarding the reasons for choosing the image or photo and what the meaning of the image/photo can describe the participants' meaning of the picture the meaning of their life. Research related to the description of the happiness of life in adolescents who has a parent as migrant workers has not been found using the photovoice technique, so this study is different and unique compared to previous studies.

Another advantage obtained from this study is that researchers see that each participant can find happiness through ways and patterns in their respective lives. This relates to the happiness they seek and get while separated from their parents but still pay attention and consider their lives as children who are far from their parents. This is seen from the effort to find work, the activities they participate in to distract them from the sadness of parting with their parents.

In this study, the limitations are that the authors have difficulty finding places or villages that have all community members or villages who work as TKI/TKW, for that the authors are still looking for them randomly, only centered in Kupang City but not centralized.

The formation of the pattern contained in the articles used in this study is that the two articles show that the role of the mother or wife in supporting and improving the family's economic standard is finally determined to work abroad in the hope of improving the standard of living of families in Indonesia. From the two articles used, it was found that after the departure of the mother or wife to work abroad, it was found that there were changes that occurred in family life both regarding parenting patterns and increasing family economic conditions.

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