

# HASIL CEK\_10. Subjective Well-Being

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# Subjective Well-Being in Single Mothers: viewed from Optimism and Social Support

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This research has aims to: 1) find out the relationship between optimism and subjective well-being; 2) find out the relationship of social support with subjective well-being; and 3) find out the relationship between optimism and social support with subjective well-being. The population in this research were indigent single mother-aged, under 50 year olds in the Subdistrict of Jetis, Bantul Regency, Yogyakarta consisting of 277 people. The sample of this research were 159 people taken by using the quota sampling technique. The technique of collecting data used the scale of subjective well-being, the scale of optimism and the scale of social support. Analysis of data was done using multiple regression analysis. The results obtained are that there is a significant relationship between the optimism variable and the social support variable with the subjective well-being variable, with an R of value=0.634 with sig=0.000. There is a very significant positive relationship between optimism variables and subjective well-being variables, with B values of optimism=2.174 and sig =0.000. There is no relationship between social support variables with subjective well-being variables, with value B on social support = 0.120 and sig = 0.498.

**Key words:** *Subjective well-being, optimism, social support.*

## Introduction

Happiness is the final destination desired in life, therefore, happiness will be something that someone would fight for in order to achieve it. People feel happy when their needs are met, but there are those people who still feel sad and empty despite their well-being. According to Carr (2011) and Diener (2000) happiness can be equated with subjective well-being. Diener and Chan (2011) said that the characteristics of a good life according to the community are



happiness, health and long life. Subjective well-being refers to an assessment of life satisfaction, an evaluation of feelings, including moods and emotions. Individuals with high subjective well-being are better able to control their emotions in dealing with various life events better, conversely individuals with low subjective well-being see their lives as meaningless and assume events that occur as something unpleasant and that it incurs negative emotions such as anxiety, depression and anger (Myers and Diener, 1995).

According to data from the Central Statistics Agency (BPS), the development of the Indonesian happiness index according to the characteristics of marital status in 2017 is divided into four dimensions, namely:

1. For the index of happiness dimension, the highest index is in the unmarried population (71.53%) and the lowest is in the population with the status of divorce (67, 83%).
2. For the highest index of affection dimension who are already married (69.05%) and lowest in the population with the status of divorce (64.19%).
3. For the highest life satisfaction dimension index who are already married (71.38%) and the lowest in the population with a divorce status (68.14%).
4. For the highest life meaning dimension index in the single population (74.93%) and the lowest in the population with a divorce status (dead) (68.83%).

This proves that people with divorce status and divorce have lower level of subjective well-being compared to residents who are not yet married.

Data from the Central Statistics Agency (BPS, 2017) on Happiness Index and Dimension Index of the Happiness Index of Population according to marital status in the Province of Special Region of Yogyakarta in 2017 showed that the highest happiness index for residents with an unmarried status as much as 75.39%, and the lowest in the population with divorce status as much as 69.62%. The highest life satisfaction index for residents with an unmarried status as much as 73.65% and the lowest with divorce status as much as 69.01%. The highest affection index in the population with unmarried status as much as 75.18% and the lowest in the population with divorce status as much as 69.36%. The highest index of meaning of life in a population with an unmarried status as much as 77.38% and the lowest with a divorce status as much as 70.48%.

Divorce cases in families in various countries are rife, resulting in an increase in the number of single parents, one of which is in Indonesia. Divorce rates consistently increase from time to time, this weakens the institution of the family and results in many children being raised by single parents (Arif, 2016).

Data from the United States Census Bureau & Margino (2017) recorded from 1960 to 2016 that there were approximately 11 million single mothers raising their own children,



while for the number of single fathers raising their own children were 3 million people. Based on these data, as many as 78.6% single parents were women.

Data from the Central Statistics Agency (BPS) in 2014 recorded 12.29% of women in Indonesia were widowed, while 3.3% of men were widowed and in 2015 this number increased to 12.34% of widowed women and 3.6% of men were widowed. Based on 2015 BPS data the highest number of widowed women was in the province of East Java as much as 15.82% and for the province of Yogyakarta as much as 14.14%. A single mother has hope for prosperity and happiness in life. According to Papalia, Olds, and Feldman (2008) a single mother is a woman who was abandoned by her husband or life partner either because of divorce or death, who then decides not to remarry and raise their children alone. Various problems are often found among single mothers ranging from social, economic, and psychological aspects, health, social relationships that will affect subjective well-being in single mothers.

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Based on the results of the documentation study on the Identification of Problems and Needs of Single Mom PKH Participants in 2017 obtained by the researcher from Jetis Subdistrict Family Hope Program (PKH), various kinds of problems encountered by the single mothers are:

- 1) Single mothers due to divorced life and divorced due to death or left by her spouse has a problem, namely, they are less satisfied with the economic situation where the amount of expenses for children's school fees, daily living costs, health costs, costs for business would have been greater than the amount of income earned;
- 2) Single mothers experience many health problems, feel easily exhausted and easily hurt due to workload felt to be too much to meet the needs of daily life, experience reproductive disorders, become anxious and stressed out with problems that often come up, feel prolonged sadness, and deeply inferior;
- 3) Single mothers have economic and health problems, in social life, single mothers are often ostracised and considered trivial because people have a negative stigma towards single mothers. They are often seen as a threat to the wives for fear that the husbands will have an affair with a single mother, they are also often misinterpreted in getting along, and are not trusted in group management. Single mothers due to being left behind by a spouse or pregnant victim out of wedlock is also often seen as despicable and sarcastic, this has made them often felt isolated in their environment;
- 4) The low level of education makes it difficult for them to find a decent job, most of them work as farmers, traders or odd jobs where the income earned is considered less than the daily needs of families;
- 5) In a family, divorced single mothers sometimes feel that they don't get support because the family considers that single mothers have been negligent in



maintaining the household, whereas for single mothers who are left behind by couples or pregnant out of wedlock this is felt to be a disgrace to large families that families do not take care of their children again. Various kinds of problems make them unhappy, dissatisfied with life, angry with the situation that in the end they blame themselves and others, anxious, not optimistic about life, and prolonged sadness thus they have low subjective well-being.

There are various factors that can cause subjective well-being, one of them is optimism. This is indicated by not being optimistic in life. Scheier's research (Arif, 2016) said optimists have a greater degree of subjective well-being. Carver and Gaines (Arif, 2016) said that optimism is correlated with higher subjective well-being, even when facing stressful events such as childbirth. Lucas, Diener, and Suh (Eddington and Shuman, 2005) revealed that optimism is related to subjective well-being measures such as life satisfaction, pleasant influence and unpleasant influence. People who are optimistic can maintain a higher level of subjective well-being when facing stressors, tend to deal with problems in a focused manner, seek social support, and emphasise the positive aspects of the situation when facing difficulties. Pessimistic people tend to use denial, focus on feelings of stress, and break away from relevant goals.

Based on Sabiq and Miftahudin's research (2017) about the effect of optimism, social support, and demographic factors on the subjective well-being of nurses, found that the higher the optimism, the higher the level of subjective well-being of nurses.

In addition to optimism, social support is also one of the factors that influences subjective well-being. Problems that are often encountered by single mothers related to the lack of social support is characterised by the lack of socialisation with the community and lack of support from families. According to Uchino (Sarafino and Smith, 2011) social support refers to comfort, attention, self-esteem, or the availability of assistance for someone from another person or group. Social support can improve assessment of life satisfaction (Argyle in Carr, 2011). Diener and Seligman (2002) said that broad and satisfying social relationships are usually found in someone who is very happy, whereas people with bad social relationships are found in people who are unhappy. Sulastri and Hartoyo's research (2014) on the effect of social support and livelihood strategies on the subjective well-being of retirement age families showed that social support significantly influences the level of subjective well-being. Based on the background outlined above, the researcher wants to formulate the research problem as follows: "Is there a relationship of optimism and social support with subjective well-being in single mother in Jetis Subdistrict, Bantul Regency, Yogyakarta in 2018".



## Literature Review

Diener and Chan (2011) said the characteristics of a good life according to the community are happiness, health and long life. Subjective well-being refers to people's evaluations of life satisfaction and feelings that consist of moods and emotions. According to Diener (2005) the dimension of subjective well-being can be divided into two namely, cognitive evaluation and affective evaluation. Cognitive assessment is an individual's assessment of fulfillment and satisfaction in life, while affective assessment is an individual's assessment of the mood and emotions that individuals often feel in their lives. The Cognitive Dimension of Subjective Well-Being. According to Diener (2005), the cognitive dimension of subjective well-being is an individual's assessment of fulfillment and satisfaction in his life. Cognition is related to the process by which individuals reassess their lives as a whole or specifically. The Affective Dimension of Subjective Well-Being is a basic component of subjective well-being that contains pleasant and unpleasant emotions. Individuals react with pleasant emotions when they feel something good is happening to them, and vice versa will react with unpleasant emotions when something bad happens to them (Diener, 2005).

Optimism is a global expectation that more good things happen in the future than bad things (Carr, 2011). Carver, et al. (Carr, 2011) argued that in the face of difficulties people who are optimistic will continue to pursue the value of the final goal, by organising themselves using effective coping strategies, that way they might achieve the final goal. Seligman (Ghufron and Risnawati, 2010) stated that optimism is a holistic view, looking in a good direction, thinking positively, and easy to give meaning to themselves. Optimistic individuals are able to produce something better than before, not afraid to fail, and try to get back up if they fail. Seligman (2008) stated that there are three aspects of an individual looking at an event as being closely related to an explanatory style, namely:

### 1. Permanence

Permanence is a style of explanation that describes how individuals deal with events that occur in their lives, whether acting temporarily or permanently.

#### a. Style of Permanence Explanation with Temporary Attitude

People with an optimistic nature believe that bad or unpleasant events are only temporary, optimistic people will see unpleasant events as something that happens temporarily with the word "sometimes". In contrast to pessimists, they will see a happy event as a temporary thing.

#### b. Style of Permanence Explanation with Permanent Attitude

People who are easily discouraged (pessimistic) assume that every bad incident they experience is permanent and always comes to disrupt their lives. Pessimists explain failure or stressful events by dealing with unpleasant events



with the word "always" and "never. Unlike those who are optimistic, they assume that pleasant events are permanent.

## 2. Pervasiveness

Pervasiveness is a style of explanation related to the scope of the event, it can be universal (overall) or specific (special).

### a. Style of Pervasiveness Explanation in Nature of Universal

When an optimistic person is confronted with a pleasant event he will see it universally or in its entirety. In contrast to pessimists, when faced with a bad event, pessimists will see it as a universal thing (comprehensive) and will extend to all sides of their lives, therefore when they encounter a failure they will easily despair of everything and feel as if these failures would affect all aspects of their lives.

### b. Style of Pervasiveness Explanation in Nature of Specific

When confronted with a bad or unpleasant problem, the optimistic person will give a specific explanation of the causes and consequences arising from the event without extending to other things. When confronted with an unpleasant event a pessimistic person considers the event only to occur due to certain factors.

## 3. Personalisation

Personalisation is a style of explanation related to the source of the cause of the bad thing coming from within (internal) or from outside (external).

### a. Style of Personalisation Explanation with the Source of the Cause of Bad Things Internally

When experiencing a pleasant event, an optimistic person considers the cause of the thing to come from within themselves (internal), whereas the pessimist thinks that the cause of a bad or unpleasant event originates from within (internal).

### b. Style of Personalisation Explanation with the Source of Cause of Bad Things Externally

When experiencing a bad event, optimistic people assume that the cause of the thing comes from outside themselves (external), whereas pessimists when they find a pleasant event, they assume that the cause of the thing comes from outside their body (external).

Based on the description above, the optimism aspects are Permanence, Pervasiveness, and Personalisation.

According to Uchino (Sarafino and Smith, 2011) <sup>3</sup> social support refers to comfort, attention, self-esteem, or the availability of assistance for someone from another person or group.



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Sarafino and Smith (2011) mentioned social support may come from various sources such as spouses or lovers, family, friends, doctors, or organizations. People who get social support believe that they are loved, valued, and become a part of a social group such as family or community and can help each other when they need help.

Smet (Nursalam, 2007) said that social support is one function of social ties. Forms of social support provided in the form of emotional support, encourage the expression of feelings, provide advice or information related to something, and provide assistance in the form of material. Social support consists of advice or information both verbally and nonverbally, a variety of assistance or concrete actions provided by social intimacy, or obtained because their existence has emotional benefits and behavioural effects for the recipient.

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Uchino (Sarafino and Smith, 2011) explained that there are four aspects of social support, namely:

1. Emotional Support

Emotional support or self-esteem support in the form of giving empathy, caring, caring, positive relationships, and encouragement to the person. This will provide comfort and certainty, a sense of belonging and being loved, when experiencing stress, a person will feel accepted by the family.

2. Instrumental Support

Instrumental support or real support is a support that includes providing direct assistance, such as giving and lending money, as well as helping with daily work when someone is experiencing stress.

3. Information Support

Information support is a support in the form of giving advice, guidance, suggestions, or feedback about what someone has done, for example someone who is sick will get information from family or doctor about how to cure their illness.

4. Brotherhood Support

Brotherhood support is a support that refers to the existence of others in spending time together, in a group of people, thus each member can share feelings about the same interests and social activities.

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Based on the various descriptions above, aspects of social support are emotional support, instrumental support, information support, and fraternal support.

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Weiss (Cutrona, et al. 1994) developed the Social Provisions Scale to measure social support obtained from individual relationships with others.

The social support component includes six things, namely:





## 1. Instrumental Support

### a. Reliable Alliance

The purpose of reliable alliance is that individuals are sure to get assistance from others directly when individuals need it. The belief that he will be assisted by others when they have problems and difficulties makes the individual feel calm.

### b. Guidance

Guidance is social support in the form of giving advice, suggestions, or information by others that can be trusted in an individual, so that the individual can overcome the problems or difficulties they face.

## 2. Emotional Support

### a. Reassurance of Worth

Reassurance of Worth is an acknowledgment or appreciation from others received by an individual for his abilities and qualities. This social support makes individuals feel valued and more accepted in a group.

### b. Emotional Attachment

Emotional attachment is a social support in the form of expressions of affection, love, care, attention and trust of individuals that can cause a sense of comfort, peace, and security for individuals who receive it.

### d. Social Integration

Social Integration is social support that refers to the common interests, concerns, and recreational activities in a social group. This kind of support allows individuals to feel calm, comfortable, and happy, because they can share the same interests and activities with others.

### e. Opportunity to Nurture

Opportunity to Nurture is social support where individuals feel needed by others to get their own well-being. Individuals here do not get social support, instead individuals provide social support to others.

Based on some of the descriptions above the component of social support are Instrumental Support (Reliable Alliance and Guidance) and Emotional Support (Reassurance of Worth, Emotional Attachment, Social Integration, and Opportunity to Nurture).

## Research Method

The method used by the researcher in collecting data was a quantitative method, with the dependent variable of subjective well-being. Subjective well-being is a single mother's evaluation of life satisfaction and feelings that consist of moods and emotions. The dependent variable for this research was optimism and social support. The optimism variable is a



positive and realistic way of thinking, beliefs, hopes, or a single mother's perspective that things will go well.

Social support is any form of comfort, attention, self-esteem, emotional support, verbal or non-verbal advice or information given to single mothers by family, friends, spouses or lovers, community members, and so on.

### **Study Population and Sample**

The population in this study were all poor single mothers aged less than 50 years in the Jetis Subdistrict, Bantul Regency, Yogyakarta with 277 people. Single mothers are women left by her husband or life partner either because of divorce, death, or not married at all; they later decided not to remarry and raise her children alone (Papalia, Olds, and Fredman, 2008).

The sample in this study was taken based on Krejcie and Morgan's table (1970), from a total of 277 people with a population of 159 people was obtained as a research sample. The sampling technique used was quota sampling, which is a technique to determine samples from populations with certain characteristics to the desired amount (quota). The sample in this study was determined by the researcher based on several specific criteria namely:

- a. Being a single mother no longer than 15 years;
- b. Having at least one child;
- c. Willing to be the subject of research.

### **Data Collection Method**

22 According to Sugiyono (2013) research method is a scientific way to obtain data with specific uses and objectives. There are four things that need to be considered, namely the scientific way, data, objectives, and usefulness in research. In this study the researcher used the scale method to collect data. In this study, the scale used was the scale of subjective well-being, a scale of optimism, and a scale of social support. Measuring instruments in measuring subjective well-being in this study were divided into three components namely:

- a. The cognitive evaluation dimension of global life satisfaction, where the researcher used a scale adapted into Indonesian from The Satisfaction With Life Scale (SWLS) by Diener, et al. (1999) consisting of five items.
- b. The cognitive dimensions of life satisfaction in specific domains, where the researcher used a modified questionnaire measuring instrument from the study of Loewe et al. (2014) based on indicators contained in cognitive components of life satisfaction in the special domain proposed by Diener (2005) consisting of 21 items.



- c. Affective dimension, where the researcher used a questionnaire adapted into Indonesian from The Positive and Negative Affect Schedule (HEAT) developed by Watson et al. (1988).

Measuring instruments in measuring optimism used a scale made by the researcher based on the characteristics of optimism proposed by Ginnis (1990) namely rarely surprised by difficulties, seeking to solve some problems, feeling able to control their future, stopping negative thinking, using imagination to train success, always happy even when you can't feel happy, feel confident that you have an almost unlimited ability to be measured, love to exchange good news, and build love in life. This scale refers to a Likert scale and consists of 36 items with details, 18 favourable items and 18 unfavourable items.

Measuring instruments in measuring social support used an adaptation scale from Larasati's research (2017) which is the result of adaptation into the Indonesian language of The Social Prevision Scale by Cutrona and Russel (1987) and is based on the components put forward by Weiss (Cutrona, 1994) namely instrumental support and emotional support).

The scale used was first tested on subjects with the same characteristics in the study population, the results of the trial were used to test the validity and reliability of the measuring instruments used thus the scale used in research. In this study, the validity of the instrument used was content validity. Content validity is validity that is carried out to ascertain whether the contents of the questionnaire are appropriate and relevant to the purpose of the study. In this study, reliability was measured by item selection based on a trial of measuring devices to determine the items truly appropriate for measuring the variables of this study. The analytical method in this study used Cronbach's Alpha Reliability Statistics. Data analysis used in this study was multiple linear regression analysis contained in the SPSS 16.0 program for Windows evaluation version.

### Data Analysis

Data analysis aims to arrange data in a meaningful way so that it can be understood. The researcher argued that there is no absolutely correct method to organise, analyse, and interpret data, therefore, the data analysis procedures in research are tailored to the research objectives (Situmorang, 2010). The description of the data presented in this study is intended to provide an overview of the subject's response to the research variables, namely subjective well-being, optimism and social support. The results of the analysis description presented contain a general description or a brief description of the research variables containing basic statistical functions, including the minimum score, maximum score, mean, and standard deviation of variables as well as categorisation of high and low levels of research scores. Any empirical mean score that is significantly higher than the hypothetical mean can be



considered as an indicator of the high state of the group on the variable studied, conversely any empirical score that is significantly lower than the hypothetical mean can be considered as an indicator of the state of the subject group under the variable studied. The data obtained were then analysed using prerequisite test analysis, namely the assumption test conducted in the form of a normality test, a linearity test, and a multicollinearity test (see table). After the data meets the prerequisite test analysis, then the data were analysed using multiple regression analysis to determine whether there was a relationship between coping with stress and class climate on school well-being. The entire data analysis process was carried out using the IBM SPSS Statistics Version 23 computer program.

### Results and Discussion

**Table 1:** Reliability coefficient of measuring instrument

Variable	Dimension	Interval	Total Item	Reliability
Optomisme		0.314- 0.620	26	0.899
Social Support		0.317- 0.707	24	0.876
<i>Subjective well-being</i>	Cognitive Dimension Evaluation of global life satisfaction	0.557- 0.799	5	0.858
	Cognitive Dimension Evaluation of satisfaction in specific domains	0.416- 0.802	18	0.904
	Affective Dimension	0.425- 0.696	7	0.829
	Affective Dimension	0.362- 0.713	8	0.807



**Table 2:** Description of Subjective Well-Being Data, Optimism, and Social Support

Variable	Empirical Score				Hypothetic Score			
	Xmin	Xmax	Mean	Std. Dev.	Xmin	Xmax	$\mu$	$\sigma$
Subjective Well-Being	34	174	100	32.178	38	182	110	24
Optimism	53	94	75.94	9.411	26	104	65	13
Social Support	33	76	59.7	11.33	19	76	47.5	9.5

**Notes:**

Empirical Score

Xmin (Minimum Score) : Minimum score obtained by the subject

Xmax (Maximum Score) : Maximum score obtained by the subject

Mean : Average score

Std. Dev. : Standard Deviation

Hypothetic Score

Xmin (Minimum Score) : the result of multiplying the number of scales with the lowest value of the weighted selected answers

Xmax (Maximum Score) : the result of multiplying the number of scales with the highest value of weighted selected answers

$\mu$  (average hypothetic) :  $\frac{\text{maximum score} + \text{minimum score}}{2}$

$\sigma$  (standard deviation) :  $\frac{\text{maximum score} - \text{minimum score}}{6}$

Based on the description above, the score can be categorised on the three research variables. Categories for each variable by setting category criteria based on an assumption that the scores of subjects in the population are normally distributed, therefore distributed scores can be made with the normal model (Azwar, 2013)

**Table 4:** Categorisation Norm

Norm	Categorisation
$X < (M - 1.0 \text{ SD})$	Low
$(M - 1.0 \text{ SD}) \leq X < (M + 1.0 \text{ SD})$	Intermediate
$(M + 1.0 \text{ SD}) \leq X$	High

The category is based on empirical mean values and empirical standards on each variable, namely, subjective well-being, optimism, and social support.



**Table 5:** Normality Test Results

No	Variable	Kolmogorov-Smirnov (Z)	P	Notes
1.	Subjective Well-Being	0.660	0.777	Normal
2	Optimism	1.051	0.219	Normal
3.	Social Support	1.119	0.164	Normal

Based on table 5. it is known that the value of sig (p) subjective well-being variable was 0.777 ( $P > 0.05$ ), optimism variable was 0.219 ( $P > 0.05$ ), and social support variable was 0.164 ( $P > 0.05$ ). This means that the subjective well-being, optimism and support data distribution variables are normally distributed.

**Table 6:** Linearity Test Results

No	Variable	F Count	P	Notes
1.	Subjective Well-Being – Optimism	0.758	0.836	Linier
2	Subjective Well-Being – Social Support	0.929	0.595	Linier

Based on table 6 above, the linearity test results on the subjective well-being variable with the optimism variable obtained the F-count result of 0.758 and the sig (P) value of 0.836 where the  $P\text{-value} > 0.05$  means that there is a linear relationship between the subjective well-being variable and the variable of optimism, while the linearity test on the variable subjective well-being with social support variables obtained F count 0.929 with a sig (P) of 0.595 where the value of  $P > 0.05$  means that there is a linear relationship between the subjective well-being variable and the social support variable.

**Table 7:** Multicollinearity Test Results

No	Independent Variable	Tolerance	VIF	Notes
1.	Optimism	0.995 > 0.1	1.005 < 10	There is no multicollinearity
2	Social Support	0.995 > 0.1	1.005 < 10	There is no multicollinearity

**Table 8:** Results of the Determination Analysis

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	F	Sig
1	0.634	0.402	0.394	25.044	52.421	0.000

### Major Hypothesis Test Results

The results of multiple regression analysis on this major hypothesis were optimism and social support with subjective well-being. The significance level used by the researcher was 1% or 0.01. Hypothesis testing was accepted if sig < 0.01 and hypothesis was rejected if sig > 0.01.



Based on the table above obtained R value = 0.634 and sig = 0.000 with  $0.000 < 0.01$ , it can be concluded that the major hypothesis was accepted meaning that there is a very significant relationship between optimism and social support with subjective well-being in poor single mother in Jetis Subdistrict, Bantul Regency, Yogyakarta. The contribution of optimism and social support to subjective well-being can be seen from the R Square value of 0.402 or 40.2%, while the remaining 59.8% was influenced by other factors not examined in this study.

### Minor Hypothesis Test Results

The results of this multiple regression analysis also saw a partial relationship between each independent variable and the dependent variable, namely optimism, social support, and subjective well-being. The significance level used by the researcher was 1% or 0.01. Hypothesis testing was accepted if sig  $< 0.01$  and hypothesis is rejected if sig  $> 0.01$ . The results of the analysis can be seen in the following table 9 ini :

Table 9: Partial Regression Equation Results

Model	Unstandarised Coefficients		Standarised coefficients	T	Sig
	B	Std. Error	Beta		
(Constant)	-72.234	19.995		-3.163	0.000
Optimism	2.174	0.212	0.636	10.239	0.000
Social Support	0.120	0.176	0.042	0.680	0.498

Based on table 9 then to test the minor hypothesis the calculation results are described as follows:

1. Based on the results of the multiple regression coefficient test mentioned above, it can be seen that the value of B on optimism = 2.174 and sig = 0.000 with sig  $0.000 < 0.01$  (very significant), this means that there is a very significant relationship between optimism and subjective well-being. In accordance with the results of the analysis, the first minor hypothesis proposed in this study is proven or accepted. A value of 0.636 on the Standardized Coefficients (Beta) shows the level of relationship between optimism and subjective well-being. Positive coefficient values indicate that there is a positive relationship between optimism and subjective well-being. This means that single mothers with high optimism scores tend to have high subjective well-being scores too. Contribution of optimism to subjective well-being can be seen from the value of beta (optimism) x zero order x 100% to  $0.636 \times 0.633 \times 100\% = 40.25\%$ . This means that the contribution of optimism towards subjective well-being is 40.25%.



2. Based on the results of the multiple regression coefficient test above, it can be seen that the value of B in social support = 0.120 and sig = 0.498 with a sig value of  $0.498 > 0.01$  (not significant), this means that there is no significant relationship between social support and subjective well-being. In accordance with the results of the analysis, the second minor hypothesis proposed in this study is rejected or not accepted.

## Discussion

This study aims to know the relationship between optimism and social support with subjective well-being in single mothers in Jetis Subdistrict, Bantul Regency, Yogyakarta. The results of statistical analysis with multiple regression analysis technique showed that there was a very significant relationship between optimism and social support with subjective well-being. The results of the major hypothesis indicated that the hypothesis was accepted, meaning that there is a significant relationship between optimism and social support and subjective well-being in single mothers in Jetis Subdistrict, Bantul Regency, Yogyakarta. The contribution of optimism and social support to subjective well-being was 40.2%, while the remaining 59.8% was influenced by other factors not examined in this study.

A single mother who has optimism and high social support will increase subjective well-being. Lucas et al. (Eddington and Shuman, 2005) revealed that optimism is related to subjective well-being measures such as life satisfaction, pleasant influence and unpleasant influence. People who are optimistic can maintain a higher level of subjective well-being when dealing with stressors, tend to deal with problems in a focused manner, seek social support, and emphasise the positive aspects of the situation when facing difficulties.

High social support can also influence the high subjective well-being of a single mother. According to Uchino (Sarafino and Smith, 2011) social support refers to comfort, attention, self-esteem, or the availability of assistance for someone from another person or group. Social support can improve assessment of life satisfaction (Argyle in Carr, 2011). Social support can be provided by people around them, such as family, children, husband, wife, friends, neighbours, work colleagues, and others. The results of this study are similar to Larasati's research (2017) which showed that there is a relationship between social support and optimism with subjective well-being in physically disabled children in BRSBD Prof. Dr. Soeharso Surakarta.

The first minor hypothesis showed that the hypothesis was accepted, which means there is a positive and very significant relationship between optimism and subjective well-being, while the second minor hypothesis showed that the hypothesis was rejected or not accepted because the results were not significant, meaning there is no significant relationship between social support and subjective well-being. The results of this study also support research conducted





by Cicarelli and Myers (2006) that optimists expect positive things from the work they have done. They feel calm when faced with difficulties, confident in the power to neutralise negative thoughts, try to increase their strength, optimise innovative thinkers to achieve success, try to be happy even though they are not in a happy condition (Diener, 2002). A single mother when faced with a problem should have an optimistic attitude. An optimistic attitude makes single mothers get out quickly from the problems she faces and stay strong through life. This is in accordance with the view of Maddi & Kobasa (1984 in Linley & Joseph, 2004) where optimistic single mothers with such persistence in dealing with stress that she is able to find positive coping that will be taken. An optimistic attitude can increase psychological endurance and good physical health in dealing with depression when dealing with problems specifically related to challenging tasks (Seligman, 2002). Because optimism possessed by a person can affect one's thoughts, feelings and attitudes and behavior in a situation (Patton, Wendy, Bartrum & Peter, 2004).

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In contrast to the research results of the researcher who showed no significant relationship between social support and subjective well-being, The absence of a significant relationship between social support and subjective well-being might be due to single mothers with poor economic conditions, not receiving much social support, namely instrumental support in the form of financial assistance, so they choose to find their own ways to meet their financial needs in an independent manner. Independence in earning a living as single mother makes them feel the presence or absence of social support that does not really affect their subjective well-being. This is supported by the opinion of Sarafino (1990) regarding the negative effects arising from social support that the available support is not considered to be helpful. This happens because the support provided is not enough, so individuals feel they don't need help or are too emotionally worried so they don't pay attention to the support they receive. In addition, the support provided is also not in accordance with what is needed by the individual.

Theory and research have shown that someone who has obtained well-being can increase happiness through positive means or activities (Lyubomirsky & Kristin, 2013). One of them is being grateful (Emmons & Shelton, 2002). Being grateful can foster thoughts, interpreting feelings and positive attitudes so that someone can enjoy the situation happily (Fredrickson, Tugade, Waugh, & Larkin, 2003).

The view of Top down theories says that the subjective well-being lies in their own view when interpreting an event in a positive perspective. Therefore, when social support is not obtained properly, they try to accept the situation in full. In this theory, the key to happiness lies in the individual itself, thus the lack of positive environment towards her with the status of a single mother can be addressed properly and not too concerned with the existing label, because life must continue and must continue to rise their children whatever happens. Based



on the concept of bottom up theories, the happiness and satisfaction of life felt and experienced by someone depends on the amount of small happiness and a collection of happy events. Well-being is not something that is instant but something more than an achievement of goals (Biswar, Diener & Dean (2007). Ryan and Deci (2001) said that there are two perspectives on well-being namely, hedonic approach, and eudaimonic approach. In the hedonic view it is said that the ultimate goal in life is to get optimal enjoyment. The hedonist view focuses more on experiences that bring pleasure or happiness, which are called subjective well-being consisting of life satisfaction, a balance of positive affect and negative absence of negative affect (Diener, Lucas, Oishi, 2006). Subjective well-being of a person is determined by the extent to which individuals achieve satisfaction and the extent to which they can feel a balance between positive affect and negative affect in life (Bradburn in Ryff and Keyes, 1995). While the eudaimonic view formulates well-being in the concept of actualising human life in facing life's challenges (Andrews, McKennell, Withey, Bryant, Veroff, Campbell, Converse, and Rodgers in Ryff and Keyes, 1995). Making living meaningful, by not prioritising social support but having a purpose in life to actualise itself in order to have meaningfulness is to bring happiness to life.

Along with the development of science of knowledge, the hedonic and eudaimonic approaches gave birth to two new concepts of well-being, namely subjective well-being and psychological well-being. The eudaimonic approach is the basis for psychological well-being, and the hedonic approach is the basis for subjective well-being. The concept of subjective well-being states that the well-being of an individual is determined by the extent of individual satisfaction with his life and the extent to which the balance between positive and negative affect is felt by the individual (Bradburn in Ryff and Keyes, 1995). Meanwhile, the concept of psychological well-being states that well-being is determined by how well the individual's ability to function positively in his life (Andrews, McKennell, Withey, Bryant, Veroff, Campbell, Converse, and Rodgers in Ryff and Keyes, 1995).

The results of the study that showed that there was no relationship of social support with subjective well-being was not found by the researcher in the results of previous studies. Most of the results of previous studies showed that there is a significant relationship between social support and subjective well-being.

The results of the research subject's description showed that the majority of respondents in this study were respondents whose education level was junior high school or equivalent amounting to 54 people (35.84%). Respondents with in labour were 74 people (46.54%), respondents with divorced marriage status were as many as 86 people (54.08%), respondents who have been single mother for 0 -5 years were 68 people (42.76%), respondents with 1-2 children were 91 people (57.23%), respondents with net monthly income as much as 300,000-500,000 were 89 people (55.97%).



The results of the analysis description showed that of 159 research subjects there were 25 people (15.7%) with low subjective well-being, 106 people (66.7%) had moderate subjective well-being, and 28 people (17.6%) had high subjective well-being. The results of the analysis description for optimism showed that there were 25 people (15.7%) with low optimism, 100 people (62.9%) with moderate optimism, and 34 people (21.4%) with high optimism. The results of the analysis description for social support showed there were 31 people (19.5%) had low social support, 93 people (58.5%) had moderate social support, and 35 people (22%) had high social support.

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### Conclusion

Based on the results of measurements, data analysis, and discussion, the following conclusions can be drawn:

1. There is a very significant relationship between optimism and social support with subjective well-being, thus the major hypothesis in this study is accepted.
2. There is a very significant positive relationship between optimism and subjective well-being, thus the first minor hypothesis in this study is accepted.
3. There is no relationship between social support and subjective well-being, thus the second minor hypothesis in this study is not accepted or rejected.
4. The results of the analysis show that optimism and social support contributed as much as 40.2% of subjective well-being while the remaining 59.8% is influenced by other factors not examined in this study.



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