

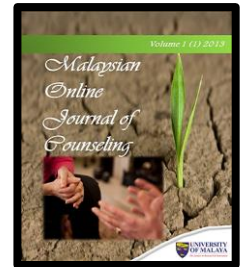
FAMILY FUNCTIONING AND SUBJECTIVE WELL-BEING AMONG ADOLESCENTS

Endah Puspita Sari & Wilda Dahlia

ABSTRACT

Adolescence is associated with the period of storm and stress where adolescent emotional conditions can change quickly. In addition, adolescence is also associated with high demands for achievement. It becomes interesting to examine the happiness in adolescence. In this study, adolescent happiness was measured with subjective well-being (Diener, Lucas, & Oishi, 2002). Among some of the things that affect happiness is family factors. In this study, family factors will be focused on family functioning (Miller, Ryan, Keitner, Bishop, & Epstein, 2000). This study attempted to search the correlation between family functioning and subjective well-being among adolescents. The hypothesis tested was based on assumption that the higher family functioning, the higher subjective well-being among adolescents. Adolescents with age range from 12 to 15 years are the subject in this research. Data were collected by three scales, those are subjective well-being scale that adapted from Satisfaction with Life Scale (Diener, Larson, Emmons, & Griffin, 1985) and Positive Affect and Negative Affect Scale (Watson, Clark, & Tellegen, 1988) and family functioning scale was adapted from The McMaster Family Assessment Device (Epstein, Baldwin & Bishop, 1983). The collected data were analyzed by product moment analysis. The result of this study indicates that family functioning was significantly related to subjective well-being among adolescents with r value = 0.167 ($p < 0.05$). The result of this study will be discussed in more detail in the discussion section.

Keywords: Family Functioning, Subjective Well-being, Adolescents



**Vol. 5, Issue 1,
January 2018**

Corresponding Author:
Department of Psychology,
Islamic University Islam
Indonesia, Indonesia
endah_puspita_sari@uii.ac.id

BACKGROUND

Adolescence is a transitional growth period between childhood and adulthood which is marked by biological change and cognitive socio-emotional development. This signifies that adolescence is a complex and important stage to precede adulthood (Hurlock, 2002; Santrock, 2003). Another characteristic of adolescence is that this stage is problematic since the problems arising during this phase are difficult to deal with (Hurlock, 2002). The inability to cope with those problems makes many adolescents eventually find that the solutions to their problems are not always as expected. Lack of supports from the surrounding and both internal and external pressures they face result in negative effects, such as feeling under-pressured, anxious, sad, and uneasy.

Another scientist, Erikson (Santrock, 2007), explained that adolescence is a period of the fifth psychosocial development in which the adolescents are faced with the search of identity (identity versus identity confusion). During this stage, adolescent must decide who they are, what their uniqueness are, and what they life purposes are. Furthermore, Erikson (Santrock, 2007) argued that the adolescents failing to overcome the identity crisis will suffer from identity confusion. The corresponding adolescence will withdraw him/herself, isolate him/herself from friends and families, or immerse him/herself into friendship and lose their identities. Besides, in this period, adolescents start looking for their purpose to live. This agrees with the result of interview conducted by the researcher with two students of Junior High School in February 2016. The result revealed that the two respondents had the expectation to pass National Examination (UN) and ranked best in the class. The motive of the expectation was that the two respondents did not want to disappoint their parents. They also said that if both of them could not realize the expectation, they would feel sad, disappointed, and upset. This shows that in the effort of reaching goals and expectations, an adolescent will get negative effects and dissatisfaction if the result does not go as expected; on the other hand, as adolescent will get positive effects and satisfaction if the result is as expected.

Positive effect, negative effect, and satisfaction are the components of subjective well-being. Diener, Oishi, and Lucas (2002) argued that subjective well-being is an emotional and cognitive evaluation performed by an individual to his/her own life. According to Diener and Lucas (Compton, 2005) an individual who has a high level of subjective well-being will demonstrate a feeling of extreme happiness and satisfaction related to his/her life and has low level of anxiety. In other words, an adolescent with subjective well-being is an adolescent who gets more positive effects than negative effects and thinks that he/she has already fulfilled what becomes his/her standard.

Hooghe and Vanhoutte (2011) mentioned that the factors influencing subjective well-being of adolescent are age, sex, family structure, financial condition, social relationship, personality structure, and community level aspect. It can be said that one of the factors influencing the adolescents to increase their subjective well-being is family. A well-functioning family can give support, monitor, and provide facilities related to the adolescent needs. According to the research conducted by Botha and Booyesen (2014), a well-functioning family will affect an individual subjective well-being and life satisfaction because the intimacy of each family member has a significant role in the life satisfaction of an individual. On the other hand, a dysfunctional family has a much lower level of satisfaction compared to the well-functioning family.

OBJECTIVE OF RESEARCH

This research aims at finding the relation between the family functioning and adolescent subjective well-being.

METHODOLOGY

Subject. The respondents of this research is the adolescent students studying in the Junior High School with the age range between 12 – 15 years old.

Data Collection Method. This research employed quantitative method in which the researcher used three scales. The scale used to measure subjective wellbeing was adapted from *Satisfaction with Life Scale* (Diener, Emmons, Larsen & Griffin, 1985) and *Positive and Negative Affect Schedule* (Watson, Clark & Tellegen, 1988). The scale used to measure the family function was adapted from *McMaster Family Assessment Device* (Epstein, Baldwin, & Bishop, 1983). To interpret the three scales, the researcher performed the steps of translation process and measurement tool adaptation as described by Douglas and Craig (2007).

Satisfaction with Life Scale (Diener et al., 1985). SWLS is unidimensional. This scale has been designed to measure the individual global assessment to his/her life satisfaction. According to the theory, the individual life satisfaction is obtained from the comparison of the standards he/she owns. SWLS has been measured in terms of its reliability and sensitivity. Diener et al. (Pavot & Diener, 1993) reported that the alpha coefficient of SWLS of university student respondents was 0.87 and the test-retest stability result conducted two months after the first measurement amounted 0.82. Diener et al. (1985) presented the scale in which one of the items stating that “in most ways my life is close to my ideal”. The value of each item in SWLS ranged from 1 (strongly disagree) to 4 (strongly agree).

Positive and Negative Affect Schedule (Watson et al., 1988). Watson et al. (1988) described that this scale consisted of mood terms referring to Positive Affect (PA scale) and Negative Affect (NA scale). The alpha coefficient of university student respondents for both scales was high, namely 0.86 up to 0.90 for PA scale and 0.84 up to 0.87 for NA scale. The correlation between PA scale and NA scale was low amounting -0.12 until -0.23. The result of test-retest 8 weeks following the first measurement was 0.47 to 0.68 for PA scale and 0.39 to 0.71 for NA scale. One of the items of PA scale was “*enthusiastic*”, and one of the items of NA scale was “*upset*”. Each of both scales’ value ranged from 1 (little or none of the time), 2 (some of the time), 3 (a good part of the time) to 4 (most of the time).

McMaster Family Assessment Device (Epstein et al., 1983). FAD was designed based on the McMaster Model of Family Functioning (MMFF) which was a concept of a family. By filling in FAD, the picture of a family structure and organization could be drawn as well as the transaction pattern among the family members. Consequently, it could be seen whether or not the family has a healthy function. It could be concluded that FAD collected all the information from various dimensions of an overall family system, and the information was collected directly from the family members. In their research, Miller, et al. (2000) found that if the six dimensions of FAD were measured, the alpha coefficient ranged from 0.83 to 0.90, however, the six dimensions also had high level of intercorrelation. Thus, a single cluster was made to unite all the items having high level of intercorrelation. The cluster was named General Functioning Scale used to measure the health/pathology rate of a family in general. The alpha coefficient of the seven dimensions ranged from 0.72 to 0.92. One of the items from FAD was “*we are too self-centered*”. Each of the items was valued 1 (strongly agree) to 4 (strongly disagree).

Validity and Reliability. Although those three measurement tools were already tested and proven reliably valid, this research needed to reassess the validity since the tools were interpreted into *Bahasa Indonesia*. The validity test of the tools in this research used content validity. Content validity is a validity obtained through an assessment conducted by a professional (professional judgement) (Azwar, 2014).

The research used three scales on which the validity and reliability measurement was later performed. In Positive and Negative Affect Scale, the correlated item-total correlation coefficient moved between 0.315 and 0.497, with Alpha Cronbach reliability coefficient amounting 0.709. In the life satisfaction scale, the correlated item-total correlation coefficient moved between 0.469 and 0.673, with Alpha Cronbach reliability coefficient 0.743. Also, in the family functioning scale, the correlated item-total correlation coefficient moved from 0.257 to 0.511, with Alpha Cronbach reliability coefficient as much as 0.750.

Data Analysis Method. Referring to the research objective which was to test the correlation between two variables, the data analysis method used was statistical analysis technique. The statistical analysis technique used was a correlational product moment of Pearson. The data calculation would be assisted using SPSS 16.0 program for Windows.

FINDINGS AND DISCUSSIONS

Description of Research Data

Table 1
Subject Description by Age

Age	N	Percentage (%)
12	57	29,5
13	101	52,3
14	17	8,8
15	18	9,3
Total	193	100.00

Referring to the data, the number of respondents aging 12 years old was 57 people amounting 29.5% of the whole, and 101 people aging 13 years old contributed 52.3% to the whole number of respondents. 17 people aged 14 years old, and 18 people aged 15 years old amounting 8.8% and 9.3% respectively of the whole number.

Table 2
Subject Description by Sex

Sex	N	Percentage (%)
Male	97	50,3
Female	96	49,7
Total	193	100.00

The number of respondents based on sex was 97 males (50.3%) and 96 females (was 49.7%).

Table 3
Subject Description by Parental Condition

Parent	N	Percentage (%)
Complete	181	93,8
Separated	12	6,2
Total	193	100.00

It is known from the data that the number of respondents who still owned both parents was 181 people or 93,8%, and 12 people only had one parent with the percentage 6.2%.

Normality Test. The result of the normality test showed that both scales were normally distributed. Subjective well-being test demonstrated that the value of KS-Z = 0.755 and $p = 0.619$ ($p > 0.05$) and family functioning scale showed that the value of KS-Z = 0.894 and $p = 0.400$ ($p > 0.05$).

Linearity Test. The result of linearity test on subjective well-being and family functioning fulfilled the linearity assumption with F value = 5.273 and $p = 0.023$ ($p < 0.05$). This meant that family functioning with subjective well-being fulfilled the linearity assumption, and the deviation tendency of the linear line could be seen from *deviation of linearity*, in which F value = 0.749, $p = 0.805$ ($p > 0.05$).

Hypothesis Test. The correlation analysis result between family functioning and subjective well-being showed p value = 0.010 ($p < 0.05$). This indicated that there was a significant correlation between two research variables. The value of Pearson correlation was 0.167 showing that the relation between two variables tended to be positive so that the hypothesis of this research was **acceptable**.

Effective Contribution. The effective contribution of family functioning to subjective well-being was 28%.

Additional Analysis. The researcher performed two additional analyses by conducting *T-Test* analysis. This *T-test* was performed to observe the difference in subjective well-being between male and female respondents. Besides, *T-Test* was also performed to reveal the difference in pocket money received by the adolescents. The calculation in the *T-Test* analysis used *Independent Sample T-test*

Table 4
Subjective Well-being Differences by Sex

Variable	Descriptive statistics		Levene's Test		T-Test for Equality of Means	
	Male (N=97)	Female (N=96)	F	Sig.	T	Sig.
SWB	M= 40.16 SE=0.512	M=39.76 SE=0.434	1.947	0.165	0.602	0.548

Based on the T-test, it was revealed that there was no difference in subjective well-being between male and female respondents. This was shown by p value = 0.548 ($p > 0.05$).

Table 5
Subjective Well-being Differences by Pocket Money

Variable	Descriptive Statistics		Levene's Test		T-Test for Equality of Means	
	<1.000.000 (N=188)	>1.000.000 (N=5)	F	Sig.	T	Sig.
UANG SAKU	M= 500.00 SE=0.000	M=1.20 SE=122474.487	4465.244	0.000	-2.784	0.006

Based on the T-test, it was also found out that there was a difference in the pocket money received by the adolescents. This was indicated by p value = 0.006 ($p < 0.05$).

Discussion. In reference with the result of the research analysis, it can be seen that there was a significantly positive relation between family functioning and subjective well-being of the adolescents so that the hypothesis proposed in this research is acceptable. The higher level of family functioning, the higher level of subjective well-being of adolescent. The lower level of family functioning, the lower level of subjective well-being of adolescent. The correlation could be seen from the correlation coefficient (r) as much as 0.167 and $p = 0.010$ ($p < 0.05$). This agrees with the previous research which proved that family functioning was a special factor in adolescent subjective wellbeing. McFarlane (Van Der Aa, Boomsma, Rebollo-Messa, Hudziak, & Bartels, 2010) argued that if an adolescent had negative family functioning in which the family did not support each other in addition to many conflicts arising, the adolescent would have low level of well-being quality.

Parents in the well-functioning family can play a role as a supervisor in reinforcing discipline toward the child and at the same time can be a friend to provide emotional support for the child (Parke & Buriel cited in Uhlenberg & Mueller, 2003). The condition results in intimacy among family members which later makes the child able to express his/her emotions. Morgan, King, and Robinson (Retnowati, Widhiarso, & Rohmani, 2003) urged that warm and open family would encourage the child to be talkative, brave to have inquiries, able to express him/herself safely and openly by offering ideas and generalizing meanings actively. The condition creates happiness, and the child will be satisfied with the situation existing in his/her house.

The result obtained from the field showed that the respondents who had both parents reached 93.8% or 181 people, and those who had only one parent reached 6.2% or 12 people. According to Van Der Aa et al. (2010), family functioning can affect adolescent subjective well-being because family functioning influences the socio-emotional conditions of a child, especially an adolescent. During the period of adolescence, a child tends to be vulnerable and has unstable socio-emotional conditions. Consequently, an adolescent needs his/her family as a place to seek refuge and to learn. A family with comfortable and intimate atmosphere which supports each other will create positive family functioning.

This research also carried out an additional analysis to see the difference in subjective well-being based on pocket money and sex. From the statistical test result, it could be seen that pocket money or financial condition affected subjective well-being of adolescent. This was shown by p value = 0.006 ($p < 0.005$) indicating that there was a discrepancy in pocket money received by the respondents. Hooghe and Vanhoutte (2011) said that financial condition was one of the factors which influenced subjective well-being. This is also seconded by the study conducted by Zhao (2012) in China which showed that financial condition or economic condition as well as status perception by others had significant effect on subjective well-being.

Sex was also another factor influencing subjective well-being (Diener et al., 2002). In this research, the number of male respondents was 97 covering 50.3% of the whole number of respondents, and the number of female respondents was 96 or 49.7%. Based on the T-test performed, it was revealed that there was no difference in subjective well-being between male and female respondents. This is in line with the study result of Inglehart (2002) which demonstrated that the level of life satisfaction and happiness between male and female were the same. However, it contradicts the study conducted by Lewis, Maltby, and Day (2005) which showed that males were happier than females since females were easily depressed compared to males.

Research Weaknesses. Of 25 items in subjective wellbeing, 11 items were not valid, and 25 out of 41 items in family functioning also not valid. The large number of the not valid items is the weakness of this research which resulted from lack of deliberation in interpreting the items of the employed tools by the researcher from English to Indonesian. In addition, the time allocation in collecting try-out data was not appropriate since the students were about to be dismissed. Since the students were ready to go home, they were not serious in filling out the questionnaire.

Conclusion. Based on the research findings, it can be concluded that the hypothesis of this research is acceptable. It means that there is a significant positive relation between family functioning and subjective well-being of adolescent. The more functioning the family is, the higher the subjective well-being level of adolescent is. In contrast, the less functioning the family is, the lower the subjective well-being level of adolescent is.

Suggestions. There are a number of suggestions for the improvement of the further research:

- a. The researcher who are interested in doing research with the same topic should employ more appropriate scale that suitable with the condition in Indonesia.
- b. The instructions to fill out the questionnaire should be put close to the emotion table so that the research respondents can understand easily.
- c. The further researcher should carry out a research related to family functioning on the respondents who only have one parent but show higher level of subjective wellbeing.

REFERENCES

- Azwar, S. (2014). *Reliabilitas dan validitas, edisi keempat*. Yogyakarta: Pustaka Pelajar
- Botha, F., & Booyens, F. (2014). Family functioning and life satisfaction and happiness in South African households. *Social Indicators Research*, 119(1), 163-182.
- Compton, W.C. (2005). *An introduction to positive psychology*. Belmont, California: Thompson Wadsworth.

- Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The satisfaction with life scale. *Journal of Personality Assessment*, 49(1), 71-75.
- Diener, E., Lucas, R. E., & Oishi, S. (2002). Subjective wellbeing: The science of happiness and life satisfaction. In C. R. Snyder, & S. J. Lopez (Eds.). *Handbook of positive psychology* (pp. 63-73). Oxford: Oxford University Press.
- Douglas, S. P., & Craig, C. S. (2007). Collaborative and iterative translation: An alternative approach to back-translation. *Journal of International Marketing*, 15(1), 30-43.
- Epstein, N. B., Baldwin, L. M., & Bishop, D. S. (1983). The McMaster family assessment device. *Journal Marital and Family Therapy*, 9(2), 171-180.
- Hooghe, M., & Vanhoutte, B. (2011). Subjective well-being and social capital in Belgian communities: The impact of community characteristics on subjective well-being indicators in Belgium. *Social Indicators Research*, 100(1), 17-36.
- Hurlock, E. B. (2002). *Psikologi perkembangan: Suatu pendekatan sepanjang rentang kehidupan, edisi kelima* (Alih Bahasa: Istiwidayanti). Jakarta: Penerbit Erlangga
- Inglehart, R. (2002). Gender, aging, and subjective well-being. *International Journal Comparative Sociology*, 43(3-5), 391-408.
- Lewis, C., Maltby, J., & Day, L. (2005). Religious orientation, religious coping and happiness among UK adults. *Personality and Individual Differences*, 38(5), 1193-1202. doi: 10.1016/j.paid.2004.08.002
- Miller, I. W., Ryan, C. E., & Keitner, G. I., Bishop, D. S., & Epstein, N. B. (2000). The McMaster approach to families: Theory, assessment, treatment and research. *Journal of Family Therapy*, 22, 168-189.
- Pavot, W., & Diener, E. (1993). Review of the satisfaction with life scale. *Psychological Assessment*, 5(2), 164-172.
- Retnowati, S., Widhiarso, W., & Rohmani, K. W. (2003). Peranan keberfungsian keluarga pada pemahaman dan pengungkapan emosi. *Jurnal Psikologi*, 2, 91-104
- Santrock, J.W. (2003). *Adolescence, 6 edition*. Jakarta: Erlangga
- Santrock, J.W. (2007). *Life-span development, 11 edition*. Boston: McGraw-Hill.
- Uhlenberg, P., & Mueller, M. (2003). Family context and individual well-being: Patterns and mechanism in life course perspective. In J. T. Mortimer & M. J. Shanahan (Eds.). *Handbook of the Life Course* (pp. 123-148). New York: Kluwer Academic/Plenum Publishers.
- Van der Aa, N., Boomsma, D. I., Rebollo-messa, I., Hudziak, J. J., & Bartels, M. (2010). Moderation of genetic factors by parental divorce in adolescent evaluations of family functioning and subjective well-being. *Twin Research and Human Genetic*, 13(2), 143-162.

Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measure of positive and negative affect: The PANAS scale. *Journal of Personality and Social Psychology*, 54(6), 1063-1070.

Zhao, W. (2012). Economic inequality, status perception, and subjective well-being in China's transitional economy. *Research in Social Stratification and Mobility*, 30(4), 433-450. doi: <https://doi.org/10.1016/j.rssm.2012.07.001>