

The Influence of Social Support Performance and Interdependence

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Abstract: This is a survey study that aims to determine the effect of expectations and social support on well-being. The population is poor household (Keluarga Tidak Mampu/KTM) which was recorded in 2010 in the office of community development (Kantor Pemberdayaan Masyarakat/KPM) Bontang, East Kalimantan. From this study population are 8348 poor households (KTM), a sample taken 1500 poor households representing 18% of the total population of this study. Methodologically, the study sample size was considered to represent the population of existing research. The sampling technique research done by cluster random sampling based on the amount of data in each village poor household (KTM) available, samples were taken at random by the same percentage amount, namely 18%. The sample of this research is focused on the head of each poor household with 10 variations in the type of research, namely, the driver, fishermen, traders, construction workers, farmers, ranchers, workers, motorcycle taxi drivers, night-watchman and domestic servants. Determination of the 10 variations of this type of research is based on data obtained from the office of community development (Kantor Pemberdayaan Masyarakat/KPM) Bontang to successfully identify the types of jobs from poor household (KTM) recorded in 2010. Methods of data collection in this study was conducted using self-report methods (self-report) through a questionnaire with open and closed answers. Measurement instruments used in this research questionnaire contains 3 scales of measurement, namely, the scale of welfare Riff, the scale of expectation and social support scale which is based on the framework of house and Kahn. The results showed a correlation coefficient between variables life expectancy (hope) with the welfare (SWB) of 0.678 while the social support (Duksos) variables with the welfare (SWB) of 0.513. The results showed the effect of variable levels of expectations (hope) and social support (Duksos) on well-being in which the results of multiple regression analysis showed F-value of 606 271 with $p = 0.000$ ($p < 0.05$). The coefficient of determination of this study show number 0.466 of which 46.6% welfare (SWB) variability can be explained by the variable level of expectations (hope) and social support (Duksos). Standard error of estimate model of this study indicate the numbers 5.842 where the rate is smaller than the standard deviation of the welfare (SWB) variable (7.987), so that, the regression model can actually function as a predictor variable welfare (SWB).

Key words: Well-being, social support, level of expectation (hope), poor families, determination, expectations

INTRODUCTION

The challenge for Indonesia is to realize the welfare of society. Welfare basically means not merely prosperous economically but also psychologically and socially prosperous. Psychological well-being in a person characterized by a low level of stress, heart atmosphere (mood) positive, positive emotions and experiences to enjoy life (Diener and Seligman, 2004). Psychological aspects of well-being is then impact on the social quality characterized by positive interpersonal relationships, absence of suicidal tendencies or increasing the productivity of one's research.

Welfare (well-being) by Diener and Seligman (2004) defined as "The positive assessment a person of his life,

including emotions, appreciation, satisfaction and a positive sense" (people's positive evaluations of their lives, include positive emotion, engagement, satisfaction and meaning). Sinha *et al.* (2002) states that the welfare of the surrounding components pleasure (pleasure), meaning (meaning) and satisfaction (life satisfaction) (Diener and Seligman, 2004).

Researchers reveal about the welfare of the two-dimensional cognitive dimensions of well-being that is shaped construct of life satisfaction (life satisfaction) and emotional dimensions consisting of effects (feeling) positive and negative (Cha, 2003). Prosperous conditions presented by three different but related factors, the presence of affective (feeling) positive, the absence of affective (feeling) and negative in a person's life satisfaction.

Diener and Seligman (2004) conducted a survey of various published studies revealed several variables that have been found to relate and affect the welfare of which is the level of per capita income or wealth of a nation/state (the wealth of the nation), the model of government (governance), social capital, religiosity, income (income), as well as personality variables (personality) and psychological condition of the individual instance of self-esteem (self-esteem) and self-concept (self-concept).

Hope by Synder (2005) is defined as the ability to produce clear objectives as well as ways to achieve those goals (pathways thinking) and the motivation to use the way it is (agency thinking). Expectations in terms of positive psychology C. Rick Snyder described as "A positive motivational state that is based on the feeling of a successful figure (goal-directed energy) and the belief in the path to success/success (a way to accomplish the goal) is. Expectation, thus, contains not only a desire or the will to succeed but also understanding or belief in the way he would take to achieve that goal. Understanding which also can be revealed from the above is that the expectation has two dimensions, namely emotional dimension and cognitive dimension (Norman *et al.*, 2005).

Social support according to House (Cohen and Syme, 1985) defined as a form of relationship is helping a group of four kinds of support, i.e., instrumental support (help people directly by giving something), emotional support (pay attention, love and sympathy), informative support (provide information that can be used for coping receiver) and appraisal support (direct feedback about the individual functions on improving self-esteem) (Sunardi, 2004). Other researchers is (Sarason *et al.*, 1983) defines social support as a condition that is thought to be beneficial for a person obtained from another person to believe.

Schaefer and Lazarus (Sunardi, 2004) states that social support contains three dimensions, first, the emotional support that involves the presence of familiarity and acceptance that gives confidence, second, the tangible social support or provide services and assistance directly and third, support information which includes giving advice, solving problems faced by individuals and an assessment of the individual's behavior.

House (Cohen and Syme, 1985; Sunardi, 2004) divides social support into four aspects, namely emotional support, appraisal support, informative support and support instruments. A summary of the two opinion

above can be formulated that social support consists of emotional assistance, awards, informative and instruments are given to individuals in order to solve their problems. In this study aspects of social support from the house that the researcher reflect on the grain scale research statement.

The function of social support, according to wills (Cohen and Syme, 1985) includes 5 aspects, namely support for one's self-esteem, informational support, support tool, support of friends/friendship (companionship) and motivational support.

MATERIALS AND METHODS

Participants: The population was families or poor families (KTM) which was recorded in 2010 in the office of community development (Kantor Pemberdayaan Masyarakat/KPM) Bontang, East Kalimantan. From this study population totaling 8348 poor household (KTM), a sample taken 1500 poor household representing 18% of the total population of this study.

Measures: Methods of data collection in this study was conducted using self-report methods (self-report) through a questionnaire with open and closed answers. Measurement instruments used in this research questionnaire contains 3 scale of measurement, namely, the scale of welfare Riff, the scale of expectation refers by Synder (2005) and social support scale which is based on the framework of house and kahn (Cohen and Syme, 1985).

Procedures: The sampling technique of this research was done by cluster random sampling in which the data is based on the number of poor households in each village there, samples were taken at random by the same percentage amount, namely 18%. The sample of this research is focused on the head of each poor household (KTM) with 10 variations in the type of research, namely, the driver, fishermen, traders, construction workers, farmers, ranchers, workers, motorcycle taxi drivers, night-watchman and domestic servants. Determination of the 10 variations of this type of research is based on data obtained from the office of community development (Kantor Pemberdayaan Masyarakat/KPM) Bontang to successfully identify the types of jobs from poor household recorded in 2010.

Statistical analyses: Statistical analyses discussed in Table 1-4 and Fig. 1 and 2.

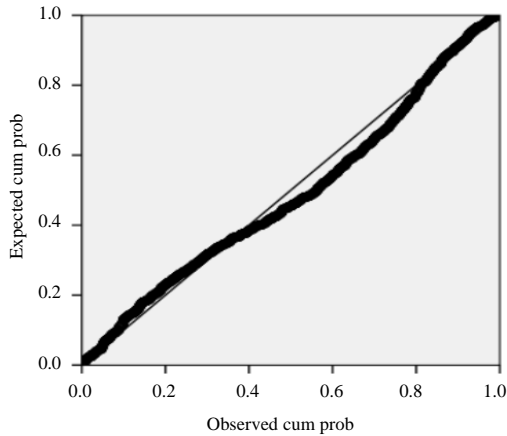


Fig. 1: Observed cum prob

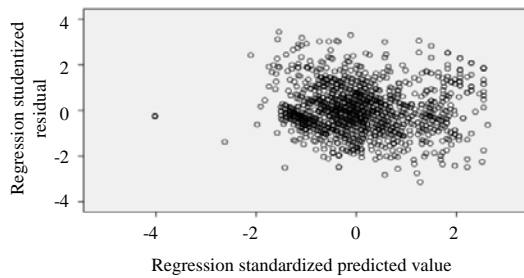


Fig. 2: Regression standardized predicted value

Table 1: Descriptive statistics

Variables	Mean	SD	N
SWB	23.39	7.987	1394
Hope	45.54	10.806	1394
Duksos	7.93	4.435	1394

Table 2: Correlations

Variables	SWB	Hope	Duksos
Pearson correlation			
SWB	1.000	0.678	0.513
Hope	0.678	1.000	0.669
Duksos	0.513	0.669	1.000
Sig. (1-tailed)			
SWB	-	0.000	0.000
Hope	0.000	-	0.000
Duksos	0.000	0.000	-
N-values			
SWB	1394	1394	1394
Hope	1394	1394	1394
Duksos	1394	1394	1394

Table 3: Model summary^b

Model	R	R ²	Adjusted R ²	SE of the estimate	Durbin-Watson
1	0.682 ^a	0.466	0.465	5.842	1.470

Table 4: ANOVA^b

Model 1	Sum of squares	df	Mean square	F-values	Sig.
Regression	41380.924	2	20690.462	606.271	0.000 ^a
Residual	47471.212	1391	34.127	-	-
Total	88852.136	1393	-	-	-

^aPredictors: (Constant), Duksos, Hope; ^bDependent Variable: SWB

RESULTS AND DISCUSSION

The results showed a correlation coefficient between variables life expectancy with the welfare of 0.678 while the social support variables with the well-being of 0.513. The results showed the effect of variable levels of expectations and social support on well-being in which the results of multiple regression analysis showed F-value of 606 271 with $p = 0.000$ ($p < 0.05$). The coefficient of determination of this study show number 0.466 of which 46.6% welfare variability can be explained by the variable level of expectations and social support. Standard error of estimate model of this study indicate the numbers 5.842 where the rate is smaller than the standard deviation of the welfare variable (7.987), so that, the regression model can actually function as a predictor variable welfare.

The results showed that the level of well-being (well-beings) poor people in Bontang represented by this sample is quite not optimal because the score is still in the range of 5.71 (on a scale of 1-10). Welfare index was also linear with the level of life expectancy (hope) that exist among the poor people in Bontang is low seen as being in the range of 5.06 (on a scale of 1-10). This could be possible because of the poor people in Bontang apparently also was not getting adequate support in order to improve the quality of life. Social support scale used in this study showed a score of 5.16 (on a scale of 1-10) which means the index of social support for the poor people in Bontang is low. Table 5 and 6 show a summary of all 3 scale used in this study.

The results of this study indicate that the variable level of expectations and social support variables linked to well-being. That is a variable level of expectations and social support can be a predictor for psychological well-being. The results are consistent with research Kerner, Muyskens also, Dufault and Martocchio (Yarcheski *et al.*, 2001) which found an effect of expectation (hope) or the level of expectation (hopefulness) the condition of individual welfare. Allegations of the relationship between hope and well-being can be understood because the expectation is a psychological mechanism that can make a person feel calm and think positively despite being in the same difficult conditions such as being a financial hardship. This is because the expectation (hope) as revealed by Snyder (2005), contains not only a desire or the will to succeed but also understanding or belief in the path to be taken to achieve these objectives (Norman *et al.*, 2005). In other words, individuals with high expectations orientation will tend to bring up a strategy to solve the problem (coping) are more effective than the individual who has a low expectation orientation (Table 6).

Table 5: Coefficients^a

Model 1	Unstandardized coefficients		Standardized coefficients			Collinearity statistics	
	B	SE	Beta	t-values	Sig.	Tolerance	VIF
Constant	1.467	0.712	-	2.061	0.039	-	-
Hope	0.447	0.019	0.605	22.960	0.000	0.553	1.809
Duksos	0.195	0.047	0.108	4.109	0.000	0.553	1.809

^aDependent variable: SWB

Table 6: Result

Psychological scale	Score (scale of 1-10)	Category
Life welfare	5.71	Not optimally yet
Life expectancy	5.06	less than optimal
Level of social support	5.16	less than optimal

Not optimal level of well-being (well-beings) as mentioned above suggests that the poor in Bontang has not had a positive assessment of his life, so, far that indicates dissatisfaction with existing conditions. In addition, the poor Bontang also felt the pressing conditions (stressful) experienced in his life that have an effect on the appearance of concern and psychological fatigue experienced.

CONCLUSION

Social support (Cohen and Syme, 1985; Sunardi, 2004) defined as a form of relationship is helping a group of four kinds of support, i.e., instrumental support (help people directly by giving something), emotional support (pay attention, love and sympathy), informative support (provide information that can be used for coping receiver) and appraisal support (direct feedback about the individual functions on improving self-esteem).

Schaefer and Lazarus (Sunardi, 2004) states that social support contains three dimensions: first, the emotional support that involves the presence of familiarity and acceptance that gives confidence second, the tangible social support or provide services and assistance directly and third, support information which includes giving advice, solving problems faced by individuals and an assessment of the individual's behavior.

The function of social support, according to Wills (Cohen and Syme, 1985) includes 5 aspects, namely support for one's self-esteem, informational support, support tool, support of friends/friendship (companionship) and motivational support.

Social interdependence exists when the outcomes of individuals are affected by each other's actions. There are two types of social interdependence, positive when the actions of individuals promote the achievement of joint goals and negative when the actions of individuals obstruct the achievement of each other's goals. Social interdependence may be differentiated from social dependence, independence and helplessness (Fig. 1).

Social dependence exists when the goal achievement of person A is affected by person B's actions but the reverse is not true. Social independence exists when the goal achievement of person A is unaffected by Person B's actions and vice versa. The result is individualistic efforts. Social helplessness exists when neither the person nor others can influence goal achievement. Social interdependence theory has its origins in Gestalt Psychology and Lewin's field theory. It was formally conceptualized by Morton Deutsch.

Unfortunately, research on the interaction between social support and individual differences predicting adjustment, well-being or performance is sparse and according to one recent review of the literature of low quality (Cohen *et al.*, 1997).

These speculations on the part of Hackett *et al.* (1992) point out the importance of considering the role of individual differences in the social support process. Individual differences may influence the extent to which a person seeks and actively develops a supportive network.

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