

Research Article

Correlation Between Self-Adjustment and Psychological Well-Being of Fathers

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Abstract. Psychological well-being is the condition of individuals who are able to assess themselves and others positively, be able to make decisions independently, and have clear life goals. Individuals who have good psychological well-being will feel happy and satisfied with the life they have. Psychological well-being is related to the individual's personality, while the personality of each individual will be different in responding to self-adjustment and will appear different according to how the individual adjusts. Based on this, psychological well-being is influenced by self-adjustment. A man who is a father, husband, and head of family who can adjust well will have a harmonious and prosperous life in his marriage. This research applied a correlational quantitative method with an independent variable of self-adjustment and a dependent variable of psychological well-being. Data were collected using a psychological well-being scale and a self-adjustment scale. 100 fathers with an age range from 19 to 40 years were recruited through purposive sampling. Data were analyzed through the Pearson product-moment correlation test. The correlation coefficient value in this study was 0.601 with a p-value of 0.001 ($p < 0.05$). These findings showed that there was a significant positive relationship between self-adjustment and psychological well-being in fathers.

Keywords: self-adjustment, psychological well-being, fathers

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1. Introduction

In marriage, mental readiness is needed. In other words, the couple's emotional psychological condition must be ready to bear all the risks that will occur in the world of marriage such as economic conditions, education and child care, as well as healthy domestic financial condition. The economic demands that will be faced in a marriage cannot be underestimated. Data from BPS (Central Statistics Agency) stated that the poor population in the East Java region as of September 2019 reached 10.29%. In addition, being a parent with minimal ability in parenting will cause children to grow up with wrong treatment or being neglected.

When we discuss about parenting and caring for children, we will focus on their mothers. Whereas, in fact, the role and presence of fathers are also important in the development process of the children, the participation in children activities, and the educational problems of children. Fathers have an important role to help balance the

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care that a child needs from his/her parents so that the child can grow according to family expectations.

From the results of the initial interview with the father, it was found that being a husband and father makes individuals feel quite depressed and burdened with great responsibilities. Fathers are expected to be able to create an environment that is suitable for psychological conditions for their mental health. In fact, the subjects mentioned that they tend to focus on how to support their families financially and mentally by sometimes causing problems for themselves. This can happen because the big responsibility causes the father to have limits and cannot determine his actions freely. Meanwhile, according to Ryff states that one aspect of achieving good psychological well-being is to show independence and freedom in determining all their own actions [1]. Individuals who have achieved psychological well-being will be able to cope with every self-demand that is in their new environment, especially in partners so that they can have a good marriage.

From the results of the explanation above, it shows that there is a gap between the field conditions and the theory of psychological well-being in fathers. It can be seen that some aspects of psychological well-being are not actually fulfilled when they have a father role. Individual psychological well-being is influenced by personality type and each individual's personality will show a different response to the adjustment process. Adjustment is important in marriage which will have an impact on the success and harmony of the household (Novitasari & Dariyo, 2016). This topic is very important to research because it can help improve psychological well-being in early adult fathers.

2. Literature Review

Psychological Well-Being is defined by Ryff as the attitude of individuals who view themselves and others positively [2]. The individuals with psychological well-being are able to make their own decisions, regulate their behavior, and have clear life goals. Psychological well-being has six aspects, namely self-acceptance, positive relationships with others, autonomy, environmental mastery, life goals, and personal growth.

Individual psychological well-being is influenced by personality type. The six dimensions of psychological well-being are related to five dimensions of the big five personality theory [3]. Personality is a form of characteristic that is unique to each individual. It is aimed to produce consistent behavior and will affect social interaction and the process of adjustment to the environment [4]. The personality of each individual will show a different response to self-adjustment process.

Self-adjustment is a harmonious relationship between individuals and the environment that involves the ability to meet the needs of life and the demands of life physically and socially. There are seven aspects of self-adjustment according to Schniders, namely control over excessive emotions, minimal self-defense mechanisms, minimal personal frustration, good learning abilities, taking advantage of past experiences, having rational considerations, being realistic and objective [5].

In a study conducted by Ubaidilah to new students of the Faculty of Psychology, UIN Maliki Malang in the class of 2013 with the same variable, it was stated that dealing with the aspect of psychological well-being regarding building good relationships with others and environment, individuals who are able to build good relationships with others and environment will grow into individuals who are able to adapt to their environment [6]. If the relationships with others and environment are positive, then the self-adjustment will go well, but the results of interviews with five fathers in the age range of 25-39 years with the aim of knowing the real condition of their psychological well-being, found out that their relationship with others began to be limited because of time and responsibility constraints.

From here, it can be concluded that there is a gap between the aspects that must be met with the responsibility of a father so the researchers are interested in finding out how is the correlation between self-adjustment and psychological well-being in fathers with the age range of 19-40 years or who have entered early adulthood phase of development according to Hurlock [7].

3. Method

This study used a correlational quantitative approach. This study aimed to find a correlation between the independent variable, which is self-adjustment, and the dependent variable, which is psychological well-being. The research instrument was used to measure the value of the subjects under study and the number of instruments were adjusted to the number of variables in the study [8]. In this study, two instruments were used in the form of a scale, the first is psychological well-being which was adapted from Eva & Bisri [9] and a modified adjustment instrument from Kinanti [10] to suit the objectives of this research .

Population is subjects or objects that have certain quantities and characteristics that have been determined by the researcher and from which the conclusions will be drawn [8]. The population of this study are fathers at a young age or specifically in early adulthood, which according to Hurlock's book was at the age of 18-40 years [7]. In this

study, the age range of 19-40 years was taken as samples due to the changes in the new law which required a minimum age of marriage of 19 years for both men and women. The samples are part of the number and characteristics possessed by the population. In this study, the researchers applied purposive sampling technique with following criteria: (i) married men; (ii) aged 19-40 years old; (iii) have at least one child. The data collection technique used a Likert scale by providing several alternative answers to the prepared statements.

Validity test was conducted by using Pearson product moment. The results on the self-adjustment scale was changed from 28 items to 24 items (4 items were dropped) by involving 100 respondents. On the psychological well-being scale there was one item that is not valid, but because the psychological well-being scale used is a well-standardized scale, 18 questionnaire items are still used. Then, in the reliability test using Cronbach's Alpha, the results of the adjustment scale was 0.785 and the psychological welfare scale was 0.753, which according to the Guilford coefficient category belonged to high-reliability category [11]. Next, the researchers conducted a descriptive analysis test to find out how the respondents' description of self-adjustment and psychological well-being of fathers in early adulthood. After that, the researchers tested their assumptions to find out whether this research could be processed using the Pearson product moment correlation formula or not.

In the assumption test, normality test and linearity test were carried out, if both were met then this study can be processed by Pearson product-moment correlation. Normality test and linearity test were performed by using the Kolmogorov-Smirnov. The data will be considered fulfilling if the significant value is more than 0.05 ($p > 0.05$). After knowing the results of the assumption test, the researchers needed to do a correlation test. If the assumption test is met then the correlation test can be done by using Pearson product-moment correlation, however, if it is not fulfilled the research will be processed by using a non-parametric calculation, namely Spearman-Brown.

4. Research Findings

4.1. Descriptive Analysis

This descriptive analysis was conducted to provide an overview of 100 early adult fathers regarding self-adjustment and psychological well-being. The data to be attached were demographic data of early adult fathers and research data in the form of minimum score, maximum score, mean, and standard deviation.

TABLE 1: Demographic Data of Early Adult Fathers.

Type of Data		Number	Percentage (%)
Age	19-26 year	21	21%
	27-34 year	42	42%
	35-40 year	37	37%
TOTAL		100	100%
Occupation	Private Employee	34	34%
	Entrepreneur	19	19%
	Small/Medium Scale Business Owner	9	9%
	Teacher	10	10%
	Lecturer	2	2%
	Government Official	2	2%
	Driver	4	4%
	Islamic Proselytizer (<i>Ustadz</i>)	1	1%
	Trader	5	5%
	Businessman	2	2%
	Construction Worker	2	2%
	Part Time Employee (<i>Honorer</i>)	2	2%
	Dentist	1	1%
	Pharmacist Assistant	1	1%
	Mechanic	1	1%
	Farmer	2	2%
	Factory Worker	3	3%
TOTAL		100	100%
No. of Children	1 child	60	60%
	2 children	23	23%
	more than 2 children	17	17%
TOTAL		100	100%
Child's Age	1 year old	9	9%
	Less than 1 year old	20	20%
	More than 1 year old	71	71%
TOTAL		100	100%

Based on table 1 above, it can be seen that most of the ages of fathers who are married and have at least one child in early adulthood in this study are in the age range of 27-34 year with the majority working as private employees. The average of fathers have one child aged more than one-year-old. Psychological Well-being

Based on table 2 above, it can be seen that the psychological well-being of early adult fathers with 100 subjects in the empirical data has the lowest score of 62 and the

TABLE 2: Results of Descriptive Analysis on Fathers' Psychological Well-Being.

Variable	N	Empirical Data				Hypothetical Data			
		Min Score	Max Score	Mean	Std. Dev	Min Score	Max Score	Mean	Std. Dev
<i>Psychological well-being</i>	100	62	120	88.99	10.961	18	126	72	18

TABLE 3: Psychological Well-Being Score Categorization.

Categorization	Norm	Number	Percentage
High	$X \geq 90$	46	46%
Moderate	$54 \leq X < 90$	54	54%
Low	$X < 54$	0	0%

highest score of 120. The average score obtained is 88.99 with a standard deviation of 10.961. Then on the hypothetical data, the lowest score is 18 and the highest is 126 with an average of 72 and a standard deviation of 18. An explanation of the categorization of psychological well-being in fathers in early adulthood can be seen in the table below.

In table 3 above, it can be seen that 46 fathers have a high level of psychological well-being, 54 fathers have a moderate level of psychological well-being, and no father has a low score. From these results, it can be concluded that the psychological well-being of early adult fathers with an age range of 19-40 years has a moderate level.

4.2. Self-Adjustment

Based on table 4 above, it can be seen that the self-adjustment of early adult fathers gets the lowest score of 73 and the highest score of 120. The average score obtained is 94.31 with a standard deviation of 8.43. To find out the categorization of adjustment in early adult fathers, see the table below:

In table 5 above, it can be seen that as many as 82 fathers have a high level of self-adjustment and 18 fathers have a moderate level of self-adjustment. From these results, it can be concluded that the level of self-adjustment in early adult fathers with an age range of 19-40 years mostly belongs to the high category than those in the

TABLE 4: Results of Descriptive Analysis on Self-Adjustment.

Variable	N	Empirical Data				Hypothetical Data			
		Min Score	Max Score	Mean	Std.dev	Min Score	Max Score	Mean	Std.dev
Self-adjustment	100	73	120	94.31	8.43	24	120	72	16

TABLE 5: Self-Adjustment Score Categorization.

Categorization	Norm	Number	Percentage
High	$X \geq 88$	82	82%
Moderate	$56 \leq X < 88$	18	18%
Low	$X < 56$	0	0%

TABLE 6: Normality Test Result.

Variable	Significance	Description
Self-Adjustment	0.138	Normal
Psychological Well-Being	0.200	Normal

medium and low categories. Thus, in this case, the majority of early adult fathers have a high level of self-adjustment

4.3. Assumption Test

4.3.1. Normality Test

In this study, the normality test is known to use the Kolmogorov-Smirnov calculation and will be referred to as normally distributed data if the value that appears is significantly more than 0.05 ($p > 0.05$), on the contrary for data that is not normally distributed, of which value is less than 0, 05 ($p < 0.05$).

Based on the results of the normality test, it can be seen that the significant values for the two variables in this study are normally distributed or exceed 0.05. The self-adjustment variable has a significant value of $0.138 > 0.05$ and the psychological welfare variable is $0.200 > 0.05$ so that both are normal.

4.5.2 Linearity Test

The linearity test is carried out as a condition of using the product-moment correlation to determine whether there was a significant linear relationship between the two variables. This study uses a test for linearity on SPSS 23 for Microsoft Windows. Both variables will be considered linear if the significant values exceed 0.05 ($p > 0.05$).

From the results shown in table 7, a significant value of $0.977 > 0.05$ was obtained. So it can be concluded that self-adjustment and psychological well-being have a linear

TABLE 7: Linearity Test Result.

Variable	Significance	Description	Conclusion
Self-Adjustment - Psychological Well-Being	0.977	Sig > 0.05	Linear

TABLE 8: Correlation Test Result.

Variable X	Variable Y	Significance	Correlation Coefficient (r_{xy})	Remarks
Self-Adjustment	Psychological Well-being	0.001	0.601	Positive and significant correlation

relationship. Because the two assumption tests get the appropriate results, in this study the correlation test can be carried out using parametric statistical tests with Pearson's product-moment.

4.4. Correlation Test

Correlation test was conducted to determine whether there is a relationship between the two variables. This study focuses on whether or not there is a relationship between self-adjustment and psychological well-being of fathers in early adulthood. This correlation test was also conducted to determine the direction of the correlation between the two variables. The correlation test used in this study is a parametric statistical test with Pearson's product-moment. To find out the results of the correlation on the two variables, please refer to table 8 below.

From the results in table 8 above, the researcher got a significant level ($p < 0.05$) so that there is a significant relationship between the self-adjustment variable and the psychological welfare variable of fathers in early adulthood. Then, the result of r_{xy} was 0.601, so as explained in chapter 3 this coefficient is included in the category of a strong and positive correlation. The conclusion in this correlation test is that the higher the father's self-adjustment in his early adulthood, the higher the level of psychological well-being of the father.

5. Discussion

5.1. Description of Psychological Well-being of the Fathers

Based on the descriptive analysis mentioned in the previous chapter, it was found that the level of psychological well-being in early adult fathers was moderate. Early adult fathers have a level of independence, strong determination, and are able to manage themselves and their environment without the need of help from others. They are able to do something without hoping for praise from others since they already established some

standards that had been made by themselves [12]. Early adult fathers are independent people. They can live under pressure from their environment. They are able to regulate their behavior and can make self-improvements in accordance with their ideal conditions [13]. In reality, the fathers still need help from their family, especially their wives to take care of their children when they are working. Family is also needed to exchange ideas, but they still want to solve their personal problems without interference from others.

There is a change when a man has been married, especially when it deals with the relationship with other people. Fathers in early adulthood on average have few close and trusted friends so that they are less warm and open to others [13]. Dealing with their role, fathers will tend to allocate more time with their family, especially on child care and their work so that there will be less time to interact with other people, especially with new people. In addition, they tend to care less about other people and are less interested in maintaining relationships with other people who don't really matter to them. The dimensions of positive relationships with others getting low scores. It can be influenced by increasingly sophisticated technological conditions [14]. Individuals are more focused on the things that have been provided on the gadget so that the relationships with the people around them are slightly diverted. Early adult fathers can form a positive environment in accordance with the psychological condition of themselves and their families so that their mental health remains stable.

Personally, fathers in early adulthood tend to be able to develop themselves, know their potential, and be open to new conditions. This will help fathers in parenting, especially in the process of child development and growth over time. In line with Dewi's statement, that an individual's psychological health can be seen from his positive psychological function and the way that individual is able to evaluate himself [15]. The form of self-evaluation can be cognitive in terms of life satisfaction, job satisfaction, and marital satisfaction. In addition, it can also be affective, namely the frequency of emotions that are felt every day. Ryff states that individuals who have good welfare will be able to overcome any pressures that exist in their new environment, especially on their partners so that it will have a good impact on their married life [1].

5.2. Description of Self-Adjustment of the Fathers

From the results of the analysis, it is known that the majority of early adult fathers have a high level of adjustment. With such role, a father needs to be able to suppress and control his emotions well and have possibilities in solving the problems that are being faced. The father is able to show a normal response in the failure he faces. Individuals

need to admit the failure they experienced but then they will stand up again and try to keep reaching their initial goal.

There are also many early-adult fathers who have managed to get through excessive frustration and get back to being motivated, thinking back to normal, and finding a point of completion. Furthermore, the fathers have the ability to think and are able to do careful consideration for all the problems they face. Early adult fathers are able to reason rationally and control themselves, their thoughts, and their feelings to solve problems. Individuals like this can be under pressure and will show normal self-adjustment.

Problem-solving can be done by learning from the experiences that have been occurred in the past. Individuals can use experiences that occur to themselves and those that occur to others to carry out learning. The subjects are also able to analyze the inhibiting and supporting factors in solving the problem in order to be able to more easily make self-adjustment. This will also show the form of ones' learning ability on their previous experiences.

Normal self-adjustment can be seen from how individuals can get through and solve problems when they are in a stressful, frustrated, or chaotic situation. Fathers in early adulthood have excellent learning abilities, indicating that those individuals have good learning abilities with the results of being able to overcome the problems that occur to them. If the above aspects have been met and passed well by the individuals, then those aspects will be able to be absorbed too. Those fathers are able to understand and assess their situations, problems, and individual limitations in accordance with the actual reality. This realistic and objective attitude comes from their rational thinking.

Individuals are less able to make self-adjustment, there will be an uncomfortable feeling for them. This can happen because there are many demands experienced by the individuals, which further cause conflicts and problems in their adjustment which will eventually affect their mental condition. This adjustment will occur during human life because humans are not born with conditions that they are automatically able to make self-adjustment to their environment. Humans need to grow and develop in their own way to achieve the appropriate self-adjustment [16].

Based on the exposure of each of the dimensions above, early adult fathers are able to control their emotions, can learn from past experiences, and are able to be realistic and objective. On the other hand, these early adult fathers have good learning abilities so they can learn new things that need to be adapted to their new role. In the process of parenting, the fathers can make rational considerations in solving the problems they face. These early adult fathers are also on average able to cope with frustrations that arise well so that they can restore their motivation and thinking abilities back to normal.

Then, quite a lot of early adult fathers can bounce back after experiencing adversity and failure to do something. So that it can be ascertained that the fathers will be able to adjust well to their new environment and role.

5.3. Correlation between Self-Adjustment and Psychological Well-Being in the Fathers

Based on the results of the correlation analysis, it was showed that there was a significant positive relationship between self-adjustment and psychological well-being in the fathers. So that if the self-adjustment is high, the psychological well-being will also be high and vice versa if the self-adjustment of the fathers is low, their psychological well-being will tend to be low. Those fathers need to feel comfortable with their environment so that they can make high self-adjustments and will make their psychological well-being level high. According to Prilleltensky & Prilleltensky Individuals who have good self-adjustment abilities will be characterized by having positive psychological well-being in their lives such as feeling satisfied, happy, valued, having good interpersonal relationships, and having a good meaning in life . Conversely, individuals who are less able to make self-adjustment will have negative psychological well-being such as feeling lonely and depressed.

Fathers with a good level of adjustment will be able to assist in solving problems that occur to themselves and their environment, this will make the psychological well-being of the fathers will also remain high. If the fathers have problems with self-adjustment, it will cause discomfort to themselves and cause conflicts that affect their mental condition and also make their psychological well-being decrease and it will take a long time for them to recover. Self-Adjustment can be improved by carrying out tasks that are appropriate and acceptable to the new environment. In this case, the fathers can make self-adjustment by carrying out their duties and obligations as a good father, husband, and head of family. This can also be helped by the presence of their wives or family so that the fathers will have no difficulty in dividing their time.

Communication between partners is also very necessary so that there is no continuous pressure and causes prolonged stress on one party. In parenting, there is a need for assistance in tolerating the division of time between work and family, especially in child care. This requires communication between husband and wife so that it can help the self-adjustment process and improve the aspect of environmental mastery on the psychological well-being of the father.

Individually, early adult fathers also need to develop themselves to the fullest from time to time by evaluating their weaknesses and defending their strengths in all respects. Individuals also need to improve their abilities to learn from past problems to be able to solve the problems that occur in the process of adjusting to a new role. The process of adjustment during the lifetime will never stop, humans need to develop and adapt to their environment and conditions in order to create a healthy mental state. If the individuals' mental condition is healthy, then their psychological well-being will be well maintained and will continue to be at a high level. The age of 20 to 40 is an active, stressful, self-fulfilling, and ready-to-work stage for individuals. Psychological well-being needs to be improved by continuously adapting to increasingly advanced technology.

Ryff stated that individuals with good psychological well-being need to have an attitude that is able to view themselves and others positively, be able to make their own decisions, regulate their behavior well, and have clear life goals [2]. Individuals who have good psychological well-being will feel that their lives are meaningful and always try to develop themselves. When the individuals feel comfortable with themselves, then even though they feel a painful event, they will be able to control their emotions to return to be at ease. In addition, one of the success factors for psychological well-being is self-adjustment. Individuals need to make adaptations and self-adjustments in order to get positive psychological well-being. Positive psychology views individuals as being able to adapt and develop in order to achieve a better life (Maslihah, 2017) [17].

If it is viewed from this study, according to the theory cited in the book of Sunarto & Hartono, one of the determinants of successful self-adjustment is the level of intellectual, social, and emotional development and the maturity of the individual [17]. In addition, there are also experience and learning factors in individuals, while from the results of this study some fathers received low scores in utilizing their past experiences. These two factors may affect the self-adjustment process that occurs in fathers from young adults' stage of development here. Physical condition at the age of 19-40 years is a condition that is still very good, while according to several studies, it is explained that physical condition will affect a person's mental condition. Physical conditions will have a strong influence on the self-adjustment process. In another study conducted by it has been mentioned that at this age and in this era, the individuals belong to millennials need to be adjusted to increasingly rapid technological developments in order to form good psychological well-being [14].

From previous research by, it was found that there was a positive and significant relationship between the two variables [10]. The research is also in line with this research, namely it is needed to establish good communication and build positive relationships

with others in order to improve self-adjustment and psychological well-being in fathers from the early adult age group. There is also a need for increased adaptation and self-development processes in order to better understand the potential that exists within themselves. Individuals who have good psychological well-being will be able to live a married life with their partners and can go through a period of self-adjustment in marriage to be harmonious and happy. Being able to know and accept oneself is useful for one's self-adjustment process and one's mental health condition [1].

5.4. Conclusions and Suggestions

Based on the results of the research that has been done by the researchers, several conclusions can be drawn, namely (i) psychological well-being of the majority of the fathers in early adulthood was in moderate level; (ii) self-adjustment of the fathers in early adulthood was in high level; (iii) there is a significant and positive correlation between self-adjustment and psychological well-being in the fathers.

There are several suggestions that researchers want to convey, firstly, fathers in early adulthood need to improve their psychological well-being, one of which is by increasing the dimensions of psychological well-being. Then, to future researchers (i) it is recommended to take more samples so that the answers from the subjects can be more accurate and varied; (ii) personal data collection needs to be completed and supplemented with the domicile of subjects in order to be able to further classify them by region; (iii) use different research method with the same subjects in order to more deeply relate to fathers in early adulthood.

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