

Psychological Research & Intervention

LONELINESS AND PSYCHOLOGICAL WELL-BEING ON INTERNATIONAL STUDENTS OF THE
DARMASISWA PROGRAM UNIVERSITAS NEGERI YOGYAKARTA

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MENTAL HEALTH LITERACY OF UNIVERSITY STUDENTS

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Psychological Research and Intervention
ISSN 2614-7041 (online)
ISSN 2614-0403 (printed)

Publisher

Department of Psychology, Universitas Negeri Yogyakarta

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Published biannually, in March and September

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Telephone: 0274 586168 ext. 229 or 0274 550836, Facsimile: 0274 520326
Website: <https://journal.uny.ac.id/index.php/pri> | E-mail: jurnal_psikologi@uny.ac.id

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Foreword

We are very pleased that Psychological Research and Intervention is releasing its second volume in 2019 following its' successful publication in 2018. We are also very excited that the journal has been attracting papers from various regions in Indonesia as well as our neighboring country.

Psychological Research and Intervention contains and spreads out the results of research and intervention in the science of psychology, and is aimed at facilitating discussion and discourse between scholars of psychology as well as further advancing the science of psychology. The editorial board expects comments and suggestions for the betterment of the future editions of the journal. Special gratitude goes to the reviewers for their hard work, contributors for their trust, patience, and timely revisions, and all of the journal team for their assistance in publishing this journal. Psychological Research and Intervention is continuing to grow and spread its wings to reach its aim in becoming a global initiative

Yogyakarta, September 2019

Editor in Chief

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Loneliness and Psychological Well-Being on International Students of the Darmasiswa Program Universitas Negeri Yogyakarta

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Abstract

This research aims to describe and find out the correlation between loneliness and the psychological well-being of international students of the Darmasiswa program at Yogyakarta State University. This research uses descriptive quantitative methods and data sources are obtained based on instruments that are distributed to 20 research subjects the international students. The research data were collected with the UCLA Loneliness Scale and Psychological Well Being Scale instruments which were then analyzed using SPSS 22.0 with the Pearson Product Moment correlation test. The results showed that there was a very weak negative relationship ($r=-0.152$) between loneliness and the psychological well-being of Darmasiswa students at Yogyakarta State University. Most research subjects have low levels of loneliness and moderate psychological well-being. There are two dimensions of psychological well-being that have the highest relationship with loneliness, namely environmental mastery (-0,338) and positive relationships with others (-0,299).

Keywords: *loneliness, psychological well being, international students*

Introduction

The Indonesian government has a program organized by the collaboration with the Ministry of Education and Culture (Kementerian Pendidikan dan Kebudayaan) and the Ministry of Foreign Affairs (Kementerian Luar Negeri) named the Darmasiswa scholarship program. This program is intended for international students from abroad who want to study about Indonesia in the fields of language, culture, and arts. Data on the Darmasiswa official website shows that the interest of international students to take part in this scholarship program is always increasing from year to year. In 2008 the number of participants in the program was around 500 students, and until in 2014, around 700 students were participating (<http://darmasiswa.kemdikbud.go.id/about-us-2/>, accessed on January 23, 2019). In implementing the program, Darmasiswa participants can choose one of around 50 institutions in Indonesia to learn the

language, culture, and arts at their chosen place.

Yogyakarta is one of the choices of the Darmasiswa program with the aim of learning language, culture, and arts. Seven institutions in Yogyakarta hold the Darmasiswa program and each institution emphasizes one of these aspects. One of the institutions that run the Darmasiswa program is Universitas Negeri Yogyakarta (UNY).

The lessons for Darmasiswa students that conducted at UNY consist of Indonesian lectures, tutorial classes, sit-in subjects of interest, art workshops, and cultural excursions. Teachers in the program are lecturers of language courses and UNY students who become tutors or student volunteers.

International students of the 2018/2019 Darmasiswa program at UNY were 21 students. They come from the continents of Asia, Africa, Europe, and America. Darmasiswa students at UNY take Indonesian language classes (BIPA)

along with other international students from scholarship and regular programs. The language classes given are in the form of large classes and small classes based on their level of language skills. Whereas in the selected sit-in class, international students attend regular lectures on campus using Indonesian as an introduction.

Becoming a student in another country is a challenge for Darmasiswa students. Cultural differences and social conditions are the main problems that must be faced when becoming a international student. Cultural behaviors that brought by the international students to Indonesia may not be able to adapt to the existing cultures, this is because the international students who move to other countries certainly bring values, beliefs, habits, and behavior from their home countries (Wijaya, 2013). Therefore, being an international student in another country requires good social skills and adaptation.

The adaptation is related to the problem-solving mechanism that is carried out to meet the needs of life. Adaptation is one of the social abilities in overcoming problems that occur in different environments and social conditions. Therefore, the struggle for international students is needed in the adaptation process. Wardani Research (2016) describes the struggle of international students who study at UIN Sunan Kalijaga. In her research, it was concluded that some international students who have a less social interest in establishing relationships with local (Indonesian) students. Low social interest shows the lack of individual interest to establish social relationships, which can also be called low social desirability.

Social desirability is the need of individuals on trying to be accepted in their social environment (Sjostorm, 2002). Generally, individuals tend to show high social desirability in social life. Therefore, low social desirability will show that individuals have deficiencies in social

relationships, one of which is a sense of loneliness.

Russell (1996) states the aspects that affect loneliness in an individual consist of Personality, Social Desirability, and Depression. Based on Russell's theory and explanation of Wardani's research, it can be said that individuals with low social desirability tend to be lonely.

Loneliness is a feeling that someone has when the expected relationship is different from what happened (Archibald in Baron, 2000). Loneliness is generally related to social conditions. The research from Wardani indirectly shows that some international students tend to feel lonely.

Loneliness is usually experienced by individuals who find it difficult to adapt, such as new students when starting a new campus life. This is also evidenced by the research from Prasetia (2013) who found a significant relationship between loneliness and adjustment in first-year students.

Based on the results of Prasetia's research, it can be said that if students have difficulty adjusting in their first year, this will also be experienced by the international students who have different socio-cultural backgrounds. We also found another example of an international student who studies in Indonesia. He is a Pakistani student who claims to have difficulty adapting to his social circumstances. He complained about the lack of language skills, differences in food taste, and the environment. This had made him depressed and feel lonely.

In addition to the case phenomenon, a BIPA (Indonesian Language for Foreign Speakers) lecturer stated that there were international students who had difficulty joining other students. Some tutors also stated that there were international students who always looked depressed, silent, and alone. Lecturer and tutors' concerns lead to the possibility that the student feels lonely due to a lack of adaptability and cultural differences.

Cultural problems experienced by international students seem to be a separate topic for the institutions that handle them. An example about the case with international students in Canada. Reported on the social media news site "Study International News" with the title "Canada: International students want more support - report"

(<https://www.studyinternational.com/news/canada-international-students-want-more-support-report> , accessed on 9 February 2019), states that most international students studying in Canada have social and academic problems, such as difficulties in blending into campus life and the local community. The news states that the problem affects its well-being, so international students often feel ignored and discriminated against.

Other problems also occur in the United States. The social media news "University World News" reports on institutional efforts in dealing with the psychological problems of international students in America. The page uploaded under the title "How does the university improve international students' well-being?"

(<https://www.universityworldnews.com/post.php?story=2015021114351336> , accessed on 8 February 2019) International students there tend to feel problems in their mental state. However, the institution assists to international students academically, financially, and interpersonally. These efforts get good results so that international students can reduce psychological problems.

From the two news stories delivered above, it can be concluded that the problem that is often experienced by international students globally is psychological problems. Many international students who study in other countries feel they don't get what they want. This has an impact on their well-beingness, we argue that this will also have an impact on the psychological well-being of international students.

The explanation of the case above explains that international students in Indonesia can also feel these two problems, namely loneliness and low well-being. However, most cases that are always highlighted in international students are cases of loneliness in which by Myers (1999) it has been explained that chronically lonely individuals seem to be trapped in self-failure in social cognition and social behavior.

The lonely case that is captured is an example of a case that often occurs with international students. Such cases are also common in individuals during an intermediary or a period of environmental change. In general, loneliness is caused by individual internal factors. One of them is the ability to accept himself whether he can understand what he has. Ulfah (2012) examined the relationship between loneliness and self-acceptance. The results of her study stated that there is a significant negative relationship between the two. The higher the self-acceptance that an individual has, the lower the loneliness he feels, and vice versa.

Self-acceptance is the feeling of being satisfied with yourself with the qualities and talents that are owned, as well as the recognition of strengths and weaknesses (Chaplin, 2011). Self-acceptance also requires a positive attitude to him/herself (Ryff, 2008). Ryff explained that self-acceptance, in general, is self-confidence and positive thinking about oneself. This explanation leads to the psychological condition of the individual as well. The ability to accept yourself (self-acceptance) is also included in the dimensions of Ryff's theory of psychological well-being (PWB).

Ryff (1989) explains psychological well-being as the realization and full achievement of individual potential where he can accept the weaknesses and strengths in himself. The dimensions in psychological well-being according to Ryff are self-acceptance (SA), positive relationships with others (PR), autonomy (A), environmental mastery (EM), life goals (LG), and personal

development (PD). Individuals with good psychological well-being will have the ability to choose and create an environment that is by with their physical condition (Liwarti, 2013). So, it can be said that psychological well-being plays an important role in the lives of individuals to get a good and comfortable psychological state.

Research on psychological well-being is mostly done in Indonesia. This type of research that is often found is a quantitative research that gets data based on the results of instruments or test kits. Nevertheless, there are also several qualitative studies conducted to determine the psychological well-being of a person. The study uses interview guidelines based on psychological well-being theory.

Most qualitative psychological well-being studies describe their well-being by presenting analyzes in each dimension. The results of the interview method usually explain the state of each dimension of psychological well-being with the forms of behavior and feelings experienced by the subject.

Individuals with good psychological well-being can understand their condition, both internal and external. Aisah's research (2017) found that 75% of the 300 initial students at a university in Yogyakarta had a high level of psychological well-being. The study also linked psychological well-being to the factors of origin of residence divided into two groups, namely Java and outside Java. The results show that there is no difference in the level of psychological well-being between students outside Java and Javanese students.

The results of the study by Aisah showed that students with the same country culture did not have differences in the level of psychological well-being they had. Meanwhile, Ryff explained that the different social-cultural orientations in each country are different and can affect the psychological well-being of each individual (Rahayu, 2008). Based on this, it can be said that international students who have

different cultural orientations with Indonesia are likely to be affected by their level of psychological well-being.

Psychological well-being can be identified by certain tests and assessments. There are many studies conducted to determine the psychological well-being of individuals and groups. Research on psychological well-being is usually associated with internal conditions in individuals such as resilience, gender roles, social abilities, and others.

Researching individual conditions is an ethical way to understand a theory, for example examining loneliness and the ability to understand themselves or psychological well-being. Researchers are interested in examining loneliness because the problem often occurs in every individual as the case has been described previously. Therefore, researchers raise the research of Cecen and Cenkseven (2007) regarding the relationship of psychological well-being with loneliness. The conclusion of the study shows that there is a negative and significant relationship between psychological well-being and loneliness, ie if the level of loneliness is low then the level of psychological well-being is high, and vice versa.

Loneliness is a negative state that is felt by individuals, whereas psychological well-being is the ability of individuals to regulate themselves in positive situations. This journal describes the problem of loneliness and psychological well-being. Supporting studies used in the preparation of this journal use research with student subjects because the research can be used as a theoretical reference and comparison of the results of the analysis.

The students as a subject are quite a consideration in researching loneliness, especially in international students who have different cultural and social backgrounds. This problem can also be experienced by Darmasiswa program students from outside Indonesia with different national origins. Also considering

that the scholarship program aims to understand Indonesia, including social conditions that occur and are experienced while in Indonesia.

This is the background of the researchers to research to Darmasiswa program students at Yogyakarta State University to find out the level of loneliness and psychological well-being, and the relationship between the two.

Methods

This study is a quantitative descriptive research, using correlation analysis as additional analysis. The research was conducted for 6 months from February to July 2019, conducted at Universitas Negeri Yogyakarta.

Participants

This study involves the entire population of international students in the Darmasiswa scholarship program at Universitas Negeri Yogyakarta during the academic year 2018/2019 with a total of 20 international students. Population research is considered to be normally distributed and homogeneous, therefore it does not require a significance test.

Data Collection Technique

Data collection techniques in this study used instruments in the form of official research scales namely the UCLA

loneliness scale and psychological well-being scale.

Data Analysis

Data analysis techniques used in this study are descriptive analysis techniques and correlative testing. Statistical methods are used to find out the mean, frequency, and minimum-maximum values. Data calculations are also performed to find out the categorization by value.

Table 1. Categorization

Categories	Formulas
High	$x > \mu + 1\sigma$
Moderate	$\mu - 1\sigma < x < \mu + 1\sigma$
Low	$x < \mu - 1\sigma$

μ : mean; σ : standard deviation

Correlation analysis conducted in this study was processed using SPSS 22.0 using Pearson Product Moment Correlation to determine the value of the relationship between variables determine the value of the relationship between variables.

Findings and Discussion

Participant's Characteristics

The Correlation test conducted in this study was processed with SPSS 22.0 using Pearson Product Moment Correlation to determine the value of the relationship between variables.

Table 2. Participants' Demographics

Data	Freq	Data	Freq
Gender	20	Origin	20
Male	7	Asia	6
Female	13	U.S.	7
Age	20	Africa	1
18 – 21	4	Europe	9
22 – 24	12		
25 – 28	4		

It can be said that most of the research subjects were female students aged over 21 and under 25 years from the European continent.

Loneliness is measured through the UCLA Loneliness Scale which consists of 20 questions with 4 alternative answers. Here is a table of results of calculations and categorization based on research data obtained from the scale of loneliness variables:

Table 3. Loneliness Scale Calculation Results

	Mean	Max.	Min.	SD
Empiric	30,45	63	16	10,37
Hypothetic	50	80	20	5

Hypothetical data is used as a calculation in determining the categorization of values, to obtain lonely scale categorization as follows:

Table 4. Loneliness Scale Categorization Results

Category		Freq
High	$x > 60$	1
Moderate	$40 < x < 60$	2
Low	$x < 40$	17
Total		20

The most frequent frequency is in a low category ($x < 40$) with a total of 17 students. Thus it can be said that most of the international students of the Darmasiswa Program YSU feel low loneliness or rarely feel lonely, but there is one international student who is in the high loneliness category.

Psychological well-being is measured through the Psychological Well Being Scale instrument which consists of 42 questions with 6 alternative answers. The following are the results of calculations and categorization based on research data obtained from the scale of psychological well-being (PWB) variables:

Table 5. PWB Scale Calculation Results

	Mean	Max.	Min.	SD
Empiric	153,25	186	95	25,46
Hypothetic	147	252	42	35

Hypothetical data is used as a calculation in determining the categorization of values, to obtain lonely scale categorization as follows:

Table 6. PWB Scale Categorization Results

Categories		Freq
High	$x > 182$	3
Moderate	$112 < x < 182$	15
Low	$x < 112$	2
Total		20

The most frequent frequency is in the moderate category ($112 < x < 182$) with a total of 15 students. Thus it can be said that most of the international students of the UNY Darmasiswa program have a moderate level of psychological well-being, but two students who have a low level.

Data from the psychological well-being instruments obtained were then divided based on each dimension to determine the level of categories in each dimension. Based on hypothetical data, it is known that the highest value (Max) is 42, the lowest value (Min) is 7, the average (Mean) is 24.5 with standard deviation 5.9. Hypothetical data calculations are used to determine the value of categorization.

Table 7. PWB's Dimensions
Categorization Results

	Categorization			Total
	High $x > 30$	Moderate $18 < x < 30$	Low $x < 18$	
SA	8	11	1	20
PR	8	11	1	
A	0	16	4	
EM	0	17	3	
LG	0	15	5	
PD	16	4	0	

It is known that most international students have the ability to self-acceptance (SA), positive relationships with others (PR), autonomy (A), environmental mastery (EM), and life goals (LG) in the medium category ($18 < x < 30$). There are almost no international students who have high A, EM, and LG. however, many international students can develop their personality (PD) high ($x > 30$) and there are no international students who have a low PD. Based on the categorization table above, it is known that as many as 17 out of 20 international students can master the environment (EM) moderate ($18 < x < 30$) where it is the highest frequency in the categorization of the dimensions of psychological well-being. It is also known that the ability to develop personality (PD) has the highest frequency in the high category ($x > 30$) that is 16 out of 20 students. As for the low category ($x < 18$), the highest frequency is in the life goals dimension (LG), which is 5 out of 20 students. Data categorization of psychological well-being dimensions is used by researchers as a support in the preparation of discussion of research results.

Data analysis was performed to determine the relationship between loneliness and psychological well-being. Data analysis using Pearson Product Moment correlation test techniques on SPSS 22.0. Following are the test results obtained:

Table 8. Results of Loneliness Correlation
with PWB and its' Dimensions (N = 20)

Variables	r
Psychological Well-Being (PWB)	-,152
Self Acceptance (SA)	-,164
Positive Relationship (PR)	-,389
Autonomy (A)	,069
Environmental Mastery (EM)	-,338
Life Goals (LG)	-,091
Personality Development (PD)	,053

Based on the Table 8., it is known that the two variables have a very low relationship ($r = -0.152$). So it can be concluded that there is a negative and very weak relationship between loneliness with psychological well-being. A correlation test was also carried out on variables with each dimension of psychological well-being to find out more specifically about the relationship held by the lonely variable with psychological well-being.

Overall, the results of the calculation of lonely data with psychological well-being and its dimensions show that not all dimensions of psychological well-being have a negative relationship with loneliness in the research subjects. And the relationship between loneliness and psychological well-being in international students is not so strong as indicated by the low correlation rate.

Discussion

Based on the results of research, the loneliness and psychological well-being of international students Darmasiswa scholarship program at Yogyakarta State University in the academic year 2018/2019 has a very weak negative relationship. Research conducted using quantitative methods with the distribution of the instrument of a UCLA Loneliness Scale by Russell and Psychological Well-Being Scale by Ryff. Researchers use research from

Cenkseven (2007) and Halim (2017) research as relevant research that is a reference in conducting this research, but the results obtained are not the same as the results in relevant research. So researchers use other research to strengthen the discussion on the results of the study.

This research was conducted to determine the relationship between loneliness and psychological well-being in international students of the Darmasiswa program at Yogyakarta State University. As explained earlier that each international student has a different cultural orientation that can affect his psychological well-being (Rahayu, 2008). Being an international student also does not rule out the possibility of feeling lonely because there is no close relationship (Russell, 1980) caused by the social environment situation.

The results showed that the level of loneliness in international students had an average rate of 30.45. Based on the data, it can be concluded that international students in the Darmasiswa program at UNY feel lonely in the low category ($x < 40$). Hypothetical data also shows that the majority of the frequency of lonely students is in a low category. The loneliness felt by international students does not escape from the factors that influence it, such as inadequate relationships, changes in relationships owned, lack of self-esteem, and poor interpersonal behavior (Brehm, 1985) where these factors are often also experienced by new students and overseas student.

The results also showed that psychological well-being in international students had an average number of 153.25 with a moderate category ($112 < x < 182$). The average number is also the highest frequency of subjects. Psychological well-being is life satisfaction, so it can be said that international n students of the Darmasiswa program at UNY have moderate welfare. Previously, the results of data analysis of each dimension of psychological well-being (Table 7.) have

been explained, including self-acceptance (SA), positive relationships with others (PR), autonomy (A), environmental mastery (EM), life goals (LG), and personality development (PD). Based on the results of data processing, it is known that most international students have a moderate ability to master the environment and the ability to develop high personalities, so that most of the research subjects can choose and create a suitable environment for themselves and have the potential to always develop the ability and potential he has by the objectives of international students, namely to get new knowledge.

Besides, the Darmasiswa students at UNY has a low level of loneliness. The level of loneliness is generally influenced by personality, social desirability, and depression (Russell, 1980), where it also happens to international students at UNY. Nevertheless, academic activities provided by UNY for the Darmasiswa scholarship program consist of various agendas such as language classes, sit-in classes for elective courses, cultural excursions, craft workshop classes, and others. So the desire to socialize becomes an obligation for international students because of the tight academic activities of UNY that make students social and interact with other students, lecturers, and BIPA tutors. The behavior shown by BIPA lecturers and tutors can be used as an example by international n students to start changing their behavior into a friendly person by with social and cultural customs in Indonesia.

Likewise, the dimensions of the psychological well-being of international students at UNY. Based on the data analysis conducted, the loneliness felt by international students of the Darmasiswa program at UNY has a negative relationship with the ability to master the environment (EM), the ability to positively relate to others (PR), self-acceptance (SA), and life goals (LG). So the higher the loneliness felt, the lower the ability of EM, PR, SA, and LG in international students, and vice versa.

However, the results of the study showed a positive relationship between loneliness with the dimensions of autonomy (A) and personality development (PD). Thus, the higher the loneliness felt, the higher the autonomy and personality development of international students, and vice versa. In general, psychological well-being is influenced by age, level of education, gender, social support, and spirituality (Ryff, 1989) which also happens to international students at UNY.

The results of the study mentioned that the relationship of environmental mastery (EM) has a significant negative correlation ($r = -0,388$) with loneliness. So it can be said that the higher the loneliness of international students, the lower the environmental mastery ability it has. That is because international students have difficulty in regulating the surrounding life which is a different social and cultural situation. This is in line with research by Norah Aldawsari (2018) which states that in predicting the ability to master the environment in international students, social support plays a very significant role. His research shows that social support in the form of family relations, friendship or friendship, and significant others becomes a reference for international students in the country where he lives to be able to organize themselves, have the ability to adapt and deal with problems in their social sphere. This is also supported by the theory of loneliness of Bruno (2000) which describes the factors of loneliness including isolation, feeling unloved, and not having friends.

The theory emphasizes more on social conditions so that individuals with minimal social abilities have the potential to experience loneliness. Environmental mastery (EM) is the ability to manage their own lives and the lives of the world around them effectively (Ryff, 1989). International students who are unable to manage their own lives or the lives of those around them will feel lonely. Lack of ability to master the

environment can be shown by the lack of social support and relationships obtained from people around them.

In another PWB dimension, the results of the study stated that a positive relationship with another person (PR) had a sufficiently negative correlation ($r = -0.289$) with loneliness. The Darmasiswa students at UNY can establish positive relationships with other good people. The cultural differences felt by each student are what unite their goals to study Indonesia and its culture more deeply, so that international students in the Darmasiswa program of UNY establish good relations among international students as well as with lecturers, tutors, and local people they meet. This reminds researchers of the journal by Ladd Wheeler (1983) which states that the strongest prediction for loneliness is meaningful (interpersonal) interaction. Interaction meaningfulness and loneliness obtained in the study were obtained by the RIR (Rochester Interaction Record) method and the UCLA test instrument. The results show that the more meaningful an individual's social interaction, the lower the level of loneliness he has. In line with research conducted by researchers, students with low levels of loneliness tend to have the ability to deal positively with others who are high. The theory from Brehm also supports the results of this study, that good interpersonal behavior can be a factor influencing loneliness.

The results also found that self-acceptance (SA) and loneliness had a very weak negative relationship ($r = -0,164$). Based on this, if international students feel lonely, their self-acceptance ability decreases but does not correlate with each other. Self-acceptance owned by international students UNY Darmasiswa program can determine the loneliness experienced. Most international students of the Darmasiswa program follow an open and free western culture.

The open attitude that is owned makes international students able to accept

and understand themselves. Hurlock (1974) explains that self-acceptance is an individual's level of awareness about his characteristics and the willingness to live with these circumstances. It can be said that self-acceptance is not so influenced by external factors such as social needs or cultural customary demands, self-acceptance is more internal than the individual himself. Thus, demands and social conditions that can lead to loneliness are not a problem for international students because of their openness and acceptance.

In the last analysis, the results of the study mentioned that the relationship between life goals (LG) with loneliness has a weak negative correlation ($r = -0.091$). It can be said that the life goals of international students have little to do with the loneliness they feel. In general, life goals do not have a strong correlation because loneliness is a feeling that arises because of the lack of social needs that are found. Nevertheless, the results of the study can show that the lower the loneliness felt by international students, the higher the life goals (LG) they have, even though the relationship is very weak.

Life goals that are owned by international students are not of concern to researchers because life goals will always change with age. International students of the UNY Darmasiswa program are of average young adult age, so their life goals are more critical about current life such as academics and making meaningful experiences. Researchers considered Gary Reken's (1987) article about the meaning and purpose of life. In his research, it was stated that the purpose of life is predicted to increase along with the functioning of age because setting life goals requires time and maturity. This was also reinforced by Ryff who explained the influence factors of Psychological well-being, namely age and spirituality.

Another article also mentions that the purpose of life is something that arises not from yourself. Developing life goals begins

with passing through various kinds of observations of others (Kashdan, 2009). He stressed that the discovery of life's goals is the result of observing other people's behavior and emotional reactions that occur.

Overall research results and analysis results conducted by researchers, loneliness and psychological well-being of international students Darmasiswa program at Yogyakarta State University in the 2018/2019 school year had a very weak negative relationship ($r = -0.152$). If international students experience loneliness, it does not have a strong relationship with their psychological well-being. There are also several dimensions of psychological well-being that have a negative relationship with loneliness, but the correlation number is minimal so it can be said that the dimension does not have a strong relationship with loneliness.

Conclusion

Based on the results of research conducted, it is known that most of the international students of the UNY Darmasiswa program in 2018/2019 have a low level of loneliness even though there is one student who has a high level of loneliness. On the other hand, most international students have a moderate level of psychological well-being.

This study found that there was a very weak negative relationship between loneliness and psychological well-being in international students of the Darmasiswa program in 2018/2019 at Yogyakarta State University. So it can be said that loneliness and psychological well-being in international students have a relationship that is not so strong. Similarly, the dimensions of psychological well-being. The results showed that some students had sufficient negative relationships (positive relationships with others; and environmental mastery) with loneliness.

However, between loneliness and those dimensions has a not so strong relationship.

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Mental Health Literacy of University Students

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Abstract

The purpose of this study is to observe: (1) Gender difference in mental health literacy of Yogyakarta State University students and (2) Differences in mental health literacy of Yogyakarta State University students based on vignette character's gender. The type of this study was factorial survey. In this study, respondents were presented with short descriptions called vignette that were constructed and contained elements that had been manipulated by the researcher to control certain variables, namely gender and mental disorders that the characters had. Then, subjects were asked to answer closed questions (Mental Health Literacy Test) based on the vignettes. The subjects in this study were 377 undergraduate students from Yogyakarta State University. The sampling techniques used in this study were cluster random sampling and incidental sampling. Chi-Square was performed to analyze the data. The results of this study indicated that: (1) There were gender differences in mental health literacy aspect positive attitudes toward professional help where more male respondents did not recommend seeking professional help for depression (2) There were differences in mental health literacy aspects knowledge about the causes of mental disorders and positive attitudes towards professional help based on gender vignette characters for depression.

Keywords: *Mental health literacy; university student; gender differences*

Introduction

Mental health literacy is defined as knowledge and beliefs about mental disorders related to recognition, management, and prevention. Mental health literacy is very important for every individual to have because it is positively correlated with good mental health status (Wong, 2016), especially in an era full of demands to move more quickly and productively as it is today. The many demands cause mental health problems which are now the dominant problems in society and have an impact on the economy and emotional burden on the community.

That being said, mental health problems still have not received proper attention from the Indonesian public and its' government. According to Indonesian Basic Health Research conducted by the Indonesian Ministry of Health (2013), the prevalence of mental disorders in Indonesia

is quite large, reaching 1.7 per mil or around 2 out of 1,000 residents. According to Novianty and Hadjam (2017), suicide rate in Indonesia also continues to increase until it reaches 1.6 - 1.8 out of 100,000 residents, and the highest incidence was during the adolescent and young adult age groups (15-24 years), in which one of the groups within that age range is university students.

Students are a group of young adults which are vulnerable to various mental health problems. Report from Biddle, Donovan, Sharp, and Gunnell (2007) also stated that students are also the lowest group that sought professional (formal) or social (informal) assistance for their mental health problems. University should be an ideal place for students to look for social networks and psychological health services such as counseling, but in reality, the number of students who use these health

facilities is very low (Hunt & Eisenberg, 2010).

Negative stigma in the campus environment is allegedly one of the reasons for why students are reluctant to associate themselves with various types of psychological assistance available within the university (Vidourek, et al., 2014; Holland & Wheeler, 2016).

Chang (2008) and Wong (2016) asserts negative stigma around the reluctance of students to seek professional mental health assistance stems from lack of mental health literacy in the campus environment. For this reason, there is an urgency to highlight the importance of students' mental health literacy that can improve their awareness and ability to seek professional help for themselves and others to improve their psychological well-being. Reavley, McCann, and Jorm (2012) added that promotion of mental health literacy at the tertiary education level so far has received little attention, except for students in health fields such as medicine, midwifery, psychology, and so on.

Mental health literacy is a concept that was first introduced by Jorm, Korten, Jacomb, Christensen, Rodgers, and Pollitt (1997a), that consists of several components, namely:

- 1) ability to recognize mental disorders or psychological distress;
- 2) knowledge and beliefs about risk factors and causes of mental disorders;
- 3) knowledge and beliefs about self-help interventions;
- 4) knowledge and confidence regarding available expert assistance;
- 5) attitudes that facilitate recognition and appropriate search for assistance;
- 6) as well as knowledge about how to search for mental health information.

Mental health literacy is influenced by several factors, such as age, gender,

education, culture, and personality (Furnham & Swami, 2018). Gender is a major factor that can influence an individual's knowledge and attitude towards mental health (Holzinger, Floris, Schomerus, Carta, & Angermeyer, 2012). Number of studies have indicated that men have lower levels of mental health literacy compared to women (Gibbons, Thorsteinsson, & Loi, 2015; Cotton, Wright, Harris, & Jorm, 2006; Hadjimina & Furnham, 2017). The existence of gender differences in mental health literacy means that there are differences in early intervention, attitudes, and knowledge, which ideally should be equivalent since both men and women have risks of developing mental health problems.

Gender is a trait that is inherent in men and women that was by their culture and social environment (Fakih, 2013). Mental health problems experienced by women and men may be different due to the differences in gender construction, which can also affect their attitudes and knowledge about mental health (Wong, 2016). Women are a gender group who are more prone to mental health issues due to the stress experience related to gender expectations and lower social and financial resources. This impacts the main attention to mental health issues mainly focuses on women. Men are culturally considered to be mentally strong thus mental health problems in men are often overlooked. The existence of these gender inequality serves as reminder to include elements of gender equality in the planning, implementation and evaluation of mental health literacy programs at the national and city level (Diaz-Granados & Stewart, 2006). These issues implore scientific community to conduct more research on gender inequality and mental health literacy. In order to get comprehensive research results, an appropriate method is needed. Leighton (2010) suggests that written vignette method has been used as a primary data

collection tool in most studies that focus on mental health literacy.

Vignette is a method that provides brief description (scenario) about a certain situation or person (character) that was presented to the respondents to survey their assessment of the scenario (Atzmüller & Steiner, 2010). Vignette is usually used to find out how is the level of public knowledge in recognizing common mental disorders. One important question about mental health literacy is whether the gender of people with mental disorders within the vignette can influences the respondent's literacy levels. Further investigation is needed because this problem can provide enough information related to gender-specific campaigns on mental health problems and provide better help for person with mental health problems.

Methods

Research Design

This research employs quantitative approach with factorial survey research design (also called vignette experiment). This type of research combines surveys and experimental research designs (Hox, Kreft, & Hermkens, 1991). In factorial survey research, respondents will be presented with a number of questions based on a short description (vignette) that was constructed according to the research context. The vignette will contain elements that have been manipulated by researchers, both in the form of situations and people (characters) to control certain variables. In this study, the elements manipulated within vignette are the gender of the character and the mental disorder that the character suffered from.

Participants

The population for this study were active bachelor degree students of Yogyakarta State University, spread across 7 faculties, amounting to 27,461 students according to the data from the Ministry of

Research and Higher Education (<https://forlap.ristekdikti.go.id/>). Cluster random sampling was used along with incidental techniques. The clustering involved randomization of seven faculties at Yogyakarta State University into four faculties, namely: The Faculty of Education (FIP), the Faculty of Sports Science (FIK), the Faculty of Mathematics and Natural Sciences (FMIPA), and the Faculty of Language and Arts (FBS). The number of samples in this study amounted to 377 people based on Krejcie and Morgan's Table (Azwar, 2018).

Research Procedure and Instruments

In this study, participants were presented with a short description (vignette) about a person with depression and a person with schizophrenia as well as mental health literacy test. Both mental disorders for the vignette were chosen based on the most prevalent mental disorders in Indonesian society (Ministry of Health, 2016). Whereas, the Mental Health Literacy Test was used to reveal the respondent's ability to recognize, identify the cause, and recommend the assistance of a mental health expert on a given vignette. The Mental Health Literacy Test was developed by referring to the test used by Jorm, et al. (1997a).

Recognition of mental disorders in men and women projected by vignette characters have experienced gender manipulation, namely men and women by dividing the vignette into two versions, one is a man named Budi (Pseudonym) and one female named Bunga (Pseudonym). Each participant will be randomly given a vignette with either a male or female character, the participants was then asked to answer a Mental Health Literacy Test based on the vignette that they previously read. The questions presented within the vignette aimed to measure three aspects of mental health literacy: ability to recognize, identify the cause, and recommend the assistance of a mental health expert. Vignette for this

study was developed by researchers with reference to PPDGJ-III (Indonesian Guide Book for Classification of Mental Disorders version III) and studies of Farrer, et al. (2008) and Jorm, et al. (1997a) with permission from the original author. The vignette has also been validated with subject matter expert.

Data Analysis

Chi-square analysis was employed to see the differences in mental health literacy especially recognition abilities, knowledge of the causes of mental disorders, as well as positive attitudes toward expert assistance based on the respondent's gender and vignette characters (Budi for male characters and Bunga for female characters).

Findings and Discussion

Participant's Characteristics

This study involved 377 respondents, most of them are female students (77.2%) and the rest are male students (22.8%). Most of the respondents (69.8%) is within the age range of 18 to 21 years old; most came from the Faculty of Education (32%); and almost all of them have not visited a mental health professional in the past year (91%).

Result from the Hypothesis Test

Respondents were given two vignettes about mental disorders experienced by a person (character) at

random, namely depression and schizophrenia. Each depression vignette and schizophrenia have two gender-based versions of the character. Half of the participants randomly received the male version of the Vignette (50.3%) and the rest of them (50.7%) randomly received a female version of the Vignette.

1) Mental health literacy on depression based on respondent's gender

In the aspect of ability to recognize, a relatively small number of male respondents (30,2%) and female respondents (30.6%) are able to recognize depression. In the aspect of knowledge to identify the cause of mental disorders, it is revealed that stress is the most widely identified cause of depression by 65.1% of male respondents and 66.3% of female respondents. While in the aspect of positive attitudes towards mental disorders, as many as 75.6% of male respondents and 89.7% of female respondents think the vignette characters should get help from mental health experts.

Chi-square test results showed there were no differences in recognition and knowledge of the causes of depression between male and female respondents ($p_{male} = 0.950$ and $p_{female} = 0.816$; $p > .05$). However, there are differences for recommending expert assistance with female participants are slightly more likely to recommend professional help ($p = .001$; $p \leq .001$).

Table 1.
Cross Tabulation and Chi-Square Results for Mental Disorders Vignette based on Respondent's Gender

Aspect	Vignette Answers	DEPRESSION				χ^2 <i>p-value</i>	SCHIZOPHRENIA				χ^2 <i>p-value</i>
		Respondent's Gender					Respondent's Gender				
		Male		Female			Male		Female		
		n	%	n	%		n	%	n	%	
Ability to Recognize	Correct	26	30.2%	89	30.6%	0.950	25	29.1%	67	23%	0.251
	Incorrect	60	69.8%	202	69.4%		61	70.9%	224	77%	

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Ability to Identify the Cause of Mental Health Problem	Total	86	100%	291	100%		86	100%	291	100%	
	Correct										
	Stress or Pressure	56	65.1%	193	66.3%		30	34.9%	116	39.9%	
	Environmental Factors	8	9.3%	16	5.5%		14	16.3%	66	22.7%	
	Biological Factors	2	2.3%	5	1.7%		9	10.5%	27	9.3%	
	Incorrect					0.816					0.075
	Personal Weakness	15	17.4%	61	21%		20	23.3%	37	12.7%	
Trauma	2	2.3%	8	2.7%		5	5.8%	30	10.3%		
Others	3	3.5%	8	2.7%		8	9.3%	15	5.2%		
Positive attitude toward Mental Health Problems	Total	86	100%	291	100%		86	100%	291	100%	
	Correct										
	Recommend help	65	75.6%	261	89.7%		83	96.5%	261	98.3%	
	Salah					0.001					0.317
	Does not recommend help	21	24.2%	30	10.3%		3	3.5%	30	1.7%	
	Total	86	100%	291	100%		86	100%	291	100%	

2) Mental health literacy on schizophrenia based on the respondent's gender

In the aspect of ability to recognize, a relatively small number of male respondents (29.1%) and female respondents (23%) are able to recognize schizophrenia. In the aspect of knowledge about mental disorders, it is known that stress is the most widely identified cause of schizophrenia by respondents, namely

by 34.9% of male respondents and 39.9% of female respondents. Whereas in the aspect of positive attitude towards mental disorders, as much as 96.5% of male respondents and 98.3% of female respondents thought the characters should get help from mental health experts. Chi-square test results showed no differences in all aspects.

Table 2.
Cross Tabulation and Chi-Square Results for Mental Disorders Vignette based on Vignette Character's Gender

Aspect	Vignette Answers	DEPRESSION				χ^2 <i>p-value</i>	SCHIZOPHRENIA				χ^2 <i>p-value</i>
		Character's Gender					Character's Gender				
		Budi (Male)		Bunga (Female)			Budi (Male)		Bunga (Female)		
		n	%	n	%		n	%	n	%	
Ability to Recognize	Correct	52	28%	63	33%	0,289	39	21%	53	27,7%	0,125
	Incorrect	134	72%	128	67%		147	79%	138	72,3%	
	Total	186	100%	191	100%		186	100%	191	100%	
Ability to Identify the Cause of Mental Health Problem	Correct					0,012					0,411
	Stress or Pressure	116	62,4%	133	69,9%		67	36%	79	41,4%	
	Environmental Factors	7	3,8%	17	8,9%		47	25,3%	33	17,3%	
	Biological Factors	5	2,7%	2	1%		15	8,1%	21	11%	
	Incorrect										
	Personal Weakness	49	26,3 %	27	14,1%		28	15,1%	29	15,2%	
	Trauma	3	1,6%	7	3,7%		19	10,2%	16	8,4%	
Others	6	3,2%	5	2,6%	10	5,4%	13	6,8%			
	Total	186	100%	191	100%	186	100%	191	100%		

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Positive attitude toward Mental Health Problems	Correct									
	Recommend help	153	82,3%	173	89,7%	0,018	182	97,8%	187	97,9%
	Salah									
	Does not recommend help	33	17,7%	18	10,3%	4	2,2%	4	2,1%	
Total	186	100%	191	100%		186	100%	191	100%	

3) Mental health literacy on depression based on the gender of vignette characters

In the aspect of ability to recognize depression, Budi was recognized as being depressed by 28% of the respondents, while Bunga by 33% of the respondents. In the aspect of knowledge about mental disorders, it is known that biological factors, personal weaknesses, and other factors are believed to be the cause of depression in male characters while stress or pressure, environmental factors, and trauma are more believed to be causes of depression in female characters. While in the aspect of positive attitude towards mental disorders, 82.3% of respondents thought that Budi need to get help from experts and 90.6% of respondents thought that Bunga need to get help from mental health experts.

Chi-square test results showed no differences in recognition of depression based on the gender of the character. However, there is a difference between knowledge of the causes ($p = .012$; $p \leq .05$) and expert help recommendations for depression ($p = .018$; $p \leq 0.05$) based on the gender of the vignette characters.

4) Mental health literacy on schizophrenia based on the gender of vignette characters

In the aspect of ability to recognize depression, Budi was recognized as being depressed by 21% of the respondents, while Bunga by 27.7% of the respondents. In the aspect of knowledge about mental disorders, the results show that stress, environmental factors, and personal weaknesses are the three factors most widely believed to be the cause of schizophrenia, on both Budi and Bunga characters. While in the aspect

of positive attitude towards mental disorders, as many as 97.8% of respondents thought Budi need to get help from experts and 97.9% of respondents thought that Bunga need to get help from mental health experts.

Chi-square test results showed no differences in recognition, knowledge about the causes of schizophrenia, as well as a positive attitude towards expert assistance based on gender of the vignette characters.

Discussion

The results show that there is no difference in the ability to recognize depression and schizophrenia based on the gender of respondents and character in the vignette. The results of the study revealed different results from most of the previous studies which suggests that women have better recognition abilities compared to men (Reavley, McCann, & Jorm, 2012; Cotton, et al., 2006; Gibbons, Thorsteinsson, & Loi, 2015). However, this study is in line with the results of the study of Marcus and Westra (2012) which states that there are no striking differences in terms of recognition and general mental health knowledge between men and women.

The results are also not in line with the opinion of Hadjimina and Furnham (2017) which states that there are differences in recognition of mental disorders among male and female sufferers because some mental disorders have different prevalence in the two genders. For example, depression will be recognized more in female figures because the prevalence of depression is higher in women. Based on Hadjimina and

Furnham (2017) assertion, we conclude that the lack of recognition for differences between male and female figures can occur because both versions of the vignette have the same description except the use of the name Budi and Bunga and the lack of depictions of situations that are more prototypically "masculine" or "feminine". For example, by including a description of the loss of interest in the hobby of sewing in women.

The absence of gender differences in recognition ability can also be influenced by the level of education of respondents (Bener & Ghuloum, 2010), experience of contact with people with mental disorders (Lauber, et al., 2003), campus environment that stimulates more talk about mental disorders, mental health campaigns, also the media depiction that revealed mental disorders as a condition that can be experienced by anyone. The wider internet coverage and more openness of men to their health problems on the internet (Ellis, et al., 2013) can also be a realization that it is no less important for men to have awareness about mental health.

The second result is about differences in the identification of causes of mental disorders based on the gender of the respondents showing that there is no difference in the identification of causes of depression and schizophrenia based on the gender of the respondents. However, there are differences in the identification of causes of depression based on the gender of vignette figures.

Environmental factors and trauma are more clearly identified as causes of depression in female characters while biological factors and personal weaknesses are more pronounced in male figures. Respondents think that personal weakness is a cause of depression for men and this can be due to the existence of male gender roles which require them to be aggressive, physically and emotionally strong (Wong, 2016). Men who deviate from these

expectations will experience interpersonal and intrapersonal conflicts. Therefore, showing emotion and mental helplessness is considered a form of personal weakness in men.

There is no difference in identifying the causes of schizophrenia. As with depression, stress or daily stress is also the most valued factor as a cause of schizophrenia, so are male and female respondents. This is in line with research by Jorm, et al. (1997b) that daily stress is the most valued factor as a cause of schizophrenia. Other results, namely biological factors, are more often assessed as causes of schizophrenia than depression, in line with the results of Jorm, et al. (1997b).

Further results show that there are differences in attitudes towards expert assistance in depression based on the gender of the respondent and the vignette figure. The differences in attitudes towards expert assistance in depression based on the gender of respondents and figures are in line with the research of Wang, et al (2007). Wang, et al. (2007: 447) argued that the existence of this gender difference might be related to the lower prevalence of depression in men and due to the lack of exposure to the disorder. Lack of exposure results in a lack of awareness and knowledge which can contribute to low levels of assistance seeking. The low level of seeking help can also be related to personal weaknesses that tend to be considered men as a cause of depression (Wang, et al., 2015). The search for emotional assistance for mental health problems for men is also a sign of weakness and is contradicted by masculinity as well as fears of stigma that can be a reason why men choose not to seek psychological help (Wong, 2016 and Holzinger, et al., 2012).

The pattern of seeking expert assistance for mental health problems in the campus environment is still hampered due to the influence of negative stigma

(Vidourek, et al., 2014; Holland & Wheeler, 2016) and lack of mental health literacy, let alone help for depression which is still widely associated with personal weakness. This is proven by the fact that there are still many respondents, especially men who consider expert assistance to be less important for depression.

Further results show that there is no difference in attitude towards expert assistance in schizophrenia based on the gender of respondents and vignette figures. Almost all respondents agreed if schizophrenics get expert assistance related to mental disorders suffered, both male and female figures. These results are consistent with Jorm, et al. (1997b) and Gibbons, Thorsteinsson, & Loi (2015) studies which state that expert assistance is more positive for schizophrenics than depression. One logical reason is that depression is more common and is more often associated with non-medical conditions such as fatigue and stress whose handling does not require expert help, unlike schizophrenia which describes more severe and less common mental conditions (Jorm, et al, 1997b).

Conclusion

From this study we can conclude that there is no difference in the ability to recognize depression and schizophrenia based on the respondent's gender and the gender of the vignette figure. However, there are differences in knowledge about the cause of depression based on gender where the environmental factors and trauma are identified as a prominent cause of depression in female figures while biological factors and personal weaknesses are more pronounced in male figures. There are also differences in positive attitudes towards expert assistance for depression based on the gender of respondents and figures, where more male respondents do not recommend expert

help and it is not necessary for male character to seek expert help for depression.

Based on these conclusions, we can give several suggestions: 1) For mental health experts, the results of the analysis showed that men are more likely not to recommend seeking expert help related to depression and this can be influenced by negative stigma embedded within the society, as it is considered a sign of weakness that indicates less masculinity. For this reason, men are needs to be specifically targeted in efforts to improve mental health literacy, to help them reach appropriate assistance, and to reduce the negative stigma surrounding men and mental disorder. 2) For the university, the campus environment is a place where students spend a lot of time. For this reason, the campus can be an ideal place for students to improve mental health literacy by conducting campaigns, interventions that involve reducing the negative stigma of mental disorders, designing a curriculum that can increase mental health awareness, as well as providing mental health facilities that can be reached by the students.

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Impact of Fear of Missing Out on Psychological Well-Being Among Emerging Adulthood Aged Social Media Users

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Abstract

This study aimed to find out the impact of Fear of Missing Out (FoMO) on psychological well-being especially for social media users at the age of emerging adulthood. This study used a quantitative correlational research. The research was conducted through online questionnaire involving 400 people obtained through accidental sampling method. The data collected using a fear of missing out (FoMO) scale and a psychological well-being scale that had been modified from Przybylski's FoMO scale and Ryff's Psychological well-being scale. The FoMO scale consists of 15 items with good reliability estimation ($\alpha = 0.849$) and the psychological well-being scale consists of 45 items with also a good reliability estimation ($\alpha = 0.941$). The data was analyzed using the simple linear regression. The analysis revealed that FoMO was able to predict psychological well-being ($F=43,753$; $p=0,000 < \alpha 0,05$). FoMO can predict psychological well-being with a contribution value of 9,99%. The regression equation line obtained was $Y = 154,264 - 0,633X$. Further discussion regarding the impact of fear of missing out on psychological well-being among emerging adulthood aged social media users were elaborated.

Keywords: *fear of missing out; psychological well-being; emerging adulthood*

Introduction

Psychological well-being is one thing that everyone covets. Ryff (1995) described psychological well-being as a person's ability to recognize and develop themselves in accordance with their potential. Ryff (1989) added, a person can be said to have psychological well-being when that person can function positively psychologically. Furthermore, Ryff and Singer (2008) argued that individuals with high psychological well-being will be more productive and have better mental and physical health than individuals whose psychological well-being is low. Huppert (2009) asserts that psychological well-being is associated with flexible and creative thinking, prosocial behavior, and good health.

However, based on data obtained from the World Health Organization (WHO) the number of people living with mental disorders increased by more than

18% between 2005 and 2015. Supported by a statement from the Ministry of Health of the Republic of Indonesia (2016) which says that mental health is still one of the significant health problems in the world, including in Indonesia. Data on Basic Health Research (RISKESDAS) in 2013 shows the prevalence of mental emotional disorders as indicated by symptoms of depression and anxiety for the age of 15 years and over reaching around 14 million people or 6% of Indonesia's population. This is an indication that there are still many individuals with low psychological well-being.

Data obtained from the results of the Twenge survey (2018) adds to the fact that from 2008 to 2017, the level of individuals reporting depressive symptoms increased by 63% in young adults aged 18 to 25 years. The percentage of young adults

experiencing serious psychological distress also increased by 71%. Similar trends also shown in suicidal thoughts among young adults that increased by 47%.

One of the factors that contributed to the low psychological well-being according to Przybylski, Murayama, DeHaan, and Gladwell (2013) was Fear of Missing Out or commonly referred to as FoMO. Beyens, Erison, and Eggermont (2016) support this argument by saying FoMO is a sign of a negative psychological well-being. The negative sign was due to the feelings of fear, anxiety, and worry that result from the presence of FoMO renders an individual unable to control the environment, establish positive relationships with others, and have low self-acceptance.

FoMO is defined as the fear that someone will lose social opportunities, thus encouraging that person to always be continuously connected with others and follow the latest news about everything that other people do (Przybylski et al., 2013). These feelings of fear, anxiety, and worry cause individuals to experience difficulties in controlling the environment, establishing positive relationships with others, and accepting themselves (Beyens et al., 2016). Studies show that people who face FoMO are more likely to fall prey to psychological demands to stay connected and to make connection with others (Beyens et al., 2016), thus participating in social media becomes a necessity for them. Research by Przybylski et al. (2013) also revealed that people with high level of FoMO usually are at a younger age and reporting a lower moods and lower life satisfaction in general. Przybylski et al. (2013) stated that people with FoMO were more likely to check their smart phones as soon as they wake up in the morning, right before they go to sleep, even when they drive.

This phenomenon was closely related to the use of social media in this digital age, where most people are certainly familiar with social media. Thanks to social media, communication can be established without

being limited by distance and time. Social media provides a space for someone to actively communicate with others and made it easy for individuals to acquire new information (Burke, Marlow & Lento, 2010).

Social media is a web-based service that allows users to create a public or a semi-public profile within a system; display other users related to him; and observe the list of networks they have and the list made by other users in the system (Boyd & Ellison, 2008). Nowadays, social media attracts people's attention because it can be used as an easy and important means to maintain social relationships and to satisfy one's social needs (Shapiro & Margolin, 2014). This causes social media to be an inseparable part in many things in life (Lenhart, 2015). But behind the popularity of social media, it also has its' own positive and negative impacts. Using social media wisely can lead to positive impacts, such as easily getting health information from medical experts; getting emotional support; forming community; etc. (Royal Society for Public Health, 2017). Conversely, maladaptive use of social media can lead to negative impact. According to Oberst, Renau, Chamarro and Carbonell (2016) the use of maladaptive social media can have a negative impact on the well-being and psychological functioning of children, adolescents, and early adults. In line with this opinion, Twenge (2018) asserts that the use of social media is likely to be the cause of increasing mental health problems in young adults.

Regarding trends in the use of social media in Indonesia, according to a statement by the secretary general of the Indonesian Internet Service Providers Association (APJII) in 2017 Indonesia experienced a growth of internet users by 54.6%. The most accessed internet content is social media content, where 97.4% of Indonesians access social media while using the internet (Sugiharto, 2016).

Social media users come from various stages of age, however Sugiharto (2016) points out that internet users in Indonesia are dominated by young people around 20 to 24 years. Around 22.3 million internet users were found aged around this range, most of whom access social media while using the internet. Quoted from liputan6.com, the Indonesian Internet Service Providers Association (APJII) released data stating that the majority of respondents claimed to access the internet for more than six hours every day. There are around 55.39% of the total respondents who access the internet more than six hours every day. While other respondents vary from 2 to 6 hours a day.

People around 20 to 24 years age are categorized as emerging adulthood. During this stage, an individual may face new goals and tasks that involve other people directly for the first time, thus they are expected to not only develop and achieve their personal goals, but also start a new developmental process by forging relation with others (Salkind, 2006). However, result from a study by Azka, Firdaus and Kurniadewi (2018) revealed that individuals in emerging adulthood also have a high vulnerability to social media dependency, because they tend to be less stable in managing their needs for life, interpersonal relationships, and developing both affective and cognitive aspects. So, when individuals get into difficulties during their developmental process, they tend to escape through the intensive use of social media.

Based on the description above, it can be summarized that emerging adult are expected to build positive relationships with others. In the other hand, they also have vulnerabilities to the intensive use of social media and experiencing FoMO which can lead to low positive relationships with others, that in turn contribute to the worsening of their psychological well-being. While this issue is certainly important, not many researchers has looked into FoMO. This research will answer those issue by

understanding the impact of fear of missing out on psychological well-being among emerging adulthood aged social media users.

Methods

Research Design

This research is a correlational research. The variables of this resarch are: Fear of Missing Out as predictor, and Psychological Well-being as criterium. This research was conducted in March to April 2019 through online questionnaire constructed using google form.

Participants

The population of this study is the users of social media aged 18-25 years in Yogyakarta amounting to 289,900 people according to Yogyakarta Bureau of Statistics. We determined 400 people as our sample, that was obtained using accidental sampling technique.

Research Procedure and Instruments

Data was collected through online questionnaire that consists of two scales, the FoMO scale that was modified from Przybylski (2013) Fear of Missing Out Scale and psychological well-being scale modified from Ryff (1995) Psychological Well-being Scale.

The four indicators of fear of missing out are worries, anxiety, fear, and the desire to stay connected with others. Individuals who have a high fear of missing out are characterized by high score on each indicator.

The psychological well-being consists of six dimensions: self-acceptance, positive relations with others, autonomy, environmental control, life goals, and self-development. Individuals with high level of psychological well-being will exhibit high self-acceptance, having positive relations with others, high autonomy, have the ability to control the environment, have

purposeful life goals and good self-development.

Data Analysis

Data analysis techniques used in this study consisted of descriptive analysis, analysis prerequisite test consisting of normality and linearity tests, and hypothesis testing.

1. Descriptive Analysis

Both of the scale uses likert scale with four options (1-4), four being very suitable and one being very unsuitable. The total score of each scale will be categorized into five categories. Categorization is done by using manual calculations.

Table 1.
Norm for Categorization According to
Azwar (2012)

Very low	$X \leq \mu - 1,5\sigma$
Low	$\mu - 0,5\sigma < X \leq \mu - 1,5\sigma$
Average	$\mu - 0,5\sigma < X \leq \mu + 0,5\sigma$
High	$\mu + 1,5\sigma < X \leq \mu + 0,5\sigma$
Very High	$X > \mu + 1,5\sigma$

2. Hypothesis Testing

To test our hypothesis, we employ simple regression analysis with the help of the SPSS for Windows. The analysis was performed to determine the effect of a predictor variable on a criterion variable. Simple regression test was chosen because in this study consisted of one predictor variable (X) and one criterion variable (Y). The result of the analysis was then put into linear regression equation using the formula $Y = a + b.X$.

Findings and Discussion

The data was obtained from 400 people aged 18-25 who used social media. Descriptive analysis is calculated by means of manual calculation based on Azwar's (2012) categorization norms.

Tabel 2. Result Categorization of
FoMO Scale

	Category	Perce
Very High	>49	5,5%
High	43 – 49	24,75
Average	35 – 42	43,5%
Low	28 – 34	18%
Very Low	<27	8,25%
	Total	100%

Based on Table 2 it is revealed that most of the participants were in the average category (n = 43.5 %), with the least in the very high category (n = 5.5%).

Tabel 3. Result Categorization of
Psychological Well-being Scale

	Category	Percenta
Very High	>154	7%
High	140 – 154	21%
Average	124 – 139	40%
Low	108 – 123	26%
Very Low	<107	6%
	Total	100%

Based on Table 3, it is revealed that the most of the participants were in the average category (n = 40%), with the least in the very low category (n= 6%). F test results revealed F value of 43.753; (p = 0,000; p < 0.05), which means that the predictor (X) can actually predict the criterium variable (Y). Further analysis revealed R2 of 0.099 which means the effective contribution of variable X to the variable Y is 9 9%.

The analysis supports our hypothesis that FoMO can be a predictor of psychological well-being in emerging adulthood social media users. The higher the FoMO, the lower the level of psychological well-being of emerging adult users of social media. Conversely, the lower the level of FoMO, the higher the level of

psychological well-being of emerging adult users of social media.

Discussion

The factor that causes individuals to tend to have low psychological well-being when having FoMO in this study is due to the use of social media. Other factors that also influence psychological well-being in addition to social media, according to the opinion of Huppert (2009) are the age and gender stages. According to Huppert (2009) women are likely to have lower psychological well-being than men so that they are more likely to have mental disorders, so the majority of respondents in this study who are female also influence the outcome of psychological well-being and FoMO. Another factor is age, according to Huppert (2009) that the psychological well-being score of individuals in middle age is lower than individuals in young or old age, so that the subject of this study at the stage of emerging adulthood also affects the psychological welfare outcomes and FoMO.

Individuals who experience FoMO tend to feel stress to fear when unable to connect with social media (Beyens, et al., 2016). Anxiety then affects the psychological well-being of individuals, especially in aspects of environmental mastery, positive relationships with others and self-acceptance (Beyens, et al., 2016). Therefore, someone with a high FoMO level tends to have lower psychological well-being compared to someone who does not have FoMO or only has a low FoMO level.

The era of emerging adulthood is an important period for individuals to prepare for adult life (Arnett, 2000). At this time individuals face the task of forming intimate relationships with others (Erikson in Papalia, 2012). Therefore, at this time someone ideally establish relationships with others and explore themselves. Social media then becomes one of the tools to facilitate

individuals in establishing relationships and exploring themselves. However, social media is also a means for the spread of the phenomenon of FoMO to watch out for.

The results of this study indicate that individuals who use social media, especially those in the era of emerging adulthood, need to be aware of the potential negative impacts that may result from unwise use of social media. The unwise use of social media also contributes to reducing the level of psychological well-being. On the other hand, psychological well-being is important for emerging adulthood individuals to prepare for the next period. Unwise use of social media can result in individuals having difficulties in preparing their adult life in a psychologically healthy state.

The analysis shows that the FoMO variable has a negative influence on the psychological welfare variable with a contribution of 9.9%. This indicates that there is an effect of 9.9% between FoMO and psychological well-being. This is because FoMO is not a major factor in the formation of psychological well-being, another 90.1% is influenced by various factors; personality (extraversion or neuroticism); age; gender; level of education; economic inequality; social media. FoMO is part of social media which then contributes to the low psychological well-being. In other words, FoMO can be one of the causes of the low psychological well-being of individual social media users in the era of emerging adulthood.

The results of this study also indicate a relationship between FoMO and each dimension in psychological well-being. Correlation test results between the dimensions of psychological well-being with FoMO are as follows:

There is a negative and significant relationship between FoMO and self-acceptance dimensions. This is in line with research by Beyens, et al. (2016) which states that FoMO is associated with anxiety and people with FoMO will tend to have

difficulty accepting themselves. People with high FoMO will feel anxious or worried about the activities carried out by other people and feel that things done or owned by others are more pleasant than what they have or experienced. Thus, someone with a high FoMO can be said to be dissatisfied with himself and tends to want to be someone else.

There is a negative and significant relationship between FoMO with the dimensions of positive relations with others. This is in line with research by Beyens, et al. (2016) which says that individuals with FoMO tend to have difficulty in undergoing positive relationships with others. According to Luckerson (2015) something like this happens because today, social media and internet usage affect the way people live their lives, especially in communication. Luckerson (2015) added that lately, meetings that should be a place for people to interact and talk to build bonds have turned into meetings where most people prefer to open social media through their devices rather than interacting with each other. In other words, someone with a high FoMO is more focused on what is happening on his social media than establishing a warmer relationship with others through direct talks. Someone with FoMO tries to communicate and connect with other people, but there is no warm, satisfying, and trusting relationship in the relationship.

There is a negative and significant relationship between FoMO and the dimension of autonomy. Someone with high FoMO will tend to have low independence and be easily influenced by the social environment. This is in line with FoMO's research in economics which lately utilizes FoMO's feelings to be able to carry out effective sales strategies. According to Anggraini (2014), fear of being left behind from the social environment is a form of psychological need that is able to motivate consumers, to do something they think can

reduce these fears. In addition, someone with a high FoMO tends to seek acceptance and recognition from others rather than evaluating themselves by personal standards. This relates to the need to be accepted which then causes people with FoMO to do everything they can to be socially acceptable. This is supported by the results of JWT Intelligence research (2012) in which 90% of respondents claimed to be happy to be the people who know the most information, so that they can be more accepted and recognized in their social environment.

There is a negative and significant relationship between FoMO and the dimension of environmental mastery. This is in line with research by Reyes et al. (2018: 511) which says that FoMO can lead to the emergence of Problematic Internet Use (PIU). Spada (2014) describes PIU as the inability of individuals to control their behavior in internet usage which can then lead to unintended consequences. Someone with high FoMO tends to have a low ability to control the environment because they do not have the ability to master and regulate their environment (Ryff, 1995).

There is a negative and significant relationship between FoMO and life purpose dimensions. Someone with high FoMO tends to not have a sense of direction and purpose in life. This is in accordance with the statement of Przybylski (2013) which says that someone with FoMO tends to have low satisfaction in fulfilling their basic psychological needs so that they only focus on meeting those needs.

There is a negative and significant relationship between FoMO and self-development. Someone with high FoMO tends to have difficulty developing new attitudes or behaviors to develop in a better direction. This is consistent with Alt's (2015) research which found that someone with a high FoMO tends to not have the motivation to learn.

Conclusion

Based on research that has been done, it can be concluded that there is a negative relationship between Fear of Missing Out (FoMO) and psychological well-being of social media users at the age stage of emerging adulthood in DIY. This means that when a person has a low level of FoMo, he will have a psychological well-being that tends to be high. Conversely, when someone has a high level of FoMO, then he will have psychological well-being that tends to be low.

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Coping Strategy and Psychological Well-Being of Final Year University Student

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Abstract

This study aims to determine the coping strategies and level of psychological well-being of final year university student, as well as predicting psychological well-being of final year university student based on their coping strategies. This study employs quantitative approach with ex post facto research type. This study involves 135 university students from Faculty of Education Universitas Negeri Yogyakarta by means of accidental sampling technique. Data was collected through the coping scale (problem focused coping scale and emotional focused coping scale) and psychological well-being scale. The result of this study shows that coping strategy was able to predict psychological well-being ($p = 0,000$; $p < \alpha 0,05$). Problem focused coping and emotional focused coping can predict psychological well-being by 12%. The regression equation line obtained is $Y = 132,05 + 0,819x_1 - 0,501x_2$

Keywords: *problem focused coping; emotional focused coping; psychological well-being; final year university student*

Introduction

The higher the level of education pursued, the higher the level of stress experienced (Calnicer and Calderon, 2013). From these statements it can be seen that a person pursuing higher education may experience the highest stress level. University students will be challenged with more demands compared to the previous educational level, the workload will also be heavier as they proceed through the years. Indonesian bachelor (S1) students who have reached their final year, will eventually have to work on their final project or a thesis.

Doing thesis for final year students is not an easy thing. In fact, there are students who feel burdened and experience various difficulties in working on their thesis. Difficulties in the preparation of the final thesis are also felt by students of the Faculty of Education (FoE), Universitas Negeri Yogyakarta. Based on the results of interviews with several FoE students, it is revealed that final thesis is considered as a

stressful work. Some students start to encounter difficulties or problems as they worked on their thesis. Some of the problems presented includes difficulties in various stages of the thesis: difficulties in fighting laziness, gathering enthusiasm, determining the right topic, working on their introduction chapter, finding references, finding respondents, data collection, and data analysis. Other challenges includes difficulties in arranging a meeting with their supervisors, lack of encouragement and guidance from supervisors, fear of meeting with supervisor if they have no progress in their thesis, idea differences between the supervisor and the students, revision by the supervisors, and the difficulty of finding the middle ground between the student and the supervisor. These difficulties will lead students to experience stress (Astuti & Hartati, 2014).

Studies by Ryff (1995) shows a significant relationship between stress and psychological well-being. Ryff (1995)

argued that to achieve a good level of psychological well-being, individuals should be able to cope with stress and avoid mental health problems. Psychological well-being refers to the extent to which individuals feel that they have meaningful control over their lives and activities.

Problem in psychological well-being is becoming increasingly common among students today (Yang, 2010). High levels of stress have been reported among students from various departments in higher education institutions (Mackenzie and Kim, 2011). Some of the causal factors associated with problems among students are uncertainty about their career and future success, as well as academic stress, one of which is thesis (Ibrahim et al., 2013).

However, we should understand that stress is not only have negative effects, but stress can also have positive effects. This experience will depend on how an individual deal with their problems (Preece, 2011). This indicates that coping can affect psychological well-being.

Coping can be defined as thoughts and behaviors that are used to manage demands on internal situations and external situations that are considered as stressors (Taylor, 2011). Coping strategy is an effort, both behavioral and psychological, employed by an individual to master, tolerate, reduce, or minimize the impact of stressful events (Kenneth & Pakenham, 2012).

Each student working on their thesis will have different coping strategies. Lazarus and Folkman (1984) explained that an individual's maturity is related to their coping abilities. Deciding on which coping strategies used may be based on the stressful situation that they're currently faced. Those who can adjust their coping strategies to match their situations, will have a better chance to deal with stress compared to those who cannot (Taylor, 2011).

Forms of coping include diverting attention to other activities that are not related to the thesis (such as playing games,

watching football, watching movies, sleeping, and reading other books not related to the thesis), praying and doing religious activities such as Dhuha prayer and tahajud routinely, add knowledge on how to write scientific papers, add new experiences and find new insights in how to write, find references to the latest books by title, try to discipline time in all matters, join friends and share information, look for convenient time and place to finish the thesis, and think positively (Ismiati (2015). Related to this, it can be seen that in facing the thesis, there are some students who choose to face it and some are avoiding. Students who avoid sometimes because they have not able to determine the right coping to deal with stress experienced.

Previous research states that coping strategies are related to psychological well-being. Some types of coping are more effective than others in maintaining psychological well-being. Facing the problem will better maintain the level of psychological well-being compared to avoidance coping or avoidance of the problem (Calnicer and Calderon, 2013). Individuals who can provide an appropriate response to the problems faced, even though he is in a state of stress will affect the level of psychological well-being of the individual (Calnicer and Calderon, 2013).

From the explanation above, it is known that how students handle stress or coping will affect psychological well-being. Researchers do not measure stress levels on students, but researchers will conduct research on how students deal with stress experienced. Therefore, important research is conducted to determine the effect of coping on psychological well-being in the final year students who are working on thesis. Researchers want to study in a study entitled "Coping and Psychological Well-being Strategies for Final Year Students". Researchers assume that coping conducted by final year students can affect the psychological well-being of students.

The purpose of this research is to find out the coping done by the final year students who are working on their thesis, know the level of psychological well-being in the final level students who are working on their thesis, and predict the psychological well-being in the final year students who are working on their thesis in terms of the coping strategy which is conducted.

This research is expected to be an additional reference related to coping conducted by final year students. In addition to adding references about psychological well-being in final year students who are working on thesis. This thesis is also expected to be able to increase knowledge for other final year students in maintaining psychological well-being with coping strategies which can be used as material for consideration to provide action or treatment for stressed final-level students in working on their thesis.

Methods

Research Design

This research uses a quantitative approach with the type of research used is ex post facto. Ex post facto research aims to find things that cause changes in the overall independent variables have occurred.

Participants

The research subjects in this study were the final year students of the 2015 Faculty of Education, Yogyakarta State University. Data collection techniques using nonprobability sampling, namely accidental sampling. Accidental sampling was chosen because the final year students had not gone through lectures in the classroom. The number of samples in this study were 135 students.

Research Procedure and Instruments

Data collection techniques used in this study is to use a psychological scale.

The instrument used in this study was to use a coping strategy and psychological well-being scale in the form of a Likert scale.

Data collection instruments will be delivered in person and online. Coping scale consists of 38 items with a problem focused coping scale of 15 items and emotional focused coping of 23 items. The psychological well-being scale consists of 42 items. So that there are a total of 80 items. The scale of this research instrument is in the form of four alternative answers, which are very inappropriate (value one), not appropriate (value two), appropriate (value three), and very appropriate (value four).

This research instrument includes items that are favorable and unfavorable. Items that are favorable have a value that moves from the value of one to four. While items that are unfavorable have a value that moves from a value of four to one.

Data Analysis

Descriptive analysis is an analysis used to provide a clear description related to the characteristics of the data that has been obtained, as well as certain centralization measures that provide an overview of the research conducted. Data that has been obtained from the scale of psychological well-being and coping is still in the form of ordinal data consisting of categories that are very inappropriate, inappropriate, appropriate, and very appropriate. These categories will be changed into interval data.

Analysis of Prerequisite Tests

The prerequisite test used to test the analysis is the normality test carried out to find out whether the research data is normally distributed or not. The normality test in this study uses the Kolmogorov Smirnov test with the help of SPSS for Windows. Data are stated normally distributed when having $\alpha \geq 0.05$ (Ghozali, 2018: 167).

Hypothesis testing

Hypothesis testing is done after the research data has been analyzed and meets the analysis prerequisite test. Hypothesis testing in this study is to use multiple linear regression analysis test. Multiple linear

regression analysis is used because the research aims to predict or predict two predictor variables against one criterion variable (Y).

Findings and Discussion

	Category	Freq	Percentage
Very High	$X > 48,75$	23	17,04%
High	$41,25 < X \leq 48,75$	72	53,33%
Average	$33,75 < X \leq 41,25$	32	23,70%
Low	$25,25 < X \leq 33,75$	8	5,93%
Very Low	$X \leq 25,25$	0	0%
Total		135	100%

a. Problem Focused Coping

Data that has been obtained is presented in predetermined categorizations. Here is the categorization of problem focused coping.

Based on the table above, it can be seen that the frequency is mostly in the high category ($41.25 < X \leq 48.75$) with 72 students (53.33%). The frequency is at least in the very low category ($X > 25.25$) with a percentage of 0%.

b. Emotional Focused Coping

Data that has been obtained is presented in predetermined categorizations. The following are emotional focused coping categorizations.

Based on the table above, it can be seen that the frequency is mostly in the medium category ($51,725 < X \leq 61,875$) with a total of 75 students (55.56%). The frequency is at least in the very low category ($X \leq 41.575$) with a percentage of 0%.

	Category	Freq	Percentage
Very High	$X > 72,025$	9	6,67%
High	$61,875 < X \leq 72,025$	48	35,56%
Moderate	$51,725 < X \leq 61,875$	75	55,56%
Low	$41,575 < X \leq 51,725$	3	2,22%
Very Low	$X \leq 41,575$	0	0%
Total		135	100%

Discussion

The results show that there is no difference in the ability to recognize depression and schizophrenia based on the gender of respondents and character in

the vignette. The results of the study revealed different results from most of the previous studies which suggests that women have better recognition abilities compared to men (Reavley, McCann, & Jorm, 2012; Cotton, et al., 2006; Gibbons,

Thorsteinsson, & Loi, 2015). However, this study is in line with the results of the study of Marcus and Westra (2012) which states that there are no striking differences in terms of recognition and general mental health knowledge between men and women.

The results are also not in line with the opinion of Hadjimina and Furnham (2017) which states that there are differences in recognition of mental disorders among male and female sufferers because some mental disorders have different prevalence in the two genders. For example, depression will be recognized more in female figures because the prevalence of depression is higher in women. Based on Hadjimina and Furnham (2017) assertion, we conclude that the lack of recognition for differences between male and female figures can occur because both versions of the vignette have the same description except the use of the name Budi and Bunga and the lack of depictions of situations that are more prototypically "masculine" or "feminine". For example, by including a description of the loss of interest in the hobby of sewing in women.

The absence of gender differences in recognition ability can also be influenced by the level of education of respondents (Bener & Ghuloum, 2010), experience of contact with people with mental disorders (Lauber, et al., 2003), campus environment that stimulates more talk about mental disorders, mental health campaigns, also the media depiction that revealed mental disorders as a condition that can be experienced by anyone. The wider internet coverage and more openness of men to their health problems on the internet (Ellis, et al., 2013) can also be a realization that it is no less important for men to have awareness about mental health.

The second result is about differences in the identification of causes of mental disorders based on the gender

of the respondents showing that there is no difference in the identification of causes of depression and schizophrenia based on the gender of the respondents. However, there are differences in the identification of causes of depression based on the gender of vignette figures.

Environmental factors and trauma are more clearly identified as causes of depression in female characters while biological factors and personal weaknesses are more pronounced in male figures. Respondents think that personal weakness is a cause of depression for men and this can be due to the existence of male gender roles which require them to be aggressive, physically and emotionally strong (Wong, 2016). Men who deviate from these expectations will experience interpersonal and intrapersonal conflicts. Therefore, showing emotion and mental helplessness is considered a form of personal weakness in men.

There is no difference in identifying the causes of schizophrenia. As with depression, stress or daily stress is also the most valued factor as a cause of schizophrenia, so are male and female respondents. This is in line with research by Jorm, et al. (1997b) that daily stress is the most valued factor as a cause of schizophrenia. Other results, namely biological factors, are more often assessed as causes of schizophrenia than depression, in line with the results of Jorm, et al. (1997b).

Further results show that there are differences in attitudes towards expert assistance in depression based on the gender of the respondent and the vignette figure. The differences in attitudes towards expert assistance in depression based on the gender of respondents and figures are in line with the research of Wang, et al (2007). Wang, et al. (2007: 447) argued that the existence of this gender difference might be related to the lower prevalence of depression in men and due to the lack of exposure to the disorder.

Lack of exposure results in a lack of awareness and knowledge which can contribute to low levels of assistance seeking. The low level of seeking help can also be related to personal weaknesses that tend to be considered men as a cause of depression (Wang, et al., 2015). The search for emotional assistance for mental health problems for men is also a sign of weakness and is contradicted by masculinity as well as fears of stigma that can be a reason why men choose not to seek psychological help (Wong, 2016 and Holzinger, et al., 2012).

The pattern of seeking expert assistance for mental health problems in the campus environment is still hampered due to the influence of negative stigma (Vidourek, et al., 2014; Holland & Wheeler, 2016) and lack of mental health literacy, let alone help for depression which is still widely associated with personal weakness. This is proven by the fact that there are still many respondents, especially men who consider expert assistance to be less important for depression.

Further results show that there is no difference in attitude towards expert assistance in schizophrenia based on the gender of respondents and vignette figures. Almost all respondents agreed if schizophrenics get expert assistance related to mental disorders suffered, both male and female figures. These results are consistent with Jorm, et al. (1997b) and Gibbons, Thorsteinsson, & Loi (2015) studies which state that expert assistance is more positive for schizophrenics than depression. One logical reason is that depression is more common and is more often associated with non-medical conditions such as fatigue and stress whose handling does not require expert help, unlike schizophrenia which describes more severe and less common mental conditions (Jorm, et al, 1997b).

Conclusion

From this study we can conclude that there is no difference in the ability to recognize depression and schizophrenia based on the respondent's gender and the gender of the vignette figure. However, there are differences in knowledge about the cause of depression based on gender where the environmental factors and trauma are identified as a prominent cause of depression in female figures while biological factors and personal weaknesses are more pronounced in male figures. There are also differences in positive attitudes towards expert assistance for depression based on the gender of respondents and figures, where more male respondents do not recommend expert help and it is not necessary for male character to seek expert help for depression.

Based on these conclusions, we can give several suggestions: 1) For mental health experts, the results of the analysis showed that men are more likely not to recommend seeking expert help related to depression and this can be influenced by negative stigma embedded within the society, as it is considered a sign of weakness that indicates less masculinity. For this reason, men are needs to be specifically targeted in efforts to improve mental health literacy, to help them reach appropriate assistance, and to reduce the negative stigma surrounding men and mental disorder. 2) For the university, the campus environment is a place where students spend a lot of time. For this reason, the campus can be an ideal place for students to improve mental health literacy by conducting campaigns, interventions that involve reducing the negative stigma of mental disorders, designing a curriculum that can increase mental health awareness, as well as providing mental health facilities that can be reached by the students.

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The Relationship Between Work Engagement and Burnout in Ditpolair Kopolairud Baharkam Polri

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Abstract

The aim of this study was to investigate the relationship between work engagement and burnout in Kopolairud Ditpolair Baharkam Polri. This study was a correlational study with quantitative method. 120 members of Kopolairud who worked in the Subditpatrolair division were involved as participants. Simple random sampling was used as sampling method and 4 point Likert scale as data collection techniques. The work engagement scale was based on Schaufeli's theory with aspects namely vigor, dedication, and absorption. Meanwhile, the burnout scale was based on Maslach's theory with aspects namely emotional exhaustion, depersonalization, and personal accomplishment. Based on data analysis using Pearson Product-Moment correlation test, the results of this study showed that there was a correlation between work engagement and burnout in Kopolairud Ditpolair Baharkam Polri as proved by -0.752 coefficient value and $p=0.00$. It can be concluded that the correlation between work engagement and burnout was significant and negatively correlated.

Keywords: *Burnout, work engagemen*

Introduction

Indonesia is a country with a large area of water. This makes activities such as illegal fishing, smuggling, and even conflict in border areas often occur. One of the institutions tasked with protecting Indonesia's territorial waters is the Kopolairud Ditpolair Baharkam Polri. Kopolairud has the duty to serve, protect, protect, and maintain the security and order of the community and law enforcement in the territorial waters of Indonesia.

The assignment period given to Ditpolair Members is usually around 1 year. The members are also required to always be prepared with various incidental tasks given by the leadership. These various tasks sometimes tend to make them tired and even stressed. Police members who are unable to coping stress well will tend to experience burnout (Rizkinannisa, 2017: 15).

Based on preliminary interviews conducted by researchers to 3 members of Ditpolair said that they experienced burnout. They said that he experienced fatigue during work, sometimes even experiencing physical pain when working. They explained that this happened because of task uncertainty and the number of incidental tasks that made them too busy and eventually exhausted. They also said that they had behaved cynically, such as swearing or snapping at other colleagues while working. This is usually caused by differences of opinion between them and the seniors. Based on interviews it was also known that they felt their performance was declining and felt their achievements or catch were not as good as in the previous year. Burnout is a syndrome of emotional exhaustion and cynicism that occurs in someone when working (Maslach & Jackson, 1981: 91). According to him

someone who burnout experience emotional exhaustion and tend to behave negatively when working. They also tend to decrease performance at work.

According to Maslach & Jackson (1981: 101) there are 3 aspects of burnout, namely emotional exhaustion, depersonalization, and decreased personal achievement. Emotional fatigue is described as feeling of saturation and excessive fatigue at work. Depersonalization is an attempt by someone to make a distance between themselves and clients by ignoring the qualities that they should be able to give or being cynical with those around them. Meanwhile, a decrease in personal achievement is a tendency to evaluate themselves negatively, especially those related to work.

There are 2 factors that can influence burnout, namely situational factors and individual factors (Maslach, Schaufeli, & Baker, 2001). In situational factors, there are job characteristics, job characteristics, and organizational characteristics. Meanwhile, individual factors are influenced by demographics, personality, and work attitudes. One other factor that also affects burnout is work engagement (Hussein, 2018: 921).

According to Baker & Leiter (2010: 1) work engagement is a state of mind that is positive, satisfying, and bound between a person and his work. According to him work engagement is also synonymous with a high level of enthusiasm in a person. Someone engaged with their work has positive thoughts and is satisfied with the work they do, and feels bound to the work.

According to Schaufeli et al (in Bakker & Leiter, 2013: 13) aspects of work engagement are vigor, dedication, and absorption. Vigor describes the high level of energy and mental endurance of a person at work. Dedication refers to the strong involvement of a person with his work, enthusiasm, inspiration, pride, and challenges in a job. Absorption is

characterized by full concentration and feeling happy about work, where time passes quickly so that it has difficulty in breaking away from work.

Research conducted by Rahayu (2019) shows that the level of work engagement among police officers tends to be high. According to him this is caused by the characteristics of the work which is quite challenging. Initial interviews conducted by researchers with 3 members of Ditpolair also showed that the three members felt engaged with their work. This difficult level of selection makes them proud to be accepted as members of the National Police. They also felt that the facilities provided by management were very satisfying.

Although work engagement among police officers tends to be high, it is different from the situation of work engagement in other professions. Aon Hewitt's survey of 6.7 million employees in more than 2,900 companies in the world shows a decrease in the level of employee engagement from 60% in 2009 to 56% in 2010.

According to Maslach & Leiter (1997) burnout can also occur when aspects of work engagement, vigor, absorption, and dedication owned by employees turn into exhaustion, cynicism, and inefficacy. Employees who initially have high enthusiasm and desire to work turn into looking tired and hating their work when experiencing burnout. This indicates that there is a relationship between work engagement with burnout.

Research conducted by Upadaya, Vartiainen, and Salmela-Aro in 2012 proved that there is a relationship between work engagement and burnout. However, the research conducted by Hikmatullah (2016) on work engagement with burnout to 70 employees working in the IT field shows that these two variables have no relationship when researched by him. This shows the pros and cons related to the

relationship of work engagement with burnout.

Based on the problems that have been previously explained, the police have a high level of work engagement, but the police also have a great tendency to burnout. Researchers want to see whether there is a relationship between work engagement with burnout on the Ditpolair Korpolarud Baharkam Polri. The researcher hopes that this research can illustrate the relationship between these two variables and can provide information to relevant institutions regarding the level of work engagement and burnout to their members.

Methods

Types of research

In this study using a quantitative approach. This type of research based on the function and characteristics of the problem is categorized as correlational research. Correlational research is research that aims to determine the strength and direction of the relationship between variables that are used as the focus of research (Azwar, 2018: 7).

Time and Place of Research

This research was conducted at Ditpolair Korpolarud Baharkam Polri which is located on Jalan Re Martadinata 1 No. 1, Tanjung Priok, North Jakarta, Jakarta. The research began on April 25 2019 until July 25, 2019.

Participants

The population in this study were 600 members of the Polytechnic Police Department Baharkam Ditpolair who served in the Subditpatrolair section. Based on the Yamane formula the samples that must be used in this study are 220 people. However, due to various limitations encountered by researchers while retrieving data, the subjects that succeeded the researchers were as many as 120 people.

The sampling technique used by researchers is simple random sampling.

Research Procedure and Instruments

This research consists of several stages. First, researchers take care of licensing with related management. Next the researchers collected data by distributing burnout scales and work engagement to the 120 members of Subditpatrolair. The instrument was disseminated online with the whats app and through offline by directly meeting Subditpatrolair members who were at headquarters. After the data is collected, the researcher chooses the items by removing the items that have a total correlation value below 0.25. According to Azwar (2015: 139) the minimum limit on the total item correlation coefficient is 0.30, but the limit can be reduced to 0.25.

Data collection techniques used in this study is to use a Likert Type scale. The term Likert Type is used because in this study the Likert scale was modified from 5 answer choices to 4 answer choices. Answer choices consist of Very Appropriate (SS), Appropriate (S), Unsuitable (TS), and Very Unsuitable (STS). Scale is spread through offline and online.

There are 2 instruments used in this study, namely Burnout Scale and Work Engagement Scale. The Burnout scale was made based on Maslach's theory which uses 3 aspects to describe burnout, namely emotional exhaustion, depersonalization, and decreased personal achievement. Meanwhile, the Work Engagement Scale was formed based on the theory from Bakker with 3 aspects of work engagement, namely vigor, dedication, and absorption. The Burnout Scale and the Work Engagement Scale each contain 26 items.

Data Analysis

Data analysis techniques used in this study were descriptive analysis, test requirements, and hypothesis testing. Descriptive analysis is used to categorize

the research variables. Test requirements include normality test and linearity test. While testing the hypothesis using Pearson Product Moment correlation analysis. The validity used in this research is to use expert judgment. Meanwhile, the reliability of the Burnout Scale is 0.90 and the reliability of the Work Engagement Scale is 0.88.

Findings and Discussion

Location Overview

Korpolairud is an abbreviation of the Marine and Air Police Corps. Meanwhile, Ditpolair is the main implementing element under Korpolairud. In his duty Ditpolair is assisted by Subditpatrolair. Subditpatrolair is tasked with organizing Area patrols and escorting Police Ships in order to provide protection and services so that order can be created in the community.

Members in the Subditpatrolair section tend to be on duty for long voyages. At the time of the study, most members of Subditpatrolair were carrying out tasks surrounding the territorial waters of Indonesia. Meanwhile, the condition of office facilities and ships that are leaning is very adequate. Even in various corners of the headquarters already provided wifi to access the internet.

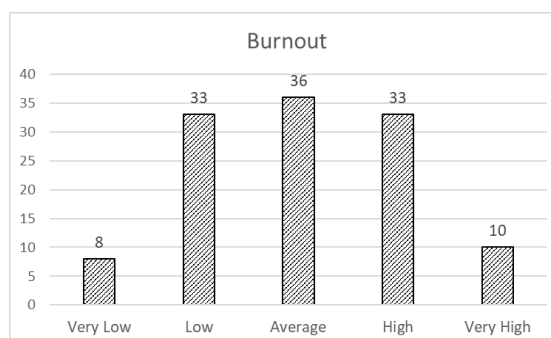
Overview of Research Subjects

The majority of research subjects are under 30 years old and have worked for 6 to 10 years. Most of the subjects in this study also have a senior high school / equivalent level and are married. Based on the analysis it is also known that the subject consists of the rank of Bripda to Aitpu.

Variable Description

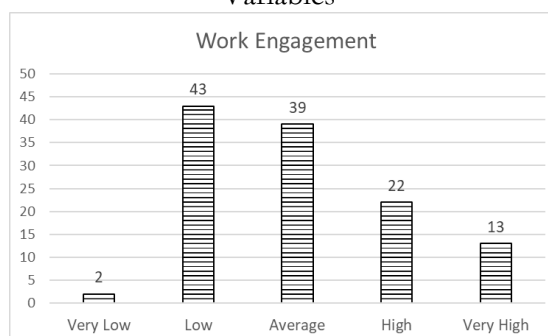
Based on descriptive analysis of the research data obtained description of the burnout variable data which can be seen in Figure 1.

Figure 1. Graph of Burnout Variables



In Figure 1. it can be seen that the level of burnout on the subject tends to be moderate. Next, a description of the work engagement variable data can be seen in Figure 2.

Figure 2. Graph of Work Engagement Variables



Based on Figure 2. it can be seen that the majority of subjects have a low level of work engagement.

Research Test Results

The following are the results of a research test consisting of the results of the test requirements and the results of hypothesis testing :

1) Test Requirements

The requirements test results consist of the results of the normality test and the linearity test which are known as follows:

Table 1. Residual Transform Data Normality Test Results.

Signifikansi Kolmogorov- Smirnov	Explanation
0.20	Normally Distributed

Based on Table 1. Shows the value of $0.20 > 0.05$. This indicates that the data in this study are normally distributed.

Table 2. Linearity Test Results

Linearity	Deviation From Linearity	Explanation
0.00	0.475	Linear

Based on Table 2. shows the results of the linearity test has a significance value of 0.475 and a linearity value of 0.00. In this study $0.475 > 0.05$ which indicates that there is a linear relationship between work engagement and burnout.

2) Hypothesis Test

Hypothesis testing in this study uses the Pearson Product Moment correlation test. This analysis is used if the two variables are linearly related and normally distributed (Yamin, Rachmach, & Kurniawan, 2011: 218).

Table 3. Hypothesis Test Results

Pearson Product Moment Correlation	Sig
-0.752	0.00

Based on Table 3. it can be seen that the value of $r = -0.752$ and $p = 0.00$. In these data it can be seen that $0.00 < 0.05$ which means that the two variables have a significant relationship.

Discussion

Based on the results of descriptive analysis shows that 30% or the majority of research subjects experienced moderate burnout. Meanwhile, the level of work engagement on the subject tends to be low.

The results of hypothesis testing using Pearson Product Moment show that the correlation value of the two variables of this study is -0.752 with a significance of 0.00. This indicates that there is a strong and significant negative relationship between work engagement and burnout at Ditpolair Korpolaairud Baharkam Polri.

Maslach & Leiter (1997) said that burnout is an erosion of the level of work engagement in a person. The difficult level of selection makes new members accepted by these agencies be proud and tend to be engaged with their profession when they first work. However, over time and experiencing various problems while on duty, the level of burnout in themselves has increased and the level of work engagement in him has decreased.

According to Ceyhun & Ozbag (2014) members of the navy have working conditions that trigger burnout. Ditpolair members who work on board feel that the length of time they are on duty is too long. They are also required to carry out incidental tasks related to securing the conflicts that often occur in Indonesia. Zakir & Murat (in Rizkinannisa, 2017) said that the profession as a police officer is a job with a high level of stress due to long working hours, leadership structure, and high concerns for the safety of oneself and others.

According to Maslach, Schaufeli, & Leiter (2001: 409: 411) burnout tends to be more often experienced by workers who are married, have a high level of education, are under 30 years old, and tend to be higher in women. The average subject of this study is married and the average age is under 30 years. This can be one factor that causes burnout on members. Meanwhile, one

factor that can reduce the level of burnout is work engagement (Hussein, 2018).

The level of work engagement on the subject of this study tends to be low. Based on Halbesleben's opinion (in Bakker & Leiter, 2010: 110), the factors that influence the level of work engagement are burnout, demand, resources, and outcomes. The members said that they felt they had a heavy workload, the tasks assigned to them were not appropriate and tended to be incidental. The task given to sail also felt too long by the members. The members also said that their performance results were no better than the previous year.

Although the level of work engagement of subjects is low, the level of burnout in them tends to be moderate. According to Updaya, Vartianien, & Slamela-Aro (2016) the lower the work engagement, the higher the level of burnout. This is different from the results of descriptive analysis of research data which shows a low level of work engagement, but the level of burnout tends to be moderate.

According to Natalia (2016: 99) organizational culture is negatively related to burnout. According to him, people who have and can inspire the culture of their organization, the level of burnout in themselves will decrease. The members of Ditpolair have been educated to have the spirit of a knight, so that no matter how difficult their tasks. They must remain enthusiastic in carrying out the tasks given. This makes the level of burnout on the subject tends to be moderate.

Limitations of Research

The following are the limitations in this study:

1. At the time of the research the members tended to be on duty, so there were only a few members who were at the headquarters.

2. The absence of signals in the ocean makes members who are on duty unable to become subjects in this study.
3. The time for researchers to retrieve data is very limited.
4. The number of subjects in this study cannot meet the minimum number of subjects with an error rate of 5%.

Conclusion

Based on the analysis using Pearson Product Moment, the correlation coefficient value is -0.752 and significance 1.1. This indicates that there is a negative and significant relationship between work engagement with burnout at Ditpolair Korpolarud Baharkam Polri.

Suggestion

1. For the Institution, the management is expected to be able to know what problems occur to its members. This can be done using Focus Group Discuss (FGD) with members or by providing a criticism box.
2. For members, members are expected to be able to maintain enthusiasm and be able to overcome boredom while on the ship. This can be done by doing various activities together such as playing video games or sports together while sailing on the ship.
3. For the community, the community is expected to also explore various other literacies related to this research to enrich their literacy.
4. For other researchers, other researchers are expected to be able to conduct research related to the development of these two variables in the future, and pay attention to the factors that influence them such as workload, age, and marital status.

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