



THE EFFECT OF SOCIAL SUPPORT ON THE PSYCHOLOGICAL WELL-BEING OF ADOLESCENTS IN ORPHANAGES

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ABSTRAK

Remaja yang tinggal di panti asuhan sering menghadapi keterbatasan kasih sayang orang tua, dukungan emosional yang kurang, serta tantangan dalam beradaptasi dengan lingkungan pengasuhan institusional. Kondisi tersebut dapat berdampak negatif terhadap kesejahteraan psikologis mereka, seperti munculnya perasaan kesepian, rasa tidak aman, rendahnya harga diri, serta kesulitan dalam menghadapi stres kehidupan. Penelitian ini bertujuan untuk mengetahui pengaruh dukungan sosial terhadap kesejahteraan psikologis remaja yang tinggal di panti asuhan. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional. Subjek penelitian berjumlah 120 remaja berusia 13–18 tahun yang dipilih sebagai sampel penelitian. Data dikumpulkan menggunakan skala dukungan sosial dan skala kesejahteraan psikologis yang telah diuji validitas dan reliabilitasnya. Analisis data dilakukan menggunakan regresi linear sederhana. Hasil penelitian menunjukkan terdapat hubungan positif yang signifikan antara dukungan sosial dan kesejahteraan psikologis ($r = 0,344$; $p = 0,000$). Selain itu, dukungan sosial memberikan kontribusi sebesar 11,8% terhadap kesejahteraan psikologis ($R^2 = 0,118$). Temuan ini menunjukkan bahwa semakin tinggi dukungan sosial yang diterima remaja, maka semakin baik pula kesejahteraan psikologis mereka. Dengan demikian, dukungan sosial merupakan faktor penting dalam meningkatkan kesejahteraan psikologis remaja di panti asuhan, sehingga lingkungan sosial yang suportif perlu terus dioptimalkan.

Kata Kunci: *Dukungan Sosial, Kesejahteraan Psikologis, Remaja, Panti Asuhan*

ABSTRACT

Adolescents living in orphanages often experience limited parental affection, low emotional support, and difficulties in adapting to institutional caregiving environments, which may negatively affect their psychological well-being. This study aimed to examine the effect of social support on the psychological well-being of adolescents residing in orphanages. A quantitative correlational design was employed involving 120 adolescents aged 13–18 years as participants. Data were collected using validated and reliable scales measuring social support and psychological well-being. The data were analyzed using simple linear regression. The results indicated a significant positive relationship between social support and psychological well-being ($r = 0.344$; $p = 0.000$). Furthermore, social support contributed 11.8% to psychological well-being ($R^2 = 0.118$). These findings suggest that higher levels of social support are associated with better psychological well-being among adolescents in orphanages. Therefore, social support plays an important role in enhancing adolescents' psychological well-being, highlighting the importance of fostering supportive social environments in orphanage settings.

Kata Kunci: *Social Support, Psychological Well-Being, Adolescent, Orphanage*



PENDAHULUAN

Psychological well-being refers to an individual's psychological condition characterized by self-acceptance, positive relationships with others, autonomy, purpose in life, and the ability to develop personal potential optimally. This concept is an important indicator of mental health, particularly during adolescence, a developmental stage marked by significant emotional and social changes (Christiani et al., 2025). Psychological well-being is also closely related to an individual's ability to manage stress and construct meaningful life goals (Awaliya, 2025). Therefore, it plays a crucial role in understanding the quality of adolescent development. It influences not only psychological conditions but also social functioning in daily life.

Adolescents with high psychological well-being tend to demonstrate better emotional regulation, higher self-confidence, and healthier social relationships. In contrast, those with low psychological well-being often experience emotional difficulties, low self-esteem, and increased vulnerability to social pressure (Waradanti & Astriana, 2025). Such conditions may negatively affect adolescents' psychological and social development. Furthermore, psychological well-being is also associated with stress levels experienced by individuals (Kiani et al., 2025). Thus, it is an essential factor in determining the overall quality of adolescent life.

Adolescents living in orphanages face more complex psychological challenges compared to those living with their families. Limited interaction with parents, loss of parental figures, and the demands of institutional living may significantly affect their emotional condition. Previous studies indicate that adolescents in orphanages often experience difficulties in emotional regulation and future orientation (Muhasanah et al., 2025). In addition, living in institutional settings requires adolescents to adapt to strict rules and communal social interactions. These conditions may influence their overall psychological well-being.

In this context, social support plays an important role in helping adolescents cope with psychological pressure. Social support refers to emotional, informational, appraisal, and instrumental assistance received from others within the social environment (Arifin & Noviekayati, 2025). Such support may come from caregivers, peers, or the surrounding environment. Research shows that social support significantly contributes to mental health improvement and individual coping ability (Dwitami & Selian, 2025). Therefore, social support can function as a protective factor in enhancing psychological well-being among adolescents.

Recent studies have consistently found a positive relationship between social support and psychological well-being. Individuals who receive higher levels of social support tend to exhibit better psychological well-being compared to those with lower support (Devia & Rusli, 2025). This relationship is also evident among adolescents from non-intact families, where social support serves as a compensatory factor for psychological challenges (Afifah, 2025). Moreover, social support has been shown to reduce stress levels among adolescents (Kiani et al., 2025). These findings highlight the significant role of social support in maintaining psychological stability.

In the context of orphaned adolescents, social support does not only come from biological families but also from caregivers and peers within institutional environments. Positive social relationships in orphanages have been shown to improve adolescents' emotional well-being (Wadjdi & Mariyati, 2025). In addition, interventions such as art therapy and psychoeducation have been proven effective in improving mental health among adolescents in orphanage settings (Huky et al., 2025; Muhasanah et al., 2025). However, previous findings



still vary depending on environmental conditions and individual differences. This indicates that the role of social support requires further empirical investigation.

Although numerous studies have examined the relationship between social support and psychological well-being, research focusing specifically on adolescents living in orphanages remains limited. Most existing studies have been conducted on general adolescent or university populations (Devia & Rusli, 2025; Waradanti & Astriana, 2025). Furthermore, limited research has investigated the direct contribution of social support to psychological well-being in institutional care settings. This gap highlights the need for further studies in orphanage contexts. Therefore, this study is relevant to address this research gap.

Based on the aforementioned issues, this study aims to examine the effect of social support on psychological well-being among adolescents living in orphanages using a quantitative correlational approach. This study not only investigates the relationship between variables but also measures the contribution of social support to psychological well-being empirically. In addition, it focuses on an institutional context that has been relatively underexplored in previous research. The findings are expected to contribute theoretically to the field of developmental psychology. Moreover, the study is also expected to provide practical implications for developing programs aimed at improving psychological well-being among adolescents in orphanages.

METODE PENELITIAN

This study employed a quantitative approach with a correlational research design. The research was conducted in three orphanages, namely Siti Fatimah Orphanage in Pandaan, Ar-Rahman Orphanage in Purwosari, and Al-Mustaqim Orphanage in Lawang. The population consisted of 170 adolescents aged 13–18 years. A total of 120 participants were selected as the sample using a proportionate stratified random sampling technique to ensure balanced representation from each orphanage. The study focused on examining the relationship between social support and psychological well-being among adolescents living in institutional care settings. Data were collected using two standardized psychological scales, namely the social support scale and the psychological well-being scale. The psychological well-being scale was developed based on Ryff's dimensions, including self-acceptance, positive relationships, autonomy, environmental mastery, purpose in life, and personal growth. The social support scale was developed based on Sarafino's dimensions, including emotional, appraisal, instrumental, informational, and social network support. The instruments were tested for validity using Pearson product-moment correlation and reliability using Cronbach's Alpha coefficient. Data analysis was performed using descriptive statistics, normality and linearity tests, and simple linear regression analysis with the assistance of SPSS version 26.

HASIL DAN PEMBAHASAN

Following the completion of data collection and analysis procedures, the findings of this study are presented and discussed systematically. The presentation of results aims to provide a comprehensive overview of the characteristics of the participants, the description of the research variables, and the relationship between social support and psychological well-being among adolescents living in orphanages. The data were analyzed using descriptive and inferential statistical techniques to address the research objectives and test the proposed hypothesis. Furthermore, the findings are interpreted and discussed in relation to relevant



theoretical perspectives and previous empirical studies to provide a deeper understanding of the role of social support in promoting adolescents' psychological well-being.

Hasil

The results of this study describe the characteristics of the research participants, descriptive statistical analysis, and hypothesis testing regarding the effect of social support on psychological well-being among adolescents living in orphanages. The findings are presented in a structured manner to provide a clear understanding of the research data. The presentation begins with the demographic characteristics of the respondents, followed by descriptive analysis, and ends with hypothesis testing results. Each section is organized to ensure clarity and logical flow of interpretation. Overall, the results provide an overview of the distribution and relationship between the studied variables.

The first analysis presents the distribution of research subjects based on gender. The data are summarized in Table 1, which shows the number and percentage of male and female participants. The table indicates that male participants slightly outnumbered female participants. This distribution suggests a relatively balanced composition of respondents in terms of gender. The representation of both groups allows the data to reflect a fair perspective of adolescents living in orphanages.

Table 1. Distribution of Research Subjects Based on Gender

<u>Gender Frequency Percentage</u>		
Male	64	53.3%
Female	56	46.7%
Total	120	100%

Furthermore, the distribution of participants based on age is presented in Table 2. The participants ranged from 13 to 18 years old, representing early to late adolescence. The data show variations in the number of participants across different age groups. The largest proportion of participants was found in the mid-adolescent group. This indicates that the sample adequately represents the adolescent developmental stage targeted in this study.

Table 2. Distribution of Research Subjects Based on Age

<u>Age Frequency Percentage</u>		
13	12	10%
14	32	26.7%
15	17	14.2%
16	16	13.3%
17	26	21.7%
18	17	14.2%
Total	120	100%

The descriptive analysis results indicate the general level of psychological well-being among participants. The findings show that most adolescents fall into the moderate category of



psychological well-being. This suggests that participants generally have a sufficient level of self-acceptance, purpose in life, and social relationships, although not yet optimal. The moderate level also reflects that there are still psychological aspects that need improvement. Overall, the data indicate that psychological well-being among participants is neither low nor high, but moderate.

In addition, the descriptive analysis of social support shows a similar pattern. Most participants reported receiving social support at a moderate level. This means that adolescents in orphanages generally obtain adequate emotional, informational, and instrumental support from their environment. However, the support received is not yet fully optimal in meeting all psychological needs. This condition indicates that social support is present but still has room for improvement.

The hypothesis testing was conducted using simple linear regression analysis to examine the effect of social support on psychological well-being. The results show that social support has a significant positive effect on psychological well-being among adolescents living in orphanages. The correlation coefficient indicates a positive relationship between the two variables. This means that higher levels of social support are associated with higher psychological well-being. The significance value also confirms that this relationship is statistically meaningful.

Furthermore, the coefficient of determination indicates that social support contributes to psychological well-being, while the remaining percentage is influenced by other factors not examined in this study. This suggests that although social support plays an important role, psychological well-being is also affected by other psychological and environmental variables. These findings highlight the importance of strengthening social support systems in orphanage environments. Overall, the results confirm that social support is an important factor in enhancing adolescents' psychological well-being.

Pembahasan

The findings of this study indicate that social support has a significant positive effect on psychological well-being among adolescents living in orphanages. This result suggests that higher levels of social support are associated with better psychological well-being. Social support helps adolescents feel accepted, valued, and emotionally connected to others in their environment. These conditions are particularly important for adolescents living in institutional care, where family support is often limited. Overall, the findings confirm that social support plays a crucial role in enhancing psychological well-being.

From a theoretical perspective, psychological well-being reflects an individual's ability to achieve self-acceptance, positive relationships, autonomy, purpose in life, and personal growth. In this context, social support serves as an external resource that strengthens these dimensions. Previous studies have shown that social support is consistently associated with psychological well-being across different populations, including early adults and university students (Savira & Eva, 2025; Apriani & Ramadhan, 2025). Perceived social support has also been found to significantly influence psychological well-being among individuals experiencing academic stress (Khoirunnisa & Rosiana, 2023). These findings reinforce the idea that social support is a stable predictor of psychological well-being.

In the context of orphaned adolescents, social support becomes more complex because it is not only derived from family but also from caregivers and peers within institutional settings. Social interaction within orphanages serves as the main source of emotional and psychological



support for adolescents. Research indicates that persuasive communication from caregivers contributes to moral development and emotional support for adolescents in orphanages (Putri & Burhanuddin, 2026). Furthermore, adolescents' sense of happiness in orphanage settings is strongly influenced by the quality of their social relationships (Vara et al., 2025). This highlights the importance of a supportive social environment in institutional care.

In addition, various psychological interventions have been shown to enhance mental health among adolescents in orphanages. Reality therapy helps adolescents understand their personal problems and improve self-awareness (Espransa, 2025). Psychosocial interventions have also been proven effective in increasing social support among orphaned adolescents (Rahimmatussalisa et al., 2025). These findings suggest that social support is not only naturally occurring but can also be strengthened through structured interventions. Therefore, improving the social environment in orphanages is essential for enhancing psychological well-being.

The results of this study are also consistent with previous research showing that social support plays a significant role in various psychological outcomes. Social support has been found to improve academic resilience and individuals' ability to cope with stress (Efendi et al., 2023). Positive social relationships have also been shown to enhance psychological well-being in workplace and social contexts (Sepha et al., 2025). Moreover, religious social support within family and boarding school environments contributes to strengthening resilience among vulnerable individuals (Zahra et al., 2026). These findings confirm that social support functions as a protective factor across different life domains.

Furthermore, peer support also plays an important role in providing psychological assistance. Peer counselors have been shown to effectively deliver social support to individuals in need of emotional help (Khijriati et al., 2025). Support from peers is particularly important in adolescent development, as it helps reduce emotional distress and increase social adjustment. In orphanage settings, peer relationships serve as a vital source of emotional security. Therefore, strengthening peer interaction within orphanages is essential for improving psychological outcomes.

This study is also aligned with findings in other populations, such as older adults and university students. Psychological well-being among elderly individuals is also influenced by the quality of social support they receive from their environment (Octavia et al., 2022). Additionally, social support has been shown to influence career adaptability and academic resilience among students (Handayani & Kurniawati, 2023). These findings suggest that the role of social support is consistent across different developmental stages. Thus, social support is a universal factor in psychological well-being.

However, the results of this study also show that social support contributes only 11.8% to psychological well-being, indicating that other factors also play a role. These factors may include personality traits, emotional regulation, life experiences, and other environmental influences not examined in this study. This suggests that psychological well-being is a complex and multidimensional construct. Therefore, future research is needed to explore additional variables that may influence psychological well-being. A more comprehensive approach is necessary to fully understand adolescents' psychological development.

Overall, this study confirms that social support is an important determinant of psychological well-being among adolescents in orphanages. Support from caregivers, peers, and the surrounding environment plays a vital role in helping adolescents cope with psychological challenges. These findings are consistent with previous studies highlighting the importance of social relationships in mental health outcomes. Therefore, strengthening social





support systems in orphanage settings is highly recommended. This study also provides implications for developing psychosocial interventions aimed at improving adolescents' psychological well-being.

KESIMPULAN

This study concludes that there is a significant positive effect of social support on the psychological well-being of adolescents living in orphanages. The findings indicate that higher levels of social support are associated with better psychological well-being among adolescents. Social support plays an important role in helping adolescents cope with daily life pressures and in enhancing their overall psychological functioning. In this context, support from caregivers and peers becomes a key factor in creating a sense of comfort, acceptance, and emotional security within orphanage environments. These results are consistent with the initial expectation that a supportive social environment contributes positively to adolescents' psychological development.

Furthermore, the findings emphasize that psychological well-being is not solely determined by social support, but also influenced by other factors such as personality traits, religiosity, life experiences, environmental conditions, and emotional regulation abilities. Although social support shows a significant contribution, its effect remains relatively limited, indicating the complexity of psychological well-being as a multidimensional construct. Therefore, future studies are recommended to explore additional variables that may provide a more comprehensive explanation of psychological well-being among adolescents in institutional care settings. In addition, further research may expand the study context to different populations or develop intervention-based approaches aimed at strengthening social support systems in orphanages. Practically, these findings highlight the importance of caregivers and institutions in fostering a supportive environment that promotes adolescents' psychological well-being.

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