

The Role of Social Support on Subjective Well-Being in Adolescents

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ABSTRACT

This study aims to explore the role of social support on adolescents' subjective well-being. Social support is one of the important aspects that contribute to individual happiness, especially in the context of adolescent life, which often faces various emotional challenges. This study aims to determine the extent to which social support affects subjective well-being in adolescents. The research was conducted through an online survey involving 300 adolescent participants. The sampling technique used was purposive sampling, with data analysis conducted using linear regression. The results showed that social support contributed 36.5% to subjective well-being ($R^2 = 0.365$, $p = 0.000$). This finding indicates that the higher the social support received by individuals, the better their subjective well-being. Social support from friends and family has been shown to be effective in reducing stress and increasing happiness. This study concludes that social support has a significant influence on adolescents' subjective well-being, indicating the importance of positive social relationships in improving their quality of life.

Keywords: social support, subjective well-being, adolescents

Introduction

In essence, all individuals want happiness in their lives. Happiness is one of them in the environmental setting in educational institutions (O'Brien & Murray, 2019; Ounprasertsuk et al., 2022; Romano, 2017). The happiness of students is used as an indicator to assess student comfort while at school, with the hope that this can improve learning achievement. Happiness has long been the focus of research to measure a person's condition, because a person's satisfaction with themselves can produce happiness naturally (Nugraha, 2020).

Subjective well-being encompasses positive emotions, a strong sense of happiness, and a high degree of life satisfaction. Subjective well-being is interpreted as emotions experienced during the period of educational life and general satisfaction, such as joy, sadness, comfort, feeling insecure, embarrassed and feeling low (Fabian, 2022).

Subjective well-being is something that adolescents need to have. Researchers who study subjective well-being have the same opinion linking the impact and pleasure of a beneficial life as elements related to subjective well-being.

The researchers stated that people with high subjective well-being tend to maintain an optimistic view of life and experience happiness (Council, 2014; Dursun, 2021; Pleeing et al., 2021). Those who frequently feel positive emotions also report higher levels of life satisfaction and pleasure, in contrast to those who face negative emotions such as sadness and anger. In contrast, individuals with low subjective well-being often struggle with intense sadness and experience anger and anxiety more frequently.

Subjective well-being consists of two key dimensions, namely positive and negative effects, and life satisfaction. The first dimension, positive affect, refers to feelings of happiness, pleasant experiences, and attentiveness. Negative affect, on the other hand, involves negative emotions such as anger, sadness, and anxiety. The second dimension is life satisfaction, which reflects an individual's overall sense of contentment and fulfilment.

Individuals who feel happiness, feel they have a purpose, and rarely experience negative feelings (anger, anxiety, and sadness) can be said to have high subjective well-being. Those with low subjective well-being often report feelings of dissatisfaction, accompanied by unpleasant emotions such as anger and fear. Conversely, individuals with high subjective well-being tend to feel satisfied and happy, experiencing fewer negative emotions like anxiety and anger.

Therefore, it is crucial to preserve subjective well-being by consistently minimizing negative emotions, enhancing positive feelings, and ensuring overall life satisfaction remains high. However, the experience of loneliness can lead to negative emotions, disrupting subjective well-being. According to researchers, there are various factors that influence subjective well-being, namely life goals, differences in gender, religion and spirituality, the level of individual social relationships, and personality.

First, life goals, individuals feel happy when they feel they have achieved goals that are considered more important than goals that are considered less important, individuals will feel happier when they have clear goals. Second, gender differences, there are differences in gender and subjective well-being. Women are more likely to say negative affect and deep sadness than men are, and more likely to seek therapy to deal with this condition, although men and women report similar levels of general happiness. This is because women express feelings that occur while men deny them. Third, religion and spirituality, religious individuals generally feel high well-being.

Several studies have shown that subjective well-being has a relationship with religious beliefs. After looking at the age, income, and marital status of respondents, subjective well-being is related to the Almighty, and participation in religious aspects. Next is the level of individual social relationships, every individual who feels happy has a positive quality of social relationships. There are three positive social relationships, namely family, friends, and romantic relationships. Finally, personality is something that influences subjective well-being when compared to other factors. This condition is because personality has stability with subjective well-being.

Social support is a critical factor that strongly influences subjective well-being (Hasibuan et al., 2018). According to researchers, social support exerts a more profound effect on subjective well-being than self-control abilities. Strengthened by research conducted supports the idea that social support can help reduce the burden of problems faced by a person so that it can increase subjective well-being (Bukhori et al., 2022; del-Pino-Casado et al., 2018; Kim, 2014).

Social support provided by those closest to them includes friends, relatives, or individuals who are there when needed (Bredewold et al., 2020; Merino, 2014; Upton et al., 2015). Social support is very important for everyone and is obtained from the social environment, including family, peers, partners, and people who are related to the person. This social support provides those who need help to deal with problems or difficulties faced in everyday life (Rif'ati et al., 2018). Social support as a daily bond between two individuals who are in close contact is intended to improve well-being. Adequate social relationships can reduce the impact of stress, help someone deal with pressure, and improve good health. In addition, social support has been shown to be effective in dealing with psychological stress in difficult times. A positive assessment of social support indicates that a person feels that the support shared by others is received positively. Conversely, a negative assessment of social support indicates that the support is not felt as something useful and does not meet existing needs (Rif'ati et al., 2018). Based on this, researchers conducted research on the role of social support on subjective well-being in adolescents.

Research Method

This study uses a quantitative approach with a survey design to explore the relationship between social support and subjective well-being in adolescents. The object of this study is adolescents aged between 13 to 18 years old who attend various educational institutions in a certain area. The population in this study consisted of 300 adolescents, who were selected using

purposive sampling techniques to ensure that respondents met the criteria relevant to the research objectives. The data used in this study was primary data, which was obtained through an online questionnaire. The questionnaire consisted of instruments measuring the level of social support and subjective well-being, including scales that had been tested for reliability. Data were analyzed using linear regression analysis to test the relationship between variables.

Table 1 Demographic data of research participants

Demographics		Frequency	Percentage
Gender	Man	163	54.3
	Woman	137	45.7
	Total	300	100

Result and Discussion

Measurement of the Social Support

The social support variable uses a measuring instrument compiled by researchers formed based on Sarafino's theory, which states that social support has 5 dimensions. Therefore, Sarafino divided 49 statement items into 5 different dimensions, namely: (a) emotional support; (b) instrumental support; (c) informational support; (d) network support; and (e) esteem support. The purpose of the reliability test was to determine Cronbach's alpha coefficient for each dimension of the social support measurement tool. Both the initial and final Cronbach's alpha values for all dimensions were 0.847. The corrected item-total correlation values for all 49 statements exceeded 0.2, indicating that no items needed to be removed.

Measurement of Subjective Well-Being Variables

The researchers describes subjective well-being as a comprehensive assessment of life, incorporating both positive and negative aspects, for example, life and job satisfaction, involvement and interest, and emotional reactions to happy and sad situations. This concept is categorized into three dimensions, namely positive affect, negative affect, and global life satisfaction. The subjective well-being measuring tool consists of 49 items using a Likert scale ranging from one to four, with the options: "1 = TP (Never), 2 = TS (Rarely), 3 = (Often), and 4 = SS (Always)."

The purpose of the reliability test was to assess Cronbach's alpha coefficient for each dimension of the subjective well-being measurement tool. For the positive affect dimension, both the initial and final Cronbach's alpha values were 0.881. The negative affect dimension showed initial and final Cronbach's alpha values of 0.823. The global life satisfaction dimension had initial and final Cronbach's alpha values of 0.910. All 49

statement items had corrected item-total correlation values exceeding 0.2, indicating that no items needed to be removed. As a result, all items were considered valid and reliable. The detailed results of the reliability and validity tests can be found in Table 2.

Table 2 Subjective Well Being Measurement

Dimension	Item Type	Before grain elimination	After grain elimination	α Cronbach
<i>Positive Affect</i>	Positive Points	22	22	0.881
	Negative Items	0	0	
<i>Negative Affect</i>	Positive Points			0.823
	Negative Items	22	22	
<i>Global Life Satisfaction</i>	Positive Points	5	5	0.910
	Negative Items	0	0	

Test of The Role Social Support with Subjective Well Being

The data collected were analyzed to examine the relationship between social support and subjective well-being. Using linear regression analysis (with normal data) and simultaneous processing, the coefficient of determination (R^2) was found to be 0.365. This indicates that social support contributes 36.5% to subjective well-being, while other factors account for the remaining portion.

The regression analysis revealed an F value of 9.123 and a p-value of $0.000 < 0.05$, indicating that social support plays a significant role in subjective well-being. The analysis also highlights the variables that have the greatest impact on subjective well-being. The partial influence of each variable is represented by the standardized coefficients (Beta) value. The complete findings can be seen in Table 3.

Table 3 Regression Result

Independent Variable	R^2	F	p	β	p
Social Support	0.365	9.123	0.000	0.277	0.034

DV: subjective well being

Conclusion

Based on the results of the analysis of 300 respondents, it was found that social support has a significant influence on subjective well-being, with a coefficient of determination (R^2) of 0.365, indicating that 36.5% of variations in subjective well-being can be explained by the social support received. The results of this study indicate that adolescents who have a high level of social support tend to have better subjective well-being. The five dimensions of social support, namely emotional, instrumental, informational, network, and appreciation support, contribute to improving subjective well-being. Regression analysis showed a significant p value ($p = 0.034$), which confirmed the importance of social support in improving adolescents' psychological well-being. Overall, this study confirmed that social support serves as a protective mechanism against stress and an important factor in achieving higher subjective well-

being. The findings provide implications for educators, counsellors, and policy makers to pay attention to and develop programs that can increase social support for adolescents.

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