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## Subjective well being in adolescences on Minangkabau ethnic; an analysis based of dimension and gender

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### ABSTRACT

This study aims to analyze the subjective well-being of adolescents in Minangkabau ethnicity. There are 182 participants of Minang adolescencets. The method in this study used a quantitative descriptive approach. The research instrument uses a subjective well being scale that has been tested for validity and reliability. The data analysis technique used descriptive statistics and boxplot analysis used the JAPS (Jeffrey's Amazing Statistics Program) application. The result showed that the subjective well being Minangkabau adolescents were in the high category, based on the subjective well being dimension, the dominant life statistic was in the high category and the affective dimension was in the medium category. Then based on gender, there is no significant difference in subjective well being of adolescent men and woman. This shows that the subjective well-being condition of Minangkabau adolescents is high as well as in each of its dimensions, both cognitive and affective. This condition needs to be optimized through various parties so that Minangkabau adolescents have good subjective well-being and avoid maladaptive behavior.



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## Introduction

Adolescents are a golden generation that is prepared for nation building so that the role of adolescents is needed to be able to advance the Indonesian state, this is supported by the large number of adolescents population in Indonesia (Pramono & Hanita, 2021; Riyanti, Astuti, Rahmah, & Ayatina, 2020). According to data from the Central Statistics Agency (BPS) in 2020 based on the age group, adolescents are a fairly large population, namely 20% of the total population of Indonesia (Statistik, 2020a). Then according to data from the Central Statistics Agency (BPS) of West Sumatra in 2019, the number of adolescents aged 10-19 years reached 18.53% or 1,008,363 people from the total population of West Sumatra which reached 5,441.197 (Statistik, 2020a, 2020b).

Based on the data, it shows that the population of adolescents is large enough so that guidance and guidance guidance and counseling service are needed for adolescents in order to live an effective life and develop a prosperous and happy life (Avedissian & Alayan, 2021). This is because adolescence is a period of transition from children to adults with all the changes in it (Sawyer, Azzopardi, Wickremarathne, & Patton, 2018). Adolescence is a time when a person's social awareness will be higher and social pressure will arise every day, so that adolescents are considered as a vulnerable population or vulnerable to experiencing problems (Al-Delaimy & Al-Ani, 2021; Busse et al., 2021; Velki & Milić, 2021).

Adolescents also have various needs both physically and psychologically to be fulfilled which will result in happiness and satisfaction in their lives. If these needs are not met, adolescents are vulnerable to venting it through maladaptive things (Pramono & Hanita, 2021). The negative emotions experienced by adolescents will put them at great risk of delinquency and problems that become obstacles for adolescents to be able to

express themselves optimally, so that they are trapped in maladaptive situations and environments that encourage them to do things that will harm them in their environment (Larson & Asmussen, 2017; Perry, Dollar, Calkins, Keane, & Shanahan, 2020). Future, such as smoking, drinking alcohol, and even falling into the use of illegal drugs and promiscuity which can have a negative impact on him and his future (Bortes, Ragnarsson, Strandh, & Petersen, 2021; Hughes et al., 2021). This shows that it is very important to fulfill the needs for happiness and life satisfaction of adolescents as an aspect of the realization of adolescent subjective well being.

Subjective well being is a term to describe the level of well-being of a person's experience in accordance with cognitive and affective subjective evaluations of his life (Diener, 2009; Jurado, Soto, Conchas, & Nájera, 2019; W. Ng et al., 2021). A person's cognitive and affective evaluation of his life occurs at several stages of development, one of which is the adolescent stage. The evaluation includes individual emotional reactions to events that occur in their lives as well as adolescent cognitive assessments of fulfilling life satisfaction (Bokhan, Ul'yanich, Terekhina, Vidyakina, & Galazhinskiy, 2021; Danilenko & Isaturyan, 2020; Diener, 2009).

Research shows that based on the range of human development, it is found that subjective well-being in adolescence is lower than other age categories (Bortes, et al., 2021; Chung, Hutteman, van Aken, & Denissen, 2017; Giuntoli & Vidotto, 2021). Individuals who have low subjective well-being can lead to feelings of dissatisfaction and satisfaction (Diener, 2009; Weiting Ng & Diener, 2021). Adolescents who are not psychologically prosperous will find it difficult to overcome the problems encountered during the development process. Furthermore, Suldo and Huebner found that adolescents with high satisfaction were less likely to exhibit externalizing behavior in the future after experiencing significant life stressors (Diener, Oishi, & Lucas, 2015; Sigley-Taylor, Chin, & Vella-Brodrick, 2021). Psychologically prosperous adolescents have positive domains in intrapersonal, interpersonal, and school life, are more creative, and have good physical health (Karaca, Karakoc, Bingol, Eren, & Andsoy, 2016; Magyar-Moe, Owens, & Conoley, 2015). Thus, life satisfaction can be viewed as an important psychological force that helps facilitate the adaptive development of adolescents (Cecen, 2021).

This study related the subjective well-being of adolescents with the culture of the Minangkabau ethnic community. Subjective well being is closely related to culture, as an important aspect of human life, culture influences many things, including the strength of individual character or individual achievement towards happiness (Diener, et al., 2015; Weiting Ng & Diener, 2021). This means that culture influences the achievement of subjective well-being of every teenager. The values of the typical Minangkabau culture have an influence on the cognitive, emotional, motivational and behavioral systems of adolescents such as matrilineal culture, wandering and other cultural values guided by the Minangkabau ethnic community (Diener, et al., 2015; Weiting Ng & Diener, 2021).

This article aims to analyze the subjective well-being of adolescents who have a Minangkabau ethnic background. So the results revealed in this study will be different from previous studies because the dimensions of life satisfaction and affective in subjective well-being are highly dependent on culture and how one's life is. formed. Therefore, research is needed at the cultural level by analyzing the study of subjective well-being of adolescents with the cultural context of the Minangkabau ethnic in West Sumatra.

## Method

This research use a descriptive method (Sidel, Bleibaum, & Tao, 2018), The research population were adolescents with Minangkabau ethnic background. The sub population in this study were high school students with Minangkabau ethnic background in Tanah Datar Regency, West Sumatra Province, Indonesia. There are 182 participants of Minangkabau adolescence. Data collection is done through the administration of research instruments using a subjective well being scale that has been tested for validity and reliability. Furthermore, the data were analyzed using descriptive statistics and boxplot analysis using JAPS (Jeffrey's Amazing Statistics Program) (Love et al., 2019; Wagenmakers et al., 2018).

## Results and Discussion

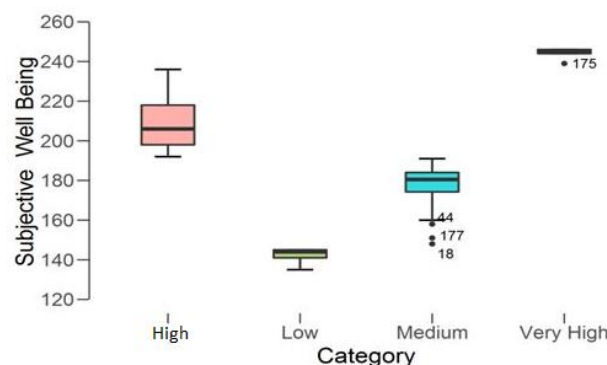
Based on table 1 shows that from 182 respondents there are 91 people have high subjective well being with a mean of 208,451 and a standard deviation of 11, 612. Furthermore, 82 respondents have subjective well being in the medium category with a mean of 178,012 and a standard deviation of 9,761. Then 5 respondents were in the very high category with a mean of 244,000 and a standard deviation of 2,915. And 4

respondents have subjective well being in the low category. This result indicates that the subjective well being of Minangkabau adolescents is dominant in the high category, this indicates that Minangkabau adolescents feel a lot of pleasure and tranquility in their lives.

**Tabel 1.** Descriptive Statistic of Subjective Well Being Based on Category

	Subjective Well Being			
	High	Low	Medium	Very High
<b>Valid</b>	91	4	82	5
<b>Missing</b>	0	0	0	0
<b>Mean</b>	208.451	142.000	178.012	244.000
<b>Median</b>	206.000	144.000	180.500	245.000
<b>Mode</b>	218.000	145.000	176.000	246.000
<b>Std. Deviation</b>	11.612	4.761	9.761	2.915
<b>Minimum</b>	192.000	135.000	148.000	239.000
<b>Maximum</b>	236.000	145.000	191.000	246.000
<b>Sum</b>	18969.000	568.000	14597.000	1220.000

Furthermore, the visual boxplot of the subjective well being condition of Minangkabau adolescents is presented in Figure 1.



**Figure 1.** Subjective Well Being base Category

Based on figure 1. showing visual boxplots of subjective well being Minangkabau adolescents where the highest score distribution is in the high category with a frequency of 91, then the second highest score distribution is in the medium category with a frequency of 82, then the third highest score distribution is in the very high category with a frequency of 5, and finally the distribution of scores in the low category with a frequency of 5. This shows that the overall subjective well-being of Minangkabau adolescents is in the High category, meaning that adolescents are able to evaluate their lives well. Subjective well being is one of the important aspects for adolescents to understand the quality of life and social life (Jebb, Morrison, Tay, & Diener, 2020; Kushlev, Drummond, & Diener, 2020). Individuals who have good subjective well-being tend to be more altruistic, have good social relations, are more active, confident, have a strong immune system, live longer, and have better conflict resolution (Moore, Leslie, & Lavis, 2005). Another study revealed that prosperous adolescents have positive domains in intrapersonal, interpersonal, and school life, are more creative, and have good physical health (Karaca, et al., 2016; Weiting Ng & Diener, 2021; Proctor & Linley, 2014).

There are two general components in subjective well being, namely the cognitive dimension and the affective dimension (Diener, 2009; Diener, et al., 2015). The cognitive dimension is a person's life satisfaction regarding the life he lives and the affective dimension which includes positive affective and negative affect. Below is described subjective well being based on cognitive and affective dimensions as follows.

**Tabel 2.** Cognitive Dimension

Cognitive (Life Satisfaction)			
	High	Medium	Very High
Valid	133	30	19
Missing	0	0	0
Mean	94.992	78.600	108.000
Median	95.000	80.000	107.000
Mode	95.000	80.000	107.000
Std. Deviation	5.408	4.360	3.432
Minimum	85.000	67.000	105.000
Maximum	104.000	84.000	117.000
Sum	12634.000	2358.000	2052.000

Table 2. Show that in the cognitive dimensions of Minangkabau adolescents the most dominant are in the high category with a frequency of 133 and a standard deviation of 5.408 Furthermore, the second highest is in the medium category with a frequency of 30 and a standard deviation of 4.360 and in the very high category with a frequency of 19 and a standard deviation of 3, 432. These results indicate that Minangkabau adolescents have good cognitive evaluations and have high life statistics on their lives.

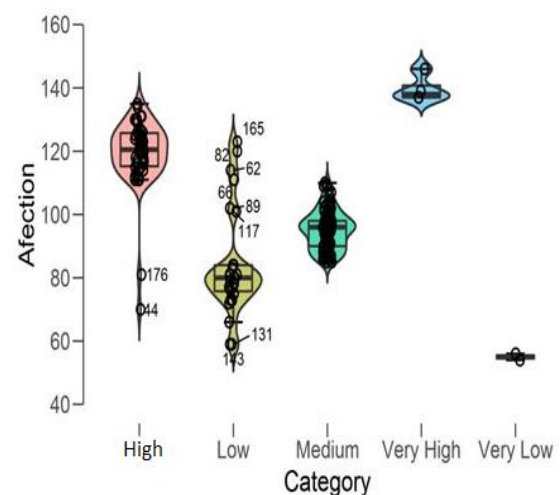
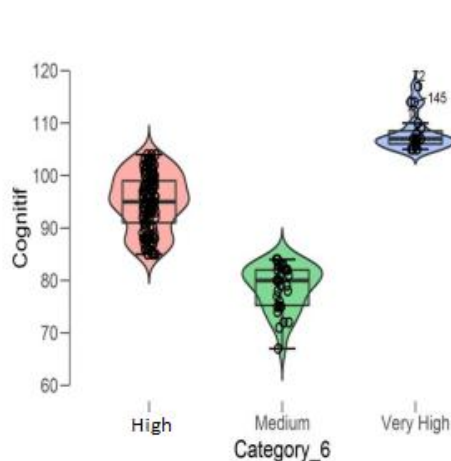
**Tabel 3.** Afection Dimension

Afection					
	High	Low	Medium	Very High	Very Low
Valid	50	28	98	4	2
Missing	0	0	0	0	0
Mean	119.300	83.821	95.194	139.750	55.000
Median	120.500	80.000	96.000	138.000	55.000
Mode	111.000	81.000	96.000	137.000	54.000
Std. Deviation	11.141	6.047	16.000	4.272	1.414
Minimum	70.000	59.000	85.000	137.000	54.000
Maximum	135.000	123.000	110.000	146.000	56.000
Sum	5965.000	2347.000	9329.000	559.000	110.000

Table 3. Shows that in the affective dimension of Minangkabau adolescents, the most dominant are in the medium category with a frequency of 98 and a standard deviation of 16,000. Furthermore, the second highest is in the high category with a frequency of 50 and a standard deviation of 11.141, then the third in the low category with a frequency of 28 and a standard deviation of 6.047. In the very high category with a frequency of 4 with a standard deviation of 4.272 and in the very low category with a frequency of 2 and a standard deviation of 1.414. These results indicate that Minangkabau adolescents have a fairly good affective evaluation.

Based on figure 2, it shows that the distribution and complexity of the highest scores on the dominant cognitive dimension are in the high category. Then in figure 3 shows the distribution and complexity of the most affective dimension scores are in the medium category. This shows that in terms of the cognitive dimensions of Minangkabau adolescents, they have a high life satisfaction, then in the affective dimension, Minangkabau adolescents have a fairly good life happiness.

A high level of subjective well-being is indicated by a cognitive evaluation in the form of high life satisfaction and affective evaluation in the form of high positive affect and low negative affect (Diener, 2009; Weiting Ng & Diener, 2021). Individuals who are satisfied with their lives as a whole will have pleasant feelings and positive responses to life, health, events and circumstances around them. Thus, it shows that the need for happiness and life satisfaction of adolescents has been fulfilled as an aspect of the realization of adolescent subjective well-being (Weiting Ng & Diener, 2021)



**Figure 2. Subjective Well Being base Cognitif** **Figure 3. Subjective Well Being base afektion**

Furthermore, the subjective well-being of Minangkabau adolescents was further analyzed based on gender, which is shown in table 4 below.

**Tabel 4.** Description of Subjective Well Being Base Gender

	Subjective Well Being	
	Men	Women
Valid	48	134
Missing	0	0
Mean	193.354	194.575
Median	194.500	192.000
Mode	181.000	183.000
Std. Deviation	19.724	22.087
Minimum	143.000	135.000
Maximum	246.000	246.000
Sum	9281.000	26073.000

Based on table 4. It shows that the number of adolescent men is 48 and the number of women is 134. From the mean score for men many as 193, 354 and scores for adolescent woman as much as 194, 575 this indicates that there is no significant difference in subjective well being scores between men and women Minangkabau. This means that there are similarities in the subjective well being conditions of man and woman adolescents who are in good condition. Furthermore, the subjective well being of Minangkabau adolescents was analyzed based on the dimensions in the figure 4 and figure 5.

Figure 4. shows that the distribution of scores on cognitive aspects between men and women is in the same range and line. Then as with the affection aspect in table 5 shows that the distribution of scores between teenage men and women is on the same range and line. This means that there are no differences between men and women adolescents in both aspects, both cognitive and negative dimension.

It can be concluded that the overall subjective well being of Minangkabau adolescents is in the high category. Then from a cognitive perspective, being in the high category means that adolescents have high life satisfaction and the affective dimension in the medium category means that adolescents have a fairly good affective evaluation. A person's cognitive and affective evaluation of his life occurs at several stages of development, one of which is the adolescent stage. The evaluation includes individual emotional reactions to events that occur in their lives as well as adolescent cognitive assessments of fulfilling life satisfaction (Weiting Ng & Diener, 2021).



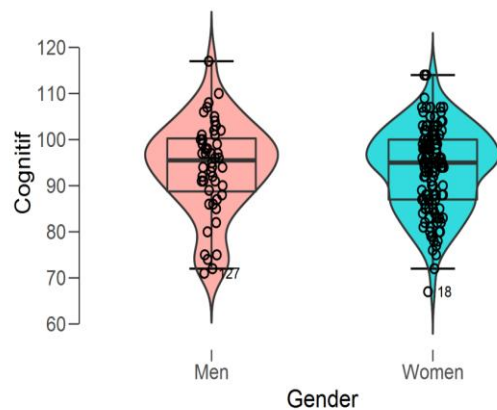


Figure 4. **Cognitif Dimension Base Gender**

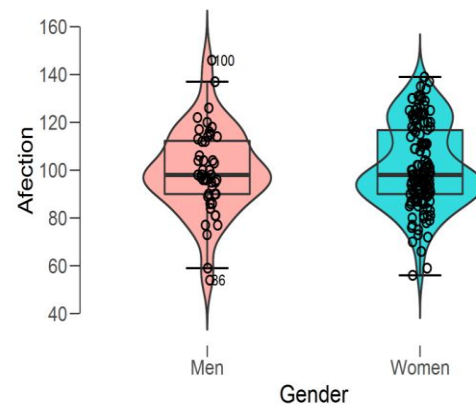


Figure 5. **Afection Dimension Base Gender**

In other studies, subjective well being prosperous adolescents have positive domains in intrapersonal, interpersonal, and school life relationships, more creative, and good physical health (Karaca, et al., 2016; Proctor & Linley, 2014). Thus, life satisfaction can be viewed as an important psychological force that helps facilitate the adaptive development of adolescents. This shows that it is necessary to develop and manage good adolescent subjective well-being in order to avoid stress, depression, and other mental problems so that they can achieve a peaceful and happy life (Bazley, Dayani, & Jannati, 2021; Cheng & Yan, 2021; Kabasawa et al., 2021).

Based on cultural analysis, the values of the typical Minangkabau culture have an influence on the cognitive, affective, motivational and behavioral systems of adolescents such as matrilineal culture, wandering and other cultural values guided by the Minangkabau ethnic community (Jebb, et al., 2020; Reyes-Martínez, Takeuchi, Martínez-Martínez, & Lombe, 2021). Culture is a form of collective programming of ways of thinking, affection and behaving that produce different aspects of a person's life which include beliefs, attitudes and individual behavior through a collective learning process (Reyes-Martínez, et al., 2021). The values of a particular culture have an influence on the cognitive, affective and behavioral systems of individuals (Reyes-Martínez, et al., 2021; Sigley-Taylor, et al., 2021). This means that a person's subjective well-being is influenced by culture, as an important aspect of human life, culture affects many things, including the strength of individual character or in individual achievement towards happiness, including Minangkabau adolescents.

## Conclusion

The findings of the research showed that Subjective well being in general, adolescents were in the high category, then based on the cognitive dimensions of adolescents were in the high category and on the affective dimension were in the medium category. Thus, it shows that the need for happiness and life satisfaction of adolescents has been fulfilled as an aspect of the realization of adolescent subjective well being. Based on gender, there is no significant difference in subjective well being between Minangkabau men and woman, as well as based on cognitive and affective dimensions, there is no difference. This shows that it is necessary to develop and manage good adolescent subjective well being from various parties, especially counselors in order to avoid stress, depression, and other mental problems so that they can achieve a peaceful and happy life.

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