



PERSONALITY AND SUBJECTIVE WELL-BEING AMONG ADOLESCENTS ON ISLAMIC BOARDING SCHOOL

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ABSTRACT

Personality and subjective well-being play an important role in a person's life, this is directly related to social interactions, beliefs, and norms that exist around them. This study aims to see the relationship between personality and subjective well-being of adolescents on Islamic boarding school in Rural Aceh. The study applied a cross-sectional study involving 169 from 293 adolescents in an Islamic boarding school in the Aceh Province, Indonesia. Data collection used the Scale of Positive and Negative Experience (SPANES), Satisfaction with Life Scale (SWLS), and Big Five Inventory (BFI). The results of the chi-square test analysis are agreeableness (p-value 0.028), extraversion (p-value 0.036), conscientiousness (p-value 0.033), neuroticism (p-value 0.019), and openness to experience (p-value 0.032), it showed there are relationship between personality and subjective well-being of adolescents in Islamic boarding school in Aceh, Indonesia.

Keywords: adolescents; islamic boarding school; personality; subjective well-being

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INTRODUCTION

Subjective well-being is an overall evaluation of a person's life and emotional experiences which consists of life satisfaction, positive influences and negative influences, so that SWB includes more broad assessments, such as assessments of life satisfaction, health, and special feelings that reflect how a person reacts to events in his life (Diener, 1984). Subjective well-being could describe how individual feel happy in the long term, minimal feelings of sadness, and satisfaction with the life that is lives (Diener et al., 2009). This is could felt by everyone including adolescent, adolescence is a transition period for someone from childhood to adulthood, during this period often feel mental turmoil, physical changes, and emotions. Adolescents are vulnerable to disturbances in the form of ideas, feelings, and behavioral problems due to their developmental. However, adolescents can develop all their potential and achievement, if adolescents can develop all their positive potential, then adolescents will easily achieve stable subjective well-being, conversely if subjective well-being fails then it could get difficult (Giyati & Wardani, 2015). It could be avoided, in general someone with high subjective well-being has an amazing quality of life, so they are better able to control emotions and experience events in life better (Diener, 2000).

Diener et al., (2015) believes that personality is something that can influence subjective well-being. Personality traits have a short-term influence of 50% and a long-term influence of 80% on subjective well-being (Lyken & Tellegen dalam Giyati & Wardani, 2015). Brajša-Žganec et al., (2011) believes that personality has 52% as a predictor of subjective well-being. Costa dan McCrae (in Pervin & John, 2001; Larsen & Buss, 2002) developed the Big Five Personality which consists of agreeableness, extraversion,

conscientiousness, neuroticism, and Openness to Experience the Big Five Personality is very closely related to subjective well-being, That is Neuroticism or emotional instability, this trait is often associated with a person's level of instability in controlling his emotions, Extraversion is a trait that has characteristics that are socially open so that it is easier to interact with other people, Agreeableness, someone who has altruism, fun, has sympathy for other people, conscientiousness, someone who has this trait tends to be careful, persistent in pursuing their goals, responsible and reliable, and Openness to experience or Intellect is a characteristic that imaginative that imaginative (Maddux, 2018). Based on the data, researchers are interested in finding out the relationship between subjective well-being and personality (Big Five Personality) in adolescents at one of the Islamic boarding school in Aceh, Indonesia

METHOD

This study uses a cross-sectional study design, The data was analyzed using chi-square to see the relationship between personality and subjective well-being among adolescents on Islamic boarding school in Rural Aceh. The population of this study was 293 adolescents selected by simple random sampling using Microsoft Excel so that 169 adolescent respondents were obtained. The requirements for being a respondent in this study are being will to be a respondent, obtaining permission from parents/guardians, adolescents attending grades 1 and 2 of senior high school, adolescents who can read and write, and adolescents who live in Islamic boarding school. This study used the Scale of Positive and Negative Experience (SPANE) questionnaire consisting of 12 question items and the Satisfaction with Life Scale (SWLS) consisting of 5 question items and the Big five Inventory (BFI) consisting of 10 question items. The questionnaire used was a Likert scale, each questionnaire has a Cronbach's Alpha reliability coefficient in previous studies, namely SPANE Cronbach's Alpha 0.72 (Hafiza & Mawarpury, 2019) and BFI Cronbach's Alpha 0.97 (Lesmana & Santoso, 2019). All the data was analyzed using a computerized system.

RESULT

Table 1.
Characteristics of Respondents

Characteristics	f	%
Age		
Early adolescents (12-16 tahun)	134	79.3
Lately Adolescents (17-25 tahun)	35	20.7
Gender		
Male	84	50.3
Female	84	49.7
Origin		
Urban	44	26.0
Rural	125	74.0

The results of the study in Table 1 show that of the 169 respondents, the majority were in their early teens (12-16 years) at 79.3%, the majority were male at 50.3% and the majority came from villages at 74.0%.

Table 2.
Relationship between Subjective Well-Being and Personality

Component of Personality	Subjective Well-Being						P-value
	Low		High		Total		
	f	%	f	%	f	%	
Agreeableness							
Low	33	70.2	14	29.8	47	100	0.028
High	61	50.0	61	50.0	122	100	
Extraversion							
Low	54	64.3	30	35.7	84	100	0.036
High	40	47.1	45	52.9	85	100	
Conscientiousness							
Low	53	64.6	29	35.4	82	100	0.033
High	41	47.1	46	52.9	87	100	
Neuroticisme							
Low	23	41.8	32	58.2	55	100	0.019
High	71	62.3	43	37.7	114	100	
Openness to Experience							
Low	30	44.8	37	55.2	67	100	0.032
High	64	62.7	38	37.3	102	100	

The results of the study in table 2. It is known that the p values of the personality components are agreeableness (p-value 0.028), extraversion (p-value 0.036), conscientiousness (p-value 0.033), neuroticism (p-value 0.019), and openness to experience (p-value 0.032). The results of the chi-square personality test with results $<\alpha$ 0.05, can be interpreted that there is a relationship between personality and subjective well-being in adolescents at Islamic boarding school.

DISCUSSION

The results show that there is a significant relationship between personality characteristics and subjective well-being among adolescent in Islamic boarding school. Personality has an important role in a person's life, it is directly related to social interactions, beliefs, and norms that exist around them. The personality traits of these five components can change during the development process from childhood and adolescence, but these traits can continue to increase until old age (Winzer et al., 2021). However, personality and subjective well-being could be seen from adolescence, the compatibility of one individual with another and the environment can cause high subjective well-being and individual personality changes from being closed to being open to others (Steinmayr et al., 2019). Agreeableness is closely related to pleasant, sympathetic, and cooperative traits. Someone who has this trait tends to have good relationships with others and rarely has conflicts. A person who has high agreeableness will spontaneously engage in activities that provide a sense of security, socially and emotionally towards others, it could increase their life and emotional satisfaction (Abdullahi et al., 2019). Positive personalities such as extraversion and agreeableness can increase a person's life satisfaction by increasing a positive mood, while the cognitive and emotional responses created by neuroticism can have a negative impact on a person's life satisfaction (Abdel-Khalek et al., 2022).

Extraversion is a trait that has characteristics that are socially open, making it easier to interact with others. High subjective well-being is associated with extraversion personality, because extraversion personality tends to be more sociable so that it has a greater opportunity to establish positive relationships with others. Extraversion adolescents have greater sensitivity to positive stimuli from the environment so that they have a stronger reaction to pleasant events (Giyati & Wardani, 2015). that a person's high openness can be a protective factor for their subjective well-being, because these adolescents easily interact and express their emotions so that when they experience difficulties, they will indirectly get support from

people around them (Ma et al., 2022), found that agreeableness had a fairly high influence, followed by openness to experience and conscientiousness. Adolescents who have the trait tend to have positive relationship with the values of goodness and traditionalism (Kim et al., 2021). Openness to experience or Intellect, is a characteristic that is imaginative, open to experience, and has a great sense of curiosity, someone who has a high curiosity about something tends to have good well-being because they generally have an open, persistent, and emotionally stable nature (Balgui, 2020). When the neuroticism scores were low but extraversion, conscientiousness, and agreeableness were at higher results, it can be concluded that SWB and neuroticism have a significant relationship compared to other traits, but this has an impact on a person's emotions. Neuroticism is often associated with a person's instability in controlling their emotions (Winzer et al., 2021). When person's neuroticism is lower so subjective well-being is high, but at the same time agreeableness, extraversion, and conscientiousness will also be high, conversely when neuroticism is high, subjective well-being is negative. So adolescents will have more dominant neuroticism traits, then the adolescents more often experience bad moods, such as anger, anxiety, depression, unstable moods, and others. Besides it, adolescents who tend having the stable and calm personalities, they will feel more sociable, energetic, and open, that is to be more satisfied with themselves and their lives (Lampropoulou, 2018).

According to researchers, there is a relationship between personality and subjective well-being in adolescents at Islamic boarding school in Aceh Besar. Everyday adolescents meet with friends, ustadz/ustdzah, teachers, and others, this has a positive impact where they can develop their nature to interact with each other and be open socially, sympathy for others. However, based on the results of the analysis, it was found that neuroticism has a fairly low value, which is close to α so that the relationship is quite significant, the same thing happens in Islamic boarding school that adolescents who have high Neuroticism mean that adolescents have emotional instability which has an impact on daily behavior, even bad behavior's adolescents. it is often found in Islamic boarding school is smoking, leaving on the Islamic boarding school without permission, and fighting with friends. Low subjective well-being is associated with the personality characteristic of neuroticism. This is associated with neuroticism behavior that results in life dissatisfaction, tends to have high negative emotions and decreased positive emotions. A person who has a high personality trait of neuroticism has excessive anxiety, emotionality and feelings of insecurity which affect the process of socialization with the environment, this can hamper his activities. Inability to control the worries and anxiety of someone who has a neuroticism personality can explain low subjective well-being (Azizan & Mahmud, 2018).

CONCLUSION

There is a relationship between personality and subjective well-being, so it has an impact on developing adolescents' characteristics to interact with each other, be open and sympathetic towards other people.

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