

How's Indonesian Candidate Migrant Worker's Social Support and Psychological Well-being In Real Life?

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Abstract

The purpose of this study was to determine how much the relationship between social support and psychological well-being in the Indonesian Migrant Workers' candidate. Participants in the study were 134 prospective Indonesian Migrant Workers' (CPMI) IN BLKLN. Measuring instrument used in this study is the Social Provision Scale (SPS) developed by Cutrona and Russell (1987) 24 items and measurement Psychological Well-Being Scale (PWBS) developed by Ryff (1989) with 54 items. Data analysis was performed using regression analysis. Based on the analysis of research data obtained F value sum of 65.172 and $R^2 = 0.331$ ($p < 0.01$), suggesting that social support was no significant association 3.31% against to the psychological well-being. which means that there is a significant positive relationship between social support on psychological well-being in the prospective Indonesian migrant worker.

Keywords: Social Support, Psychological Well-Being, Candidate of Indonesian Migrant Workers.

Preliminary

In Indonesia, many phenomena, ranging from economic issues, health, political, cultural, social and so on. One phenomenon that remains a major problem in Indonesia, namely unemployment. Unemployment According to the Central Statistics Agency (BPS) in the indicators of employment, unemployment is people who do not work but looking for jobs or preparing a new business or residents who are not looking for jobs received but not yet started work. Meanwhile, according to Nanga (2005) defines unemployment is a condition in which a person who belongs in the labor force has not gotten jobs, do not have jobs and are not actively looking for work. Unemployment is because the labor force is not proportional to the number of jobs the pitch, low and lack of employment in the country to encourage people who are looking for work utilizing overseas labor (Darwis, 2004). That problem is the reason people who do not have the opportunity to work in the country decided to work abroad.

This is evidenced by the increasing Candidate of Indonesian Migrant Workers' (CPMI) who want to go to work as a TKI (Tenaga Kerja Indonesia) have increased according to the National Agency for Placement and perindungan Migrant Workers (BNP2TKI) prospective workers who will

leave as many as 87.307 people out of the country (<http://www.bnpp2tki.go.id>). International migrants (overseas) is that they tempt fate and leave the residence or homeland to charge and try to work in other countries. In Indonesia, this sense refers to the Indonesian people who worked abroad or known as Tenaga Kerja Indonesia (TKI), ELSAM (2002). This is in line with research concerning international migration of jobs mentioned that the migration is dominated by factors ekonomi region/country forward with developing countries (Sudjana 2009, Jannes 2005; Mantra 1998). (Mas'udah 2007) further said that the explanation of the economic factors of the most basic and simple on the phenomenon of migration is the desire of individuals to improve their standard of living. In this case, economic factors can be said to be the cause and is one factor in the migration. A migrant worker is a form of the desire to improve the lives of better satisfy needs and to achieve success.

From interviews conducted by the author of the Candidate of Indonesian Migrant Workers in the Training Center of Foreign Affairs (BLKLN) are very confident that in itself is no feeling of success, that others can succeed no special motivation to follow the workers were successful, and salary received abroad is greater than the work in the city,

their strong embroidery want to be a migrant worker wage income that is no more promising at the same job. This is in line with research, Mantra (1998) in his research found that one of the reasons that the high interest of the Indonesian people to work into a migrant worker or migrant workers abroad are the offers of higher wages or better at the same job and is way out one to change lives for the better, achieving prosperity and happiness.

Happiness is a matter that coveted individual, which includes a feeling of quiet happiness and peace within themselves. Quiet and peaceful life is a form of psychological well-being. It is one of the clues in a person to realize feeling happy and content to live his life. Life satisfaction, positive feelings such as joy, great joy and satisfaction is a form of well-being (Heady & Wooden, 2004). Psychological well-being merupakan highest state wants to have and accomplished individual. Psychological well-being (PWB) according to Ryff (1989) is a notion that can be used to describe and explain the psychological health of the individual in accordance with the needs of positive psychological functioning indicator. Happiness and life satisfaction that is felt someone become an important part of the status of a person's psychological well-being.

Individual happiness a condition where

basic needs are met and fulfilled, the requirements include the adequacy of the quality of food and clothing and shelter, health, education and job field and other basics needs such as social environment, organizations, community groups and family support. Happiness is closely related to the psychological condition of the individual, being happy is a basic human experience and achievement, and almost everyone was happy almost all the time (Diener & Diener, 1996). According to research Kartasasmita (2013) states that, basically a happy man will be more successful than the less happy in life. Crabtree, 2008 (Damongilala, Opod, & Sinolungan, 2014) argues that one of the things that is often a barometer measuring a person's happiness is the socio-economic status, due to socio-economic status is a degree or level of a person against the individual. Meanwhile, according to Veenhoven (2003) is the degree view of the life quality that can be fun. In viewing and measuring one's social status can be seen from the positions held, education level obtained, promising jobs and wealth or property owned. Human life in any community in dealing with other people's views of kesuksesan owned, because basically human nature are social beings who interact with others and is strongly influenced by the social and economic condition. Data from the Global Gallup poll in 2005

(Damongilala, Opod, & Sinolungan, 2014) says that the level of life satisfaction and happiness depend on jobs, jobs become sources affecting the individual. This is in line with research from Ryff (1989) explained that the socio-economic status include: education level, income level, and success in work can have a positive influence on psychological well-being. Education has a very important role, in which individuals with better education levels and higher as well as having and get a good job showing a level of psychological well-being were higher also Synder & Lopes (2002).

Psychological well-being is influenced by several factors including: demographic (age, gender, or gender, and economic status, religiosity, personality, and social support). One factor that supports the PWB is social support (Ryff & Keyes 1995). Social human beings always need friends interact in life. Duval and Miller (1985), social support can be shaped like a push, seserorang to be able to work together, show more love, a sense of concern. Social support is the presence of another person who can make people believe and trust that individual to get himself loved, cared for, loved and is part of a social group (Taylor, 2009). Usually the thing that felt far away from family, close relatives, a new social environment or in times difficult to someone in need of social support.

Social support is an important aspect in the relationship interpersonal transactions between individuals which would be required by their feelings of other people, to feel part of a group. Social support alone can enable to obtain or achieve a feeling that other people have a sense of care, affection, love respect and rely on it to gain happiness. According to Weiss (Cutrona & Russell, 1987) there are six aspects, including social support that emotional attachment (Adhesiveness emotional), Social Integration (social integration), reinsurance of worth (Recognition), Reliable alliance (dependence reliable), guidance (guidance) and the opportunity of nurturance (opportunity to nurture). Social support is usually raised by the notion that there are those.

Method

The respondents of this study as many as 134 people at the Training Center of Foreign Affairs. Data collection techniques can be done with interviews, observation, documentation, questionnaire, or a combination teknik (Sugiyono, 2015). In determining the authors sampled using cluster random sampling technique. Social support measurement is done by using the Social Provision Scale (SPS) developed by Cutrona and Russell (1987) 24 items and and measurement Psychological Well-Being Scale (PWBS) developed by Ryff (1989) with 54 items. Both this measure has been in testing the validity of using three expert judgment

which is Mercu Buana University psychology professor, and has passed the reliability test with Cronbach Alpha value of 0.70. Data were analyzed using the software Statistical Package for the Social Sciences (SPSS). Aanalisa used in this research is descriptive analysis categorization, linearity, regression, and a different test (ANOVA).

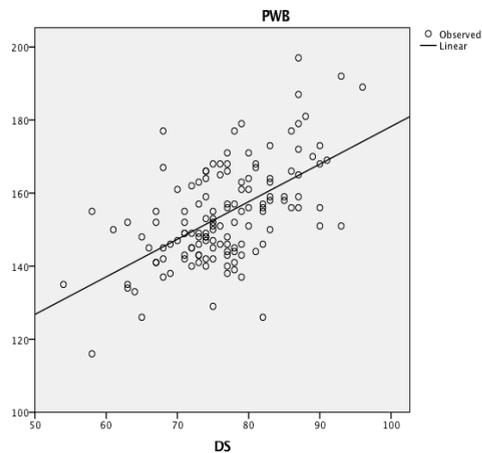
Result

Hypothetical and empirical test results on both these vaiabel namely for social support. Based on the hypothetical value or norm, 10 respondents or 7:50% had moderate category, while 124 respondents or 92.50% with a high category. However, this value is different when the subject in the population as a reference or value of empirical ie, there were 35 respondents or 26.10% have social support to low category, 63 respondents or 47.00% with social support medium category, while respondents with social support high category were 36 respondents or 26.90%. while for the psychological well-being obtained results based on the value of a hypothetical or norm, there is a first responder or 0.7% who have psychological well-being in the low category, 51 respondents or 38.1% had moderate category, while 82 respondents or 61.2% with the high category. However, this value is different when the subject in the population as a reference or empirical value that is, there are 37 respondents or 35.1% had psychological well-being in the low category, 64 respondents or 47.8% with psychological well-being category is, while respondents with psychological well- category being higher by 33 respondents or 24.6%.To see if the data

relationships between variables liner, then the linearity test by comparing the mean value (compare the mean) and using the scatterplot. In compare mean, can qualify linearity when the value of significance at Anova table row linearity of less than 0.05, or deviation from lineriarity value greater than 0.05.

Table 1..Linearity Test Results in Variable PWBS and SPS with Compare Mean

| F | Sig. PWBS * | linearity | 45 |
|---------|-------------|-----------|----|
| 4990000 | | | |
| SPS | y | | |



The table shows the results of linearity test on variabe social support and psychological the scatter plot graph in the image above that there is the distribution of data gathered in a straight line from bottom left to right above, we can conclude the variable data between social support and psychological well-being has a linear shape.

F calculated probability value (Sig.) 0.0000 is worth less than the 0.05 level so that it can be concluded that the estimated linear regression models fit for use weeks to explain social support (DS) on the dependent

variable psychological well-being (PWB).

Table 2. Feasibility Model (Test F)

| Model | Sum of Squares | Df | Mean Square | F | Sig |
|-------------|----------------|-----|-------------|--------|------|
| 1Regression | 8284.118 | 1 | 8284.118 | 65.172 | .000 |
| residual | 16778.815 | 132 | 127.112 | | |
| Total | 25062.933 | | | | |

From the results obtained from the regression obtained value A sum of 65.172 F and $R^2 = 0.331$ ($p < 0.01$), suggesting that social support giving the effect of 3.31% against a person's psychological well-being.

Table 3. Coefficient Determination Test Results

| Model | R | R Square | Adjusted R Square | Std. Error of the Estimate |
|-------|------|----------|-------------------|----------------------------|
| 1 | .575 | .331 | .325 | 11274 |

The regression equation in this study as 0000, ama can be concluded that the data between the SPS and the variables PWBS has a linear shape. In addition, the shape of linearity is also seen from the scatter plot graph in Table 3. The shape of linearity is also seen from follows: $Y = a + BX$ Which means that if the results of this research are applied in the equation is $Y = a + BX$. Which means that if the results of this research are applied in the equation is the $PWB = 75,355 + 1,029 DS$. It shows where each additional constants social support will also increase the value of psychological well-being. And vice versa with the constant decline in social support, the value of psychological well-being would be decreased.

Discussion

Based on the research on the relationship between social support and

psychological well-being on the prospective migrant worker Indonesia, showed that there is a positive and significant relationship between the two variables, social support and psychological well-being.

The first phase is done on the assumption of normality test. On the test of normality using the Kolmogorov-Smirnov. From the test results, the data of social support to get significant value of 0.619 ($p > 0.05$), which means the data terdistribusi normally. Similarly, the psychological well-being of data that showed a significance value of 0.937 ($p > 0.05$). Thus the psychological well-being variables normally distributed. Both multicollinierity of the test results showed that no VIF value of the independent variable that has a value that has a value of < 10 , with the VIF for the independent variable is less than 10. That means not happen multikolinieritas. The third is to use Scatter Plot Heteroskedasitas test, this is done to see if the symptom occur Heteroskedasitas rekresi on the model, the test results are not known to occur in the regression model Heteroskedasitas means test already comply with one of the classic assumption test. The fourth is Aoutokorelasi test using the Durbin Watson (DW) DW value 2.054 is obtained which, if the value of 1.7887 and 2.2113, which means there is no significant autocorrelation 94

of the variable in this study there was no relation or correlation with the value of the variable in previous research. The last stage of the assumption that linearity test, linearity test results, obtained $F = 45.499$ ($p < 0.05$) in this case indicates that the relationship between social support and psychological well-being is linear.

Further test results of calculations using Pearson correlation which results in a value of $R = 0.575$ with a significance of 0.000 ($p < 0.01$) in which means the two variables, social support and psychological well-being on a prospective worker migrant Indonesia indicates a positive direction, thus the hypothesis proposed by researchers received. The correlation has a meaning that the higher the social support received, the higher the level of psychological well-being. This is in line with the association between social support and psychological wellbeing that is greater support determines positive individual will certainly increase the quality of psychological well-being Yoo & Stewart (Sood & Bakhshi, 2016).

The results obtained from the simple regression obtained F value of 65.172 and $r^2 = 0.331$ ($p < 0.01$) suggesting that social support provides a major influence on the psychological 33.1% well-being. The regression equation in this study is $Y = a + BX$. Which means that if the results of this research are applied in the

equation is the $PWB = 75,355 + 1,029 DS$. Wherein each additional constant value of social support will also increase the value of psychological well-being. And vice versa with the constant decline in social support, the value of psychological well-being would be decreased. This is in line with research from Sari and Supriati (2013) about the influence of social support on psychological well-being showed different results where there is no significant effect of social support and psychological well-being or low social support were obtained. By Sarason et al (Suhita 2005) lack of social support received individual has an important role to reduce or prevent the prevent the threat of mental health. Individuals who have a smaller social support, are more likely to experience negative psychological disturbance and impact on suicide.

In this study, respondents have high levels of social support and psychological well-being is good, this is based on hypothetical and empirical test results on both these variables namely for social support. Based on the hypothetical value or norm, 10 respondents or 7.50% had moderate category, while 124 respondents or 92.50% with a high category. However, this value is different when the subject in the population as a reference or value of empirical ie, there were 35 respondents or 26.10% have

social support to low category, 63 respondents or 47.00% with social support medium category, while respondents with social support high category were 36 respondents or 26.90%. while for the psychological well-being obtained results based on the value of a hypothetical or norm, there is a first responder or 0.7% who have psychological well-being in the low category, 51 respondents or 38.1% had moderate category, while 82 respondents or 61.2% with the high category. However, this value is different when the subject in the population as a reference or empirical value that is, there are 37 respondents or 35.1% had psychological well-being in the low category, 64 respondents or 47.8% with psychological well-being category is, while respondents with psychological well-being category being higher by 33 respondents or 24.6%.

Furthermore, in one way ANOVA with Post Hoc method LSD models made to look different test age, work experience status, and education. The result shows the age of the results obtained was no difference in age of the value of social ready for human this case based on the test results with the values df 4 and 128 with a value of $F = 0.967$ ($p > 0.05$). The same results also showed no difference in the age of the value of psychological well-being of test results show values df 4 and 128 with a value of $F = 0.594$ ($P > 0.05$).

Furthermore, the results obtained work experience work experience no difference to the value of social support it is based on the test results with the value df 2 and 127 ($p > 0.05$) with the value of $F = 2.291$. The same results also showed no differences in work experience of the value of psychological well-being of test results demonstrate the value of df 2 and 127 ($p > 0.05$) with the value of $F = 0.520$. And the latter is based on the status of the results obtained there is no difference in status, to the value of social ready for human this case based on the test results with the values df 3 and 127 ($p > 0.05$) with the value of $F = 0.966$. The same results also showed no difference in the status of the value of psychological well-being of test results show values df 3 and 127 ($p > 0.05$) with the value of $F = 0.116$. This shows that there is no difference between the three tests based on demographic data such as age, status, work experience in the test results one way ANOVA. Because, basically, to become a candidate for Workers' migraines or Indonesian Manpower influence on demographics, This is in line with research Sugianto (Angela, 2017) as saying that psychological well-being was not significantly associated with demographics, such as age, status and work experience as well as the another for a variety of different social support received between individuals from one another.

Education levels are the result of education there are different levels of the value of social support it is based on the test results with the value df 2 and 131 with a value of $F = 0.14,319$ ($p > 0.05$). The same results also showed no difference in the level of education on the value of psychological well-being of test results show values df 2 and 131 with a value sig. 0.133 ($p > 0.05$) with the value of $F = 2,049$. Their educational differences in social support variables through the Post Hoc test result shows the result of a conflict between elementary and high school, showed that no level difference is at the level of elementary education (155-652) and SMP (4.53 to 3.67) with sig 0,000.

The magnitude of the relationship between social support received by individuals based on their level of education, where the difference in level between elementary and high school education individuals receive social support will increase psychological well-being this is in line with research from Research from Ryff (1989) explained that the socio-economic status include: education, income, and success in work can have a positive influence on psychological well-being. Education has a very important role, in which individuals with better education levels and higher as well as having and get a good job showing a level of psychological well-being were higher also Synder & Lopes (2002).

A prospective Indonesian migrant worker's need for attention and support positive psychological wellbeing, in order to feel in love. The results of this study also consistent with studies that have been done, which some studies show a positive relationship between social support and psychological well-being. Research conducted by Johnson and Johnson (1991) menunjukkan that social support is very meaningful, very important role to improve psychological well-being of individuals, which is a sense of the expression or empathy of attention received, love gained, understanding and a solution will problems or desired requirements bleak material assistance, and tightly with those who needed such as family and close friends, all of which leads to the belief that will clarify the identity of individuals and will increase the esteem in which individuals feel seen, feel valued and feel that they are a group community or part of them. Research conducted by Atikson (Suhita, 2005) that people who have a lot of social ties or have a lot of friends and have a long life, and good welfare. According to research by Beyene, Beeker and Mayen (Brehm, 2002) is evident how the quality of social support influences the degree of PWB. Meanwhile, according Ekasofia (2009) concludes that a significant positive correlation between social support and psychological well-being explained₉₇ that

socioeconomic status consists of education, income earned, and success in the work provides its own influence on the psychological well-being, where the individual with the level of education better and have a good job showing a level of psychological well-being higher. Similarly Synder & Lopes (2002). This is in line with Gochman study (1988) showed that individuals who support social healthier than those who do not receive social support, it is found that when social support improved psychological well-being will also increase. Contribution or impact that social support on psychological well-being provides a good positive effects for individuals. The study also answered the hypothesis proposed by the researchers, that there is a significant positive relationship between the variables of social support and psychological well-being on a prospective worker Indonesian migrant worker

CONCLUSION

Based on the results of the discussion of data analysis through proving the hypothesis on the issues raised about the relationship between social support and psychological well-being on the prospective migrant worker premises. Researchers also suggested that research results consist of the main results of the research and suggestions presented by researchers for further research.

Based on the analysis and discussion

that has been done in this study, it can be stated conclusion is that there is a significant relationship between social support (X) and psychological well-being (Y) on Indonesian migrant worker candidates.

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