

**RESEARCH ARTICLE**

# Children of Islamic orphanage: The social support and subjective well-being

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**ABSTRACT**

The well-being of children plays a significant role in their lives and development, including those living in orphanages. There are children who are abandoned and have to reside in orphanages, which can affect their well-being. This study aims to determine and explain the relationship between social support and subjective well-being among orphanage children. The researcher utilizes a quantitative method with simple random sampling technique. A total of one hundred (100) orphanage children aged 8-16 years and having resided in the orphanage for more than two years participate in this study. Data analysis is conducted using a simple regression test, demonstrating the acceptance of the proposed hypothesis. Based on the data analysis results, there is a relationship between social support and subjective well-being among orphanage children, as indicated by the correlation value between subjective well-being and social support variables of  $r = 0.376$  with an R Square value of 0.142 and  $p < 0.01$ . The effective contribution of the social support to subjective well-being is 14.2% ( $R^2 = 0.142$ ). The study implies that to enhance the well-being of orphanage children, relevant parties can leverage social support.

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**INTRODUCTION**

Children are the generation that will become the successors. In Indonesia, the number of children (aged 0-17 years) reaches 29.15%, estimated at 79,486,424 individuals, which accounts for about a third of Indonesia's total population in 2021; therefore, it is expected that this number will play a significant role when Indonesia celebrates its 100 years of independence in 2045 (Ministry of Women's Empowerment and Child Protection, 2022). For children to grow and develop well, prosperous children are needed. Child welfare is defined as a way of life and sustenance for children that can reasonably guarantee their growth and development, both spiritually, physically, and socially (Central Bureau of Statistics, 2022). Prosperous children will lead a good life; therefore, ensuring child welfare is crucial and must be a concern for all parties involved.

Child welfare is crucial in various aspects of children's lives and development, such as physical and mental resilience, educational and academic achievement, and social aspects (Abidin et al., 2022). Not

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all children are fortunate to live with a harmonious family that can support their development. Many children are abandoned and have to live in orphanages. Orphanages are institutions responsible for ensuring substitute parental care, the welfare of abandoned children, and meeting their needs. Hopefully, orphanage children can still compete with other children and excel in any aspect (Yatim, 2021). The limited and shared conditions in orphanages also cause children to feel unhappy and stressed, thus affecting their well-being. A study by Wafa (2016) stated that orphanage children experience loss or lack of well-being.

According to Diener, subjective well-being is a scientific term in psychology for happiness and life satisfaction, thinking and feeling that life is going well and not going poorly (Hastuti et al., 2020). According to Ryff & Keyes (Setyawati et al., 2022), the factors influencing well-being include social support. Consistent with Diener's assertion, E. (Derima Putri et al., 2022) stated that one external factor that can influence an individual's well-being is social support. As defined by Rahayuningsih (2020), social support is an interaction between an individual and others aimed at meeting the basic needs of individuals, including the need to be loved and appreciated and the need for a sense of security to achieve happiness.

The relationship between social support and subjective well-being is also supported by several research findings, such as one conducted by Syarah (2019), which indicates a positive relationship between social support and subjective well-being. The higher the social support, the higher the subjective well-being among disabled students in Banda Aceh. Furthermore, a study by Ohara et al. (2021) shows a significant and positive relationship between social support and subjective well-being. This study is closely aligned with a study conducted by Huang et al. (2021), whose research findings and discussions demonstrate the positive association between social support and subjective well-being.

Based on the research presented, discussions regarding well-being still need further exploration, especially among children in orphanages. Thus, research is needed to understand the relationship between well-being and social support. This article examines the impact of social support on the well-being of children in orphanages.

## METHOD

This research is quantitative, with the utilized variables subjective well-being as the dependent variable and social Support as the independent variable. The data analysis technique consists of assumption/prerequisite testing and hypothesis testing. Assumption/prerequisite testing includes tests for normality and linearity, while hypothesis testing employs simple regression analysis techniques. The subjects in this study are children from an orphanage called Darul Yatim Tanjung Enim, totaling 100 individuals. The technique used in this research was drawn and specified by adapting the Isaac & Michael table with a 5% margin of error (Sujarweni, 2022).

The researcher used a questionnaire method to gather data, using a subjective well-being scale and social support. The scale utilized in this study is the Likert scale, where subjects must choose one of the provided response options (Sugiyono, 2017). This scale comprises two types of statements: favorable and unfavorable.

This scale was developed based on the aspect variables of subjective well-being following the theory proposed by Diener (Hastuti et al., 2020). The subjective well-being scale consists of 56 statements based on indicators of aspects, divided into 28 favorable and 28 unfavorable items. Additionally, another scale was developed based on the aspects of the social support variable

following the theory proposed by Swarjana (2022). The social support scale comprises 55 statements based on indicators from aspects, divided into 26 favorable and 29 unfavorable items. Prior to this study, the scales were tested for validity and reliability.

## RESULT

The subjects in this study totaled 100 children from the orphanage Daarul Yatiim Tanjung Enim. These subjects have varying ages and genders. Based on the research findings, the researcher obtained a summary of the study results in the form of the following data:

**Table 1.** Total of research participants

Age	Sex		Total
	Male	Female	
8 years	11	9	11
9 years	23	7	29
10 years	4	3	2
11 years	6	4	5
12 years	9	5	11
13 years	3	1	4
14 years	2	13	13
15 years	15	12	16
16 years	5	8	9
Total	78	62	100

Table 2 outlines the research data concerning subjective well-being about social support. According to the table, the mean for the subjective well-being variable is 191.86, with a standard deviation of 21.838. The mean for the social support variable is 186.58, with a standard deviation of 15.582.

**Table 2.** Descriptive statistic data

Variable	Mean	SD
Subjective well-being	191.86	21.838
Social support	186.58	15.582

Based on Table 3, it can be observed that out of 100 children from orphanages who were the study subjects, 48 or 48% exhibited high subjective well-being. In contrast, 52 or 52% exhibited low subjective well-being. Therefore, it can be concluded that subjective well-being among children in orphanages tends to be low. Moreover, in Table 3, it is also evident that out of the 100 children from orphanages who were the research subjects, 47 or 47% had high social support, while 53 or 53% had low social support. Hence, it can be inferred that social support among children in orphanages tends to be low.

**Table 3.** Data categorization

Variable	Score	Categorization	n (%)
Subjective well-being	X > 191,86	High	48 (48%)
	X < 191,86	Low	52 (52%)
Social support	X > 186,58	High	47 (47%)
	X < 186,58	Low	53 (53%)

Before hypothesis testing, assumption testing is carried out first, consisting of a normality test and a linearity test. The normality test conducted on each variable in this research uses Kolmogorov-Smirnov, aiming to determine whether the data of both variables are normally distributed. It can be observed from the p-value of the test, namely subjective well-being  $p = 0.536$  ( $p > 0.05$ ) with KS-Z 0.805 and social support  $p = 0.618$  ( $p > 0.05$ ) with KS-Z 0.755. Therefore, both variables are typically distributed as they satisfy the significance value criterion ( $p > 0.05$ ).

**Table 4.** Normality test

Variable	KS-Z	p	Conclusion
Subjective well-being	0,805	0,536	Normal
Social support	0,755	0,618	Normal

Based on Table 5, the F value is a coefficient indicating the relationship between the independent and dependent variables with  $F = 16.185$  and  $p < 0.01$ . The F value indicates the linearity of the relationship between the independent and dependent variables. In the table above,  $p < 0.01$  indicates a linear relationship between social support (X) and subjective well-being (Y).

**Table 5.** Linearity test

	F	p	Conclusion
Social support (X) → Subjective well-being (Y)	16,185	< 0.01	Linier

Based on Table 6, the correlation results between subjective well-being and social support variables are  $r = 0.376$  with an R Square value of 0.142 and a p-value of 0.000, where  $p < 0.01$ . This value indicates a highly significant relationship between social support and subjective well-being among children in the orphanage Daarul Yatiim in Tanjung Enim. The analysis was conducted using a simple regression test supporting the hypothesis proposed. The practical contribution of the social support variable to subjective well-being is 14.2% ( $R^2 = 0.142$ ). Therefore, there is still an 85.8% influence from other factors related to subjective well-being that the researcher did not examine.

**Table 6.** Hypothesis test

	R	R2	p	Conclusion
Social support (X) → Subjective well-being (Y)	0,376	0,142	< 0.01	Significant

## DISCUSSION

Based on the correlation coefficient classification according to Sarwono (2009), it can be stated that the relationship between social support and subjective well-being towards the orphans of Daarul Yatiim Tanjung Enim with a correlation coefficient of  $r = 0.376$  indicates a significant relationship. Orphans are unfortunate not to receive support from a harmonious and ideal family; thus, they must reside in orphanages. Nevertheless, orphaned children can still pursue education with support from the orphanage caretakers who provide necessary information about schools; they exchange thoughts and offer advice when facing difficulties; they feel satisfied when appreciated for doing good deeds by fellow residents of the orphanage; they experience joy when praised by fellow residents; they comfort each other in times of sadness and adversity; they can express their feelings to the orphanage caretakers, providing a listening ear for their grievances.

The findings of this research are further supported by a study conducted by Syarah (2019), which states that there is a positive relationship between social support and subjective well-being—the higher the social support, the higher the subjective well-being.

Based on field analysis, it is evident that social support indeed influences the subjective well-being of orphans at Daarul Yatiim Tanjung Enim. Orphans feel that the orphanage caregivers always pay attention and care when they are sad, providing them a sense of refuge. The orphanage caretakers promptly offer assistance when the orphans are unwell; the orphan children offer advice to each other when facing difficulties; they are motivated to learn due to encouragement from fellow residents; they assist each other in completing tasks and responsibilities within the orphanage environment, ensuring tasks are completed promptly. Orphans who feel the support, attention, and care will

understand their situation, experience joy from having many friends in the orphanage, and enjoy positive interactions with the caregivers.

The relationship between social support and subjective well-being plays a significant role in children's development. Children residing at the orphanage Daarul Yatiim Tanjung Enim require social support in the form of food, facilities, and, notably, love and affection from close individuals to experience happiness and pleasure and cope with the circumstances they face in their lives.

The lives of children at the Daarul Yatiim Tanjung Enim orphanage are closely intertwined with the care and attention provided by the orphanage management. Daarul Yatiim Tanjung Enim orphanage operates using personal funds, without assistance from the government or donations from companies in Tanjung Enim. Furthermore, voluntary donors supporting the orphanage have also contributed to meeting the facilities and needs of the children at Daarul Yatiim Tanjung Enim.

The younger children at the Daarul Yatiim Tanjung Enim orphanage are cared for by older children. Teenage children at the orphanage rely on guidance and supervision from the management. Teenage children at Daarul Yatiim Tanjung Enim orphanage must assist each other in cooking, cleaning the premises, and looking after younger siblings. The children at the orphanage depend on one another for support and rely on each other in their daily lives, as they do not have their parents or biological family nearby.

## **CONCLUSION**

This study indicates a strong correlation between social support and subjective well-being within the context of children residing in the Daarul Yatiim Orphanage in Tanjung Enim. While these results offer valuable insights for improving orphanage children's well-being and support systems, it is essential to acknowledge the study's limitations, such as the specific focus on this orphanage. Future research endeavors in psychology should consider expanding beyond this single setting and delve into additional factors that play a role in determining subjective well-being. By broadening the scope of the investigation, psychologists can gain a more comprehensive understanding of how different variables interact to influence the well-being of vulnerable populations such as orphaned children, ultimately contributing to more effective interventions and support mechanisms in such environments.

## **DECLARATION**

### **Acknowledgment**

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### **Author contribution statement**

Adieska Yuni Wardhani conducted a survey, administered scales, and analyzed data. Desy Arisandy monitored the research implementation process, wrote the discussion section, and drew research conclusions.

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## Data access statement

The data described in this article can be accessed by contacting the first author.

## Declaration of Interest's statement

The authors declare no conflict of interest.

## Additional information

No additional information is available for this article.

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