



THE RELATIONSHIP BETWEEN RELIGIOSITY, SOCIAL SUPPORT, AND PSYCHOLOGICAL WELL BEING TOWARD ADOLESCENTS IN DISASTER-PRONE AREAS IN PADANG CITY

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ABSTRACT

Indonesia, particularly Padang City, West Sumatra, is a prone-area toward natural disasters related to geographical, geological and demographic conditions. Natural disasters give a very significant impact on physical, psychological and social. The psychological impact that most often appears in disaster cases is Post Traumatic Stress Disorder (PTSD). One who is prone to experiencing PTSD is adolescents. To prevent PTSD from occurring, good psychological well-being is needed. The factors that influence psychological well-being are religiosity, and social support. This study is an analytical study with a cross sectional approach. This research was conducted in three disaster-prone districts in Padang City, namely North Padang, South Padang, and Koto Tangah. Data were collected through distributing questionnaires to 156 adolescents who were selected by purposive sampling. Data were collected by questionnaire and analyzed descriptively using univariate analysis, bivariate analysis with chi square test, and multivariate logistic regression analysis. The results of this study found that 85 respondents (54.5%) had low psychological well-being, 98 respondents (62.8%) had low religiosity, and 91 respondents (58.3%) had low family support. The results of the bivariate analysis found a relationship between religiosity (0.000) and social support (0.04) toward psychological well-being. Conclusions: The results found that there was a relationship between religiosity and social support toward psychological well-being adolescents in disaster-prone areas in Padang City. It is recommended for adolescents to increase religiosity and for parents and teachers to increase social support so that adolescents have high psychological well-being

Keywords: Psychological well-being, religiosity, social support, Adolescent, Disaster-prone area.

INTRODUCTION

Indonesia is a disaster-prone region in the Southeast Asia region due to geographical, geological and demographic conditions that allow disasters to occur, whether caused by natural or non-natural factors¹. One of the areas in the country of Indonesia that has a fairly high level of vulnerability to earthquakes and tsunamis is Padang City. Natural disasters have had a very significant physical, psychological and social impact. Disaster events result in trauma to disaster victims. Natural disasters also leave psychological

impacts on survivors. The psychological impact that most often appears in the cases of natural disasters is Post Traumatic Stress Disorder (PTSD)².

PTSD is a disorder that can form from traumatic events that threaten a person's safety or make a person feel helpless. People experiencing PTSD respond to traumatic events with fear and hopelessness. One who is prone to experiencing PTSD is adolescent. Adolescence is a period that is still unstable and vulnerable to various problems³.



To prevent PTSD from occurring, good psychological well-being is needed. Psychological well-being is a condition where individuals become prosperous and have the ability to accept themselves as they are, able to formulate life goals, develop positive relationships with others, be able to grow and develop independent personal potential, have autonomy and are able to control the environment^{4, 5}.

Many factors can affect a person's psychological well-being, including the characteristics of a person such as age, gender, social and economic factors, occupation, education level, including factors of religiosity, personality, psychological distress, quality of life, coping strategies, self-concept, social support and self-efficacy. Based on many factors above, the most influence factors on psychological well-being are religiosity, and social support.

Based on data from the Regional Disaster Management Agency (BPBD) of Padang City, from 11 sub-districts there are 3 sub-districts that are potentially affected by the tsunami, namely North Padang, West Padang, and Koto Tangah. Based on the explanation above, the researchers conducted a research on factors related to psychological well-being toward adolescents in disaster-prone areas in Padang City. The objectives of this study were: To determine the relationship of religiosity, social support, and psychological well-being toward adolescents in disaster-prone areas in Padang City.

RESULT

The results of this study on 156 respondents showed that 85 respondents (54.5%) had low Psychological well-being, 98 respondents (62.8%) had

MATERIAL AND METHODS

This research is a descriptive analytic research with a cross sectional study method. The dependent variable is psychological well-being and the independent variable is religiosity, and social support. The data collection of this research was carried out from April to July 2020 in Junior High Schools which are very close to the beach in three disaster-prone districts in Padang City, namely SMP N 40 in North Padang, SMP N 35 in South Padang and SMP N 34 in Koto Tangah.

The population in this research is all adolescents in Junior High Schools which are very close to the beach in three disaster-prone districts in Padang City. The numbers of samples in this study were 156 respondents who were selected by accidental sampling technique. The data were obtained by using a questionnaire of psychological well-being, religiosity, personality, coping strategies, self-concept and social support.

This study pays attention to the basic principles of research ethics which include autonomy, beneficence, non-maleficence, anonymity and justice. The data analyses used in this study were univariate, bivariate, and multivariate. Univariate analysis was used to see the frequency distribution of each of the studied variables. Bivariate analysis with Chi-square test was used to examine the relationship between psychological well-being and religiosity, and social support.

low religiosity, and 91 respondents (58.3%) had low family support toward adolescents in disaster-prone areas of Padang City (Table 1).



Table 1: Univariate Analysis

Variable	Category	f	%
Psychological Well-Being	Low	85	54.5
	High	71	45.5
	Total	156	100.0
Religiosity	Low	98	62.8
	High	58	37.2
	Total	156	100.0
Family Support	Low	91	58.3
	High	65	41.7
	Total	156	100.0

The results of the bivariate analysis found a relationship of religiosity (0.000), and family support (0.04) toward psychological well-being. The majority of low psychological

well-being was found in 75.3% of adolescents who have low religiosity, and 69.4% of adolescents who have low family support (Table 2).

Table 2: Bivariate Analysis

Variable	Psychological Well Being						P value
	Low		High		Total		
	f	%	F	%	f	%	
Religiosity							
Low	64	75.3	34	47.9	98	62.8	0,001
High	21	24.7	37	52.1	58	32.7	
Total	85	100	71	100	156	100	
Family Support							
Low	59	69.4	32	45.1	91	58.3	0,04
High	26	30.6	39	54.9	65	41.7	
Total	85	100	71	100	156	100	

DISCUSSION

The results of the Univariate analysis showed that more than half of the respondents had low Psychological Well Being, low religiosity, and low family support.

During adolescence, psychological well-being seems to have its own developmental idiosyncrasy and differs significantly from later ages. The manifold changes that occur at these ages (physical, physiological, cognitive, emotional, behavioral, social, relational and institutional) make adolescence an

exceptionally plastic period of life¹³. Psychological well-being is an important aspect in one's life as it refers to positive mental health. Psychological well-being is often defined as some combination of positive affective states such as happiness and functioning with optimal effectiveness in individual and social life¹⁴.

Kadiyono, Anissa & Harding and Diana conducted a research entitled Religiosity and Psychological Well-Being: Implication to Improve Disaster Management. The results



showed that their psychological well-being is in moderate low category. It means that they did not have a positive attitude toward their selves and others. They cannot make their own decisions, regulate their behavior and they are not able to choose and create the environment that suits their needs¹⁵.

The results of this study also indicated that more than half of adolescents had low religiosity. This is in line with the research of Donahue, Michael & Benson P, that the majority of adolescents had low religiosity. Religiosity is very helpful for individuals when they have to deal with unpleasant events. Religiosity helps individuals maintain individual psychological health in times of adversity¹⁶.

The results of this research also stated that adolescents in disaster-prone areas mostly have low social support. This is in line with the statement of Adyani, L., Suzanna, E., Safuwani, S., & Muryali, M from the results of their research entitled *Perceived Social Support and Psychological Well-Being among Interstate Students at Malikussaleh University*. They stated that *'for perceived social support indicating that the students received low social support'*¹³.

The results of the bivariate analysis showed that there was a relationship between religiosity, personality type, coping strategies, self-concept and family support for psychological well-being. The majority of low psychological well-being is found in adolescents who have low religiosity, introverted personality type, dominant coping strategies to Emotional Focused Coping, negative self-concept and low family support.

Religion has an important influence on the psychological well-being. Religion is a multifunctional

phenomenon that can serve multiple purposes. It has been linked to psychological goals, anxiety reduction, personal control, self-development and research of meaning. Religiosity had an influence on the establishment of psychological well-being. Positive correlation value indicates that the higher religiosity in individual, the higher their Psychological Well-Being²⁰.

Psychological well-being is made up of six dimensions: (1) autonomy, or the ability to regulate our own behavior, resist social pressure and follow our convictions; (2) environmental mastery, or the ability to manage the context and daily activities; (3) personal growth, which includes a continuous process of developing our own potential;(4) positive relationships with others, defined as the establishment of close, trusting and meaningful bonds with others, as well as showing concern for the well-being of others; (5) purpose in life, or setting objectives and goals which give meaning and direction to our lives; and (6) self-acceptance, or the ability to have a positive attitude and feelings of satisfaction and acceptance of ourselves. Each of these dimensions represents what it means to be healthy, well and fully functioning, and articulates the different challenges that people face in their effort to achieve positive functioning²¹.

The results of this research also indicate that there is a relationship between social support and psychological well-being. This is reinforced by Adyani, L's et al research, which showed that there is a very significant positive relationship between social support and psychological wellbeing with an effective contribution of 47.5% and a correlation coefficient in this study of 0.689. A positive correlation value indicates that the more positive one's social support is, the



higher the psychological well-being. Someone who gets social support will feel be loved, cared for and cared for by others. Therefore, the individual will develop a positive attitude and have high psychological well-being. Social support itself is also one of the factors to achieve psychological well-being of a person among other factors such as age, sex, social status, religiosity and personality¹³.

CONCLUSION

Conclusion in this study, there was a relationship between religiosity and social support toward psychological well-being adolescents in disaster-prone areas in Padang City. It is recommended for adolescents to increase religiosity and for parents and teachers to increase social support so that adolescents have high psychological well-being.

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