

Analysis of the Psychological Well Being Profile of Middle School Students around the Riverbanks of Banjarmasin City

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ABSTRACT: Education is an important aspect of life. Various obstacles arise that affect the quality of education. One of these obstacles is that there are still several cases related to bullying, sexual violence, brawls, intolerance and various other problems, including promiscuity which of course affects the mental health of students at school. Students who have low mental health will have an impact on not achieving student well-being at school. Based on the results of the analysis of the Psychological Well-Being categorization, students identified as having very low and low psychological well-being were 108 students with a percentage of 20% of the total sample taken. Apart from that, students who were identified as having moderate psychological well-being were 247 or 67% of the total sample. Meanwhile, there are 13 students who have a high psychological well-being category or only 4%. These results strengthen the finding that most students tend to have less psychological well-being which has the potential to have an impact on students' mental health at school. However, it also has the potential to improve if mental health-based guidance and counselling services are provided with various supports from parties at the school.

KEYWORDS: Psychological Well-Being, Teenagers, Mental Health, Riverbank Students

INTRODUCTION

Humans always behave in order to fulfill their needs and of course each human being's needs are achieved differently. There are those who have succeeded in meeting their needs and there are also those who have not been able to fulfill their needs due to various causal factors. Achieving needs will make people happy and vice versa, failure to achieve needs can also cause problems. However, there are quite a few people who have also managed to get through their failures well. This is related to the individual's ability to accept reality.

The needs that every individual has will never stop throughout his life. Every individual will try to fulfill every need. However, in the process, to fulfill needs, individuals will be faced with various obstacles that will enrich their experiences in life, both pleasant and unpleasant experiences, which will then result in happiness and unhappiness (Setiawan, 2014). Based on survey data, Diener et al (Safitri, 2021) state that happy people tend to do better than people who are less happy because they are more productive and more socially involved. This shows that a person's level of happiness has quite an influence on their productivity in carrying out daily activities.

Every individual certainly has hopes and dreams to achieve happiness or prosperity in their life. Every human being must have their own way of creating a prosperous life, both from physical, social, emotional and psychological conditions. Rihlati believes that psychological well-being is a situation or condition faced by an individual where the individual has positive energy within himself and is also able to accept his psychological abilities (Amalia, 2021). A psychological state that is not only free from mental illness, but contains a broader meaning, namely that an individual has a positive character in terms of self-acceptance, relationships with other people, autonomy, mastery of the environment, life goals, and self-growth, namely psychological well-being.

Ryff (Tasema, 2018) says that psychological well-being or psychological well-being is a condition where an individual can accept the advantages and disadvantages that exist within themselves sincerely as they are. A person who has a goal in life, is able to build relationships or increase positive relationships with other people, becomes an independent person and develops personally. These are characteristics that indicate someone is psychologically prosperous. On the other hand, if someone does not yet know the purpose of their life, lacks relationships and tends to be an inferior, negative or less independent person then this can mean that they have not achieved psychological well-being.

Individuals who achieve psychological well-being can experience increased happiness, positive mental health and personal growth. Positive mental health is not only the absence of mental illness, but also involves a feeling of psychological well-being, which goes hand in hand with feeling healthy. Psychological well-being can be achieved if individuals strive to realize their

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life goals so that they can develop themselves as completely as possible, and are able to realize happiness accompanied by meaning in life (Megawati & Yohanes, 2016).

Understanding of health is not only about physical illness but also psychologically or in terms of mental health. Psychological well-being is interconnected with mental health. Mental health is very important. A person's mental health will provide better aspects of life. Mental health is a condition where individuals are free from various types of mental disorders and can carry out normal activities, especially in facing problems in their lives (Suwujuk & A'yun, 2022). It is not only physical and physical health or well-being that needs to be considered, but psychological well-being is also equally important. A balance between these two things means an individual can live his life well.

Adolescence is a transition from childhood to adulthood. In this phase, teenagers will experience different physical and mental changes, this makes them focus more on the situation to help them gain courage and gain confidence in the social environment. The mental problems seen by middle school teenagers are quite worrying because they feel they look less attractive and unsure. In accordance with Riyana's (2022) research results which show that students who experience low self-confidence with a percentage of 55.6% also experience mental well-being in the low classification, namely 49.2%. In addition, WHO (2021) stated that globally, it is estimated that 1 in 7 (14%) children aged 10-19 years' experience mental health conditions, but the majority of these conditions are still unknown and untreated. Adolescents with mental health conditions are particularly vulnerable to social exclusion, discrimination, stigma (which affects readiness to seek help), educational difficulties, risk-taking behavior, poor physical health, and human rights violations. This shows that mental health is an important discussion to achieve psychological well-being.

The results of other related research based on research by Tri Wahidingsih (2017) show that the higher self-confidence, the better the mental well-being of teenagers in managing individual problems. Meanwhile, the results of research by Dewijayanti & Wahyudi (2018) show that 80.6% of teenagers have high self-confidence, 66.7% of teenagers also have high mental well-being. The results of this research show that students who have low self-confidence are unlikely to achieve psychological well-being and this will also affect their mental health and the education they are pursuing.

Psychological well-being in adolescents can be the foundation for adolescents in facing the critical and tumultuous period of adolescence. Prabowo's (2016) research results show that the majority of students, 76%, have moderate psychological well-being, 13% of students are in the high category, and 11% of students are in the low category. These data show that in general the psychological well-being of teenagers at Muhammadiyah Vocational High Schools is in the medium category. The dimension that has the most influence on teenagers' psychological well-being is environmental mastery, where teenagers feel happy when they are able to master their environment well.

Well-being is one of the important goals in human life and is an important factor in determining the quality of an individual's life. If the dimensions of psychological well-being can be applied, it will automatically improve individual psychological well-being (Yuliani, 2018). Therefore, psychological well-being refers to individuals who are able to develop their potential and abilities optimally so that they can function positively as they function both physically and psychologically (Munandar et al., 2020).

Based on the background above, this research aims to analyze the psychological well-being profile of students in junior high schools located around the riverbanks of the city of Banjarmasin. This is a form of effort to identify student problems in order to make efforts to create a Guidance and Counseling program that is oriented towards student mental health.

RESEARCH METHODS

This research uses a descriptive quantitative research design with survey methods. The variable that is the point of analysis is the psychological well-being of junior high school students around the river banks. The research sample was 368 junior high school students who attended schools near the riverbanks in Banjarmasin City. The instrument used is the psychological well-being scale which uses a Likert scale. The data analysis used is descriptive statistics.

RESULTS AND ANALYSIS

Based on the research that has been carried out, the following results were obtained:

Table 1. Description of Research Subjects

Category	Frequency	Percentage
Sex		
Male	163	44,3%
	205	55,7%
Female		
Class		
7	194	52,7%
8	174	47,3%
Total	368	100%

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Based on table 1 above, the description of the research subjects is in the form of gender, class and school. Based on gender, the majority were dominated by female subjects as much as 55.7% and the remaining male subjects as much as 44.3% with the majority from class 7 as much as 52.7% and from class 8 as much as 47.3%.

Table 2. Description of Students' Psychological Well-Being in General

Category	Frequency	Percentage
Very High	0	-
High	13	4%
Moderate	247	67%
Low	107	29%
Very Low	1	0%
Total	368	100%

Based on table 2 above, students' psychological well-being is generally in the medium category with the number of students being 247 people (67%), while students in the high category are 13 people (4%), students in the low category are 107 people (29%), the remaining students in the very low category were only 1 person (0%) and there were no students in the very high category. Based on the data above, students with a level of psychological well-being tend to be more numerous than those with high or low levels. More than 50% are in the medium category. This shows that students who have moderate psychological well-being have the potential to increase to a high level and are also likely to decrease to a low level. Apart from that, from table 3, based on the indicators, the dimension of psychological well-being related to autonomy tends to be less than 50%, especially in the indicator of being able to face social pressure. These results indicate that students tend to have difficulties when facing stressful social situations. This means that social interaction in teenagers' lives is very influential in achieving psychological well-being. Students at school tend to build interaction relationships at school which are part of external factors. To deal with this, coping strategies are needed to deal with this situation. The results of Safitri's research (2021) found that effective stress coping can be achieved so that a more positive evaluation of life can be created, happiness can be formed and potential is optimized so that psychological well-being can be realized in individuals.

Good potential exists in indicators that are able to understand strengths and weaknesses and have confidence in the future. This shows the potential that students in junior high schools around the riverbanks are able to have a foresight about their dreams. They also tend to be able to understand their own potential by knowing their strengths and weaknesses. Based on research by Akhtar (2009), psychological well-being can help teenagers to be able to foster positive emotions within individuals, feel life satisfaction and happiness by doing positive activities, reduce depression and negative behavior in teenagers. To be able to grow and improve psychological well-being, it is necessary to provide mental health-based guidance and counseling services in schools so that they can strengthen important aspects that influence the realization of students' mental health in realizing psychological well-being. The various guidance and counseling services can be based on identification results based on the type of service, whether preventive or curative.

Table 3. Psychological Well-Being Profile of Students Based on Dimensions

Psychological Dimensions of Well-Being	Indicator	Percentage
Self-Acceptance	- Students make efforts to recognize themselves	52%
	- Students are able to accept their limitations	55%
	- Students know their strengths and weaknesses	58%
Positive Relationships with Others	- Have empathy and concern for other people	57%
	- Able to carry out each stage of individual development tasks with others	57%
	- Capable of building interpersonal relationships	56%
Environmental Mastery	- Able to manage life effectively with the surrounding environment	54%
	- Able to adapt to the environment	56%

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Personal Growth	- Can develop self-potential in improving academic performance	54%
	- Able to develop and hone personal potential, both soft skills and hard skills	57%
Personal Growth	- Able to determine the purpose and meaning of his life	57%
	- Feel confident to achieve your life goals	59%
Autonomy	- Able to perform and sharpen behavior independently	52%
	- Able to deal with social pressure	47%

Based on table 3 above, it can be seen the differences in students' levels of psychological well-being based on the highest score of each indicator in the dimension. So, it can be concluded that the indicator in the dimension that has the largest percentage is in the life goals dimension, namely 59%. Meanwhile, the indicator in the dimension that has the smallest percentage is in the self-acceptance dimension, namely 52%.

DISCUSSION

Ryff (Tasema, 2018) says that psychological well-being or psychological well-being is a condition where an individual can accept the advantages and disadvantages that exist within themselves sincerely as they are. A person who has a goal in life, is able to build relationships or increase positive relationships with other people, becomes an independent person and develops personally. The results of the research show that junior high school students around the riverbanks of the city of Banjarmasin have a tendency to increase or decrease. Therefore, guidance and counseling services are needed at school for students to provide positive reinforcement to be able to maintain or improve psychological well-being. The support of the school environment also has an influence on achieving psychological well-being so that students' mental health will be realized. Students have the potential to achieve psychological well-being because students tend to be able to recognize potential strengths and weaknesses and have confidence in their future goals. Various forms of guidance and counseling services, both preventive and curative, are very necessary to imply and improve the dimensions of psychological well-being to achieve student mental health.

CONCLUSIONS

The results of research conducted on junior high school students around the riverbanks of the city of Banjarmasin in grades 7 and 8, showed that the majority of students had psychological well-being in the medium category. The remaining students fall into the high, low and very low categories. The most influential dimension of psychological well-being is the dimension of purpose in life, which means students have the ability and confidence to determine and achieve the goals and meaning of their lives. The indicator that has the smallest percentage is in the self-acceptance dimension, where students are still making efforts to know themselves. Most students are able to apply the dimensions of psychological well-being, but quite a few are still unable to apply them, because there are still many students with low psychological well-being. The implementation of guidance and counseling is very necessary in schools because it can be an effort to help students develop their psychological well-being abilities. When students have high psychological well-being, they will grow into independent, happy and prosperous individuals

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