Research Article

Social support and religiosity as predictor psychological well-being among college students

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Article Info	Abstract
	Psychological well-being refers to positive mental health for college students, but psychological problems cause decreased psychological well-being. Numerous studies indicate social support and religiosity are essential for maintaining psychological well-being for college students. This study aimed to analyze the contribution of social support and religiosity to psychological well-being among college students. Data were obtained using the scale of social support, the scale of religiosity, and the scale of psychological well-being. The subjects of this study were 350 college students in Universitas Negeri Malang, East Java, Indonesia. The method of data analysis used was multiple regression. Analysis results show that the psychological well-being of college students influenced social support and religiosity but social support had more influence than religiosity. Thus, social support and religiosity are needed by college students to improve psychological well-being, more specifically for social support.

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Introduction

After graduating from high school, many students continue their studies in college. Students are individuals who are in the process of becoming adults. College students aged 18 to 25 years. When they become college students, they are in a period of emerging adulthood, a time when many problems are not encountered in adolescence. The era of emerging adulthood is a period of transition or transition from adolescence to adulthood. Various problems arose during this period as a matter of love, finance, and academic needs.

College students begin to explore all aspects of their lives, such as work, relationships with others, and housing. Exploration results in uncertainty and instability. This period is called by Arnett (2000) as a period of instability. At this time they will begin to gradually determine the direction and purpose of life. They will find out many different possible directions and goals in life.

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The events that occur in the era of emerging adulthood will affect their psychological state. Responsibility in all aspects of life they carry can be pressures that can lead to depression. Depression, anxiety, and stress, which are all negatively related to academic achievement (Carton & Goodboy, 2015; Eisenberg et al., 2007). Not only that, psychological problems have various forms of manifestations, such as obstruction of social relations with others, self-acceptance, control of the environment, religiosity and so forth. Various problems faced by these college students can cause a decrease in psychological well-being. Research from Carton & Goodboy (2015) found that students who experienced a decrease in psychological wellbeing might be less inclined to communicate in class. Udhayakumar (2018) found that students who had high psychological well-being also had high self-control. Rafat, et.al. (2019), declines were also observed in healthy habits and spiritual practices.

High rates of mental distress had been reported among undergraduate students just like other undergraduates of different departments in higher institutions of learning. The rate of the distress is higher among undergraduates compared to the general population. Some of the causative factors associated to distress among students are uncertainty about their future employ ability and success, academic stress, being distant from their primary source of support (Stallman, 2010).

Psychological well-being refers to positive mental health. Psychological well-being has various or diverse concepts. Psychological well-being can increase with age, education, extraversion, and awareness, and decrease with neuroticism. A description of the characteristics of people who have psychological well-being refers to Rogers' view of a fully-functioning person, Maslow's view of self-actualization, Jung's view of individuation, Allport's concept of maturity and also by following Erikson's concept of describing individuals who achieve integration rather than despair. Psychological well-being can be characterized by obtaining happiness, life satisfaction and the absence of depressive symptoms. Happiness is the result of psychological well-being and is the highest goal to be achieved by every human being (Ryff & Singer, 2006).

Ryff (1989a) explains that psychological well-being is the full achievement of one's psychological potential and a situation when individuals can accept their strengths and weaknesses as they are, have a purpose in life, develop positive relationships with others, become an independent person, able to control the environment, and continue to grow personally.

Ryff (1989b) adds that psychological well-being is a concept related to what individuals feel about activities in daily life and leads to the expression of personal feelings for what is felt by individuals as a result of their life experiences.

According to Ramos (2007) psychological well-being is kindness, harmony, establishing good relations with others both between individuals and in groups. Raz (2004) added that carrying out activities wholeheartedly and successfully in establishing relationships with others is the meaning of psychological well-being, in other words, the source of psychological well-being is finding meaning in his life.

From the various explanations above, it can be concluded that psychological well-being is an individual condition characterized by a feeling of happiness, life satisfaction and no signs of depression. The condition is influenced by the existence of a positive psychological functioning of the individual, like, self-acceptance, positive social relations, having a purpose in life, developing potential and being able to control the external environment. Ryff & Keyes (1995) explained that the foundation of psychological well-being is individuals who are psychologically capable of functioning positively or positive psychological functioning. Individual dimensions that have a positive psychological function are: self-acceptance, positive relationship with others, autonomy, environmental mastery, purpose in life, and personal growth.

Dimension of self acceptance is the main characteristic of mental health and is the main characteristic in self-actualization, optimal functioning and maturity. Good self-acceptance is characterized by the ability to accept themselves as they are. This ability enables a person to be positive about himself and the life he lives. Ryff (1989b) has explained that this indicates high psychological well-being. Individuals who have a good level of self-acceptance are characterized by positive attitudes towards themselves, acknowledge and accept various aspects that exist within themselves, both positive and negative, and have a positive view of the past. Vice versa, someone who has a level of self-acceptance that is not good and raises feelings of dissatisfaction with yourself, feel disappointed with past experiences, and has the hope to become a person who is not himself, in other words not being him now.

Dimension of positive relationship with others is often called the most important dimension of the concept of psychological well-being. Ryff (1989b) has stressed that the importance of establishing a warm and trusting relationship with others. This dimension also emphasizes the ability that is one component of mental health, namely the ability to love others. In this dimension, an individual who is said to be high or good is characterized by a warm, satisfying and

trusting relationship with others, and he also has a strong sense of affection and empathy for others. Meanwhile, individuals who are said to be low or lacking in this dimension are characterized by having little relationship with others, find it difficult to be warm and reluctant to have ties with others.

Dimension of autonomy, it explains about independence, the ability to determine oneself, and the ability to regulate behavior. Ryff (1989b) has explained that individuals who are able to resist social pressure to think and behave in certain ways, and can evaluate themselves with personal standards, this indicates that he is good in this dimension. While individuals who are not good in this dimension will pay attention to the expectations and evaluations of others, they will make decisions based on other people's judgment and tend to be conformist. In other words, individuals who are not affected by other people's perceptions and are not dependent on others are individuals who have good autonomy, while individuals who are easily influenced and dependent on others are individuals who have low autonomy.

Dimension of environmental mastery is someone who is able to manipulate the situation so that it is in accordance with the needs and personal values they hold and is able to develop themselves creatively through physical or mental activities. Ryff (1989b) has explained that individuals with good psychological well-being have the ability to choose and create an environment that suits their physical condition. In other words, he has the ability to deal with events outside himself (external environment). Meanwhile, individuals who are less good in dimensions will show an inability to regulate their daily lives, and lack control over the surrounding environment.

Dimension of purpose in life explains the ability of individuals to achieve goals or meaning in life. Ryff (1989b) has explained that individuals who have meaning and direction in life, will have a feeling that life both now and the past has meaning, has confidence to achieve life goals, and has a target for what you want to achieve in life, it can be said that he has a purpose in life the good one. Meanwhile, someone who is not good in this dimension, is characterized by having a feeling that there is no goal to be achieved in life that does not see any benefit in his past life, and does not have the confidence to make life meaningful. This dimension also describes a person's mental health, because we cannot escape from the beliefs an individual has about the purpose and meaning of life when defining mental health.

Dimension of personal growth explains the ability of individuals to develop their potential and develop as a human being. Ryff (1989b) has explained that personal growth is important for every individual to have a psychological function. One important thing in this dimension is the need for self-actualization, for example openness to experience. Someone who has a good personal growth has a feeling to continue to develop, see themselves as something that grows, realize the potential in self, and is able to see an increase in self and behavior from time to time. Meanwhile, individuals who are not good in personal growth will show an inability to develop new attitudes and behavior, have a feeling that he is a monotonous and stagnant person, and not interested in the life he leads.

A dynamics is influenced by several factors, such as, social support, socioeconomic status, social network, religiosity, and personality. Social support is a picture of expressive supportive behavior (support) given by an individual to other individuals who have attachments and are quite meaningful in their lives. Social support from people who are meaningful in one's life can provide predictions of one's well-being (Lazarus, 1993; Robinson, 1983). The social support provided aims to support the recipient in achieving his goals and welfare. Good interaction and obtaining support from colleagues will reduce the appearance of conflict and workplace disputes (Chaiprasit & Santidhiraku, 2011)

Socioeconomic status affects one's psychological well-being. Such as the amount of family income, education level, job success, material ownership and social status in the community (Pinquart & Sörensen, 2000). Failure at work and hampered income can lead to work stress that results in decreased psychological well-being of employees which ends with poor work performance and low productivity will harm the organization or company. (Skakon, Nielsen, Borg, & Guzman, 2010)

Relating to social activities participated by individuals such as being active in meetings or organizations, the quality and quantity of activities carried out, and with whom social contact was carried out (Pinquart & Sörensen, 2000). A good social network and maintaining the quality of social relations with the environment will reduce the appearance of conflict and improve psychological well-being in life. (Wang & Kanungo, 2004)

This relates to the transcendence of all life problems to God. Individuals who have a high level of religiosity are more able to interpret their life events positively so that their lives become more meaningful (Bastaman, 2000). Religion on the other hand is collective, particular and distinct by boundaries. Religion is spirituality incarnated at social and cultural levels. Religion takes the boundless and binds into the confines of language and culture, even as it may also alter culture (Testerman, 1997). Religion is usually measured and examined in relationship to mental and physical health outcomes (Koenig, 2009). Psychological wellbeing has a positive association with religiosity and spirituality.

Individuals who have many personal and social competencies, such as self-acceptance, are able to establish harmonious relationships with the environment, effective coping skills will tend to avoid conflict and stress. Someone who can't make wise choices, do not dare to take risks, lack of ability to control themselves and do not have good self-acceptance is an indication of the existence of conflict in him that will reduce the level of psychological well-being in his life. (Warr, 2011).

The purpose of this study was to determine the effect of social support and religiosity on psychological well-being among college students. Social support as an external factor that affects the psychological well-being of college students and religion as an internal factor that affects the psychological well-being of college students.

Method

The present study is ex-post-facto survey research where the researcher examines the operation of variables among 350 college students selected by using a convenience sampling technique. The samples consist of 280 females and 60 males in the age group of 18 – 25 years.

The instruments used in the study were adapted from instruments that had been used in various parts of the world. There are three scales: the psychological well-being scale, the social support scale, and the religiosity scale. The Psychological Well-being Scale is adapted from the psychological well-being scale (Ryff & Singer, 2006). This scale has six dimensions of functioning which include: self-acceptance, personal growth, life goal, environmental mastery, independence and positive relationships with others. This scale is similar to a Likert scale. The scale consists of 42 items. The reliability coefficient of the tool is 0.8

The Social Support Scale is adapted from the Scale of Perceived Social Support (Zimet et al, 1988). This scale has three dimensions, namely: family, friend, and other people who have a significant effect (significant other). This scale is in the form of a Likert scale. The scale consists of 12 items. The reliability coefficient of the tool is 0.9.

The Religiosity Scale is adapted from the Religious Commitment Inventory - 10 (RCI-10) written by Worthington et al (2003). This scale has two dimensions: intrapersonal and interpersonal. This scale is in the form of a Likert scale. The scale consists of 10 items. The reliability coefficient of the tool is 0.8.

The scales were given in-person to college students who were willing to partake in the study. Data was collected from them during their break hours to not interrupt their active academic hours. All the collected responses were valid and were included in the study.

Data analysis used was the multiple regression analyses were employed to find the effect of the social support and religiosity on psychological well-being.

Results

The results of this study indicate that social support is more influential than religiosity on psychological well-being.

Table 1. Correlation between Variables

	PWB	SS	RE
PWB	1.000	.523*	.350*
SS	.523*	1.000	.327*
RE	.350*	.327*	1.000

*Sig (1-tailed)

Based on table 1 it is known that there is a relationship between psychological well-being (PWB) and social support (SS) and religiosity (RE)

Table 2. Regression Analysis Result

Model	R	R2	F	Sig
SS, RE → PWB	.556	.309	77.734	.000

Dependent Variable: PWB Predictor: SS, RE

Based on table 2 it is known that social support and religiosity are as predictor to psychological well-being

Table 3. Regression Coefficients

Model	B	Beta	t	Sig
1 (Constant)	108.439		20.953	.000
SS	.795	.457	9.685	.000
RE	.505	.201	4.260	.000

Dependent Variable: PWB

Based on table 3 it is known that social support more influential than religiosity is as predictor to psychological well-being. We can draw the formula as follow:

$Y_{predicted} = 108.439 + 0.795X1 + 0.505X2$

Discussion and Conclusion

The results of this study prove that social support and religiosity affect the psychological well-being of college students, where social support has a greater influence than religiosity. During the transition from adolescence to adulthood, college students need friends, parents, family, and significant others to deal with problems. Various problems arise during this period as a matter of love, finance, and academic needs. This period is called the age of instability and stress. Problems faced by students can produce depression, anxiety, and stress. Pressures on the psychological condition of college students who constantly need reduction. Social support as one of the factors that can reduce stress turns out to be able to influence the psychological well-being of college students. Social support will facilitate college students to overcome crises and adapt to change. From this perspective, there will always be various kinds of effects caused only because life is full of change and crisis. But the main effect of social support is to moderate the health and mental health effects of major transitions in life and from unexpected changes or crises.

Social support will be influenced by culture (Glazer, 2005; Goodwin & Giles, 2003). Culture influences individuals' receipt, acceptance, and even perceptions of the type and source of support. Indonesian people are more willing to offer support to strangers than British people. This is because individualism is a significant predictor of providing support for others. Individualism is a culture that belongs to European countries, while collectivism is Asian culture. Therefore, social support will increase in the collectivism culture.

The magnitude of the influence of social support on college students′ psychological well-being cannot be separated from the collectivism culture that is deeply rooted in Indonesia. Indonesia has a collectivism culture. Maintaining good relations and interactions with other people and groups is very important. Social support is the presence of others who can make individuals believe that they are loved, cared for, and are part of a social group (Taylor, 2009). Social support provides a source for improving psychological well-being through assistance provided by other people. It can help someone to be able to deal with unpleasant situations and for better adjustments, as support when someone has problems, giving enthusiasm and attention to prevent anxiety, increase self-esteem, prevent psychological disorders and reduce stress (Jhonson & Jhonson, 1991). Thus, there is a positive correlation between social support and psychological well-being.

Not only social support, but religiosity also can affect psychological well-being of college students. Religiosity will have more influence on the psychological well-being of college students (Saleem & Saleem, 2017; Abdel-Khalek & Tekke, 2019). In adulthood, religiosity helps them to view life more positively. They will interpret life more wisely. For college students, religiosity enables them to face difficult times. No significant difference was found in the religiosity of medical and non-medical students. So the religiosity of students from all majors also affects psychological wellbeing. Green & Elliott (2010) found that religious people would be healthier, happier, and prosperous.

Understanding the impact of social support and religiosity to psychological well-being, where social support more influential than religiosity to psychological well-being, then the effective design of interventions for promoting psychological well-being for college students are improve of social support and religiosity.

Recommendations

Intervention to promoting psychological well-being for college students can use group counseling as social support and provide opportunities to increase worship activities as a manifestation religiosity.

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