

Factors That Contribute to the Subjective Well Being of Minang Ethnic Family Adolescents

Herman Nirwana¹ and Tesi Hermaleni²

¹Department of Guidance and Counseling, Faculty of Education, Universitas Negeri Padang, Indonesia

²Department of Psychology, Faculty of Education, Universitas Negeri Padang, Indonesia

Keywords: Subjective Well Being, Adolescent, Minang Ethnic.

Abstract: Many cases of juvenile delinquency that occur are an indication of adolescents who have low subjective well-being. *Subjective well-being* is an essential psychological construct that will affect many aspects of a person's life. Good physical health, longer life expectancy, making individuals comfortable with themselves, having better social abilities, being more altruistic, better conflict resolution, and is more likely to be more successful depending on subjective well-being. Many factors influence personal well-being, and one of them is cultural factors. Research on the subjective well-being of Minang ethnic adolescents has never been studied before, even though Minang ethnicity has a specific matrilineal culture that significantly influences the life and characteristics of its people. This study aims to determine the factors that contribute to the subjective well-being of Minang ethnic adolescents. The research was conducted using quantitative methods with regression analysis. By considering the factors that influence subjective well-being in previous studies, the researchers determined five factors to analyze their contribution to adolescents' subjective well-being in Minang ethnicity. The research population was Minang ethnic adolescents, and the sampling technique used was purposive sampling.

1 INTRODUCTION

The child is a parent's hope, and his birth becomes a new hope for them. All parents expect their children to be physically healthy and psychologically prosperous. Psychological well-being is referred to as subjective well-being. Subjective well-being is a subjective evaluation of a person's life (Maddux, 2019).

Subjective well-being is essential because those with subjective well-being have higher physical health and live longer than those with lower subjective well-being (Diener, Pressman, Hunter, and Delgado-Gil, 2019). According to (Maddux 2019), subjective well-being will also make individuals comfortable with themselves, have better social skills, be more altruistic, have better conflict resolution, and be more successful in many areas.

Based on the previous description, it can be concluded that the delinquency of children and adolescents and the low learning achievement indicate their low subjective well-being. Although ideally, parents should guarantee the welfare of their children, many children feel un welfare

psychologically and then perform deviant/delinquent actions, especially adolescents (Kusmiyati, 2013) state that adult delinquency behavior is increasingly worrying. Adolescence is a very lame and vulnerable time. The condition led to adolescence being the lowest level of happiness compared to other stages of development, Hunter in (Hartati, 2017).

Many variables affect subjective well-being, and one of them is the culture in which individuals settle. Suh (Diener et al., 2002) found that in a collective culture, the extent to which one's life is following the wishes of others has a significant effect on his psychological well-being and vice versa in individualist cultures. Research on subjective well-being in children (adolescents) in ethnic minang families tends to be rarely studied. However, ethnic minang is an ethnicity that has a cultural philosophy that tends to be unique and belongs to ethnicities with patriarchal culture and collective.

Research that discusses subjective well-being in adolescents has been conducted before, abroad, and in Indonesia. However, there has been no research in this subjective well-being topic conducted in adolescents with minang ethnicity when culture is

also correlated with subjective well-being (Diener et al., 1995). This phenomenon is the basis for researchers to focus on researching factors contributing to subjective well-being in children with Minangkabau ethnic groups. In this study, three factors influence subjective well-being that will be seen as contributions: self-esteem, social support, and family function. By the research process, in the future can be found what factors contribute to the psychological well-being of ethnic Minangkabau children (adolescents).

2 METHOD

The study used a quantitative correlational method. The research population is a teenager with a background in Minangkabau culture. The sampling technique used in this study is purposive sampling, where there are several criteria applied to be a participant in this study. The sample in this study was 364 teenagers according to the criteria of the research subject, aged 17 to 19 years. Instruments used in the study are Family Assessment Device by Jamil, Gunarya, and Kusmarini (Jamil et al., 2019) for family function measuring instruments. Subjective well-being and self-esteem measuring instruments using measuring instruments from Utami, Prptomodjati, and Wulan (Utami et al., 2018). Social support measuring tool using social support measuring instruments. Research questionnaires are distributed through online media.

3 RESULTS AND DISCUSSION

Here is the calculation of regression analysis of three variable research, namely self-esteem, social support, and family function, together against adolescents' subjective well-being.

Table 1: Regression analysis table.

Model	R	R Square	Adjusted R Square
1	,744a	0,553	0,544

Based on the table above, the contribution of self-esteem, social support, and family function together to the subjective well-being of adolescents is 55%. Furthermore, the regression analysis of three variable research, self-esteem, social support, and family function individually against adolescents' subjective well-being, are shown in Table 2.

Table 2: The regression analysis of three variable research.

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
ZX1					
Zscore: Self Esteem	0,613	0,077	0,607	7,971	0,000
ZX2					
Zscore: Social Support	0,202	0,069	0,207	2,917	0,004
ZX3					
Zscore: Family Function	-0,001	0,074	-0,001	-0,020	0,984

Based on the table, it can be seen that self-esteem has a more significant contribution than other variables to the subjective well-being of teenagers with ethnic families, followed by social support. Meanwhile, family functions do not contribute to subjective well-being.

Based on the data analysis obtained from three variables, namely social support, family function, and self-esteem, self-esteem is the most powerful contributing to subjective well-being. The second variable that contributes to subjective well-being is social support. Among the three variables is the family function that does not contribute significantly to subjective well-being. Variables that contribute insignificant family function to adolescent subjective well-being are thought to be due to adolescent developmental tasks that are more influenced by their peer group, as stated in Santrock (Santrock, 2003).

Researchers found another study that contradicted the results of this study, which was conducted by Gülaçti (Gülaçti, 2010) in turkey that found that family support that predicts subjective well-being while support from outside the family was found not to predict subjective well-being of adolescents. The difference in the results of this study is natural because subjective well-being is heavily influenced by culture. According to Suh (Diener et al., 2002), collective and individual cultures influence subjective well-being. Turkish subjective factors that have an individualistic culture will undoubtedly be very different from the Minangkabau culture that tends to be collective.

In research conducted by Tolewo *et al.* on the elderly (Tolewo et al., 2019), self-esteem and social support together contribute to subjective well-being. These findings are similar to the results of this study. This result is certainly not surprising because, according to Diener and Seligman (Tolewo et al.,

2019), social support is indeed a factor that predicts a person's subjective well-being. More specific results from this study show that self-esteem has a more outstanding contribution than social support and family function. This result is in line with research conducted by Khairat and Adiyanti (Khairat & Adiyanti, 2015) in adolescents found that self-esteem can predict adolescents' subjective well-being because it also has a considerable contribution of 53.4%.

4 CONCLUSION

There are opportunities to improve the subjective well-being of adolescents by increasing self-esteem and adolescent social support. Self-esteem in some studies can be improved through family support, and one of the studies that explain that there is a link between family support and child self-esteem is research Supatmi, Mayangsari, Sumara(Supatmi et al., 2019).

ACKNOWLEDGEMENTS

This research has been conducted with the involvement of much help. The writer is very grateful to Tesi Hermaleni for her help in doing this research properly. Furthermore, the writer would also like to thank Fikryanda for helping to contribute to the research data processing process. As well as for the students that helped in the data process so that this research can be done correctly and also to all participants who can have participated in this study

REFERENCES

- Diener, E., Diener, M., & Diener, C. (1995). Factors Predicting the Subjective Well-Being of Nations. *Journal of Personality and Social Psychology*, 69(5), 851–864. <https://doi.org/10.1007/bf03404887>
- Diener, E., Lucas, R. E., & Oishi, S. (2002). Handbook of Positive Psychology, 3rd Edition. In C. R. Snyder & S. J. Lopez (Eds.), *Handbook of Positive Psychology*, 3rd Edition. Oxford University Press. <https://doi.org/10.1093/oxfordhb/9780199396511.001.0001>
- Gülaçti, F. (2010). The effect of perceived social support on subjective well-being. *Procedia - Social and Behavioral Sciences*, 2(2), 3844–3849. <https://doi.org/10.1016/j.sbspro.2010.03.602>
- Hartati, N. (2017). Makna dan Sumber Kebahagiaan Remaja Suku Minangkabau. *Jurnal Konseling Dan Pendidikan*, 5(2), 80. <https://doi.org/10.29210/117700>
- Jamil, R. A., Gunarya, A., & Kusmarini, D. (2019). Ritual Keluarga sebagai Diskriminan Keberfungsian Keluarga. *Jurnal Psikologi Sosial*, 17(1), 46–56. <https://doi.org/10.7454/jps.2019.7>
- Khairat, M., & Adiyanti, M. G. (2015). Self-esteem dan Prestasi Akademik sebagai Prediktor Subjective Well-being Remaja Awal. *Gajah Mada Journal Of Psychology*, 1(3), 180–191. <https://doi.org/10.22146/gamajop.8815>
- Kusmiyati, (2013, September 10). Berbagai Perilaku Kenakalan Remaja yang Mengkhawatirkan. Berbagai Perilaku Kenakalan Remaja Yang Mengkhawatirkan. <https://www.liputan6.com/health/read/688614/berbagai-perilaku-kenakalan-remaja-yang-mengkhawatirkan>
- Maddux, J. E., (2019). Subjective well-being and life satisfaction. In J. E. Maddux (Ed.), *Subjective well-being and life satisfaction*. Routledge.
- Santrock, J., (2003). *Adolescent-Perkembangan Remaja*. Erlangga.
- Supatmi, Mayangsari, W. I., Sumara, R., & Yunitasari, E. (2019). The relationship between family support and self-esteem among cervical cancer patients undergoing chemotherapy. *Indian Journal of Public Health Research and Development*, 10(8), 2666–2670. <https://doi.org/10.5958/0976-5506.2019.02271.X>
- Tolewo, S. P., Kurnaningsih, Y., & Setiawan, A. (2019). The Influence of Social Support and Self Esteem on Subjective Well-Being in Elderly of Pamona Utara Sub-District Poso Regency. *Psikodimensia*, 18(1), 67. <https://doi.org/10.24167/psidim.v18i1.1789>
- Utami, M. S., Praptomojati, A., Wulan, D. L. A., & Fauziah, Y. (2018). Self-esteem, forgiveness, perception of family harmony, and subjective well-being in adolescents. *International Journal of Research Studies in Psychology*, 7(1). <https://doi.org/10.5861/ijrsp.2018.2006>