

## The Relationship Between Big Five Dimension with Psychological Well-Being in Java Community in Solo

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**ABSTRACT.** Welfare is a contribution of several factors including psychological, physiological, behavioral and social aspect of the subject. The level of welfare is not the same depending on each region influenced by the culture in the society where the individual lives. Demographic factors include areas such as age, gender, culture and economic status. The level of education also affects the psychological well-being. When individuals are educated at a higher level, they will have better information. Then the individuals will have a better awareness in making a choice. This has an impact on self-determination and health-maintaining behavior. Therefore, it affects the emergence of psychological well-being. Personality traits describe an individual's tendency to a stable pattern of behavior and thinking, not based on whether something is good or bad. This study aims to find out how big the significance of each big five dimension to psychological well-being and personality dimensions of big five psychological well-being in Solo society. In this study, it was also found that the type of personality openness to experience, conscientiousness and extraversion have a significant relationship to psychological well-being. Meanwhile, in the personality of agreeableness and neuroticism, there is no significance with PWB in Solo society. Likewise, there is no age effect on psychological well-being. Psychological well-being levels in term of education, sex and marital status do not show any differences.

**Keywords:** Big five personality, psychological well-being.

### Introduction

Happiness and hope of life are achievements always coveted by human beings. In life, a human always wants happiness and prosperity. Wealth for years has become an interesting thing to be studied especially in positive psychology. Welfare is a contribution of several factors including psychological, physiological, behavioral and social aspect of the subject. The level of welfare is not the same depending on each region influenced by the culture in the society where the individual lives. Demographic factors include areas such as age, gender, culture and economic status. Ryff (1989) suggests that demographic factors such as age,

gender and cultural differences have varied contributions to psychological well-being.

Our country, Indonesia, which lies from Sabang to Merauke consists of islands and has various ethnic groups, such as Dayak in East Kalimantan, Toraja in North Sulawesi, Sasak in Nusa Tenggara, Batak in North Sumatra, Asmat in Papua, Minang in West Sumatra, Bedouin in Banten, Madurese in Madura, Tengger in Bromo, Sundanese in West Java, Javanese in Java and many more. The ethnic diversity of each tribe brings different customs and cultures. Therefore, the characters and values built will contribute to make certain characteristics of the community of each different tribe.

The level of education also affects the psychological well-being. When individuals are educated at a higher level, individuals have better information. Then the individual will have a better awareness in making a choice. This has an impact on self-determination and health-maintaining behavior. Therefore, it

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affects the emergence of psychological well-being (Grossi et. al, 2012)

Personality traits describe an individual's tendency to a stable pattern of behavior and thinking, not based on whether something is good or bad (Schmutte and Ryff in Salami, 2011). A research conducted by Salami (2011) shows that personality factors have a significant relationship with psychological well-being.

Factors forming someone's personality according to Alfin 2010 (in inscriptions, 2011) also include the development of personality which is influenced by:

- General experience. That is the experience experienced by each individual in a particular culture. This experience is closely related to the function and role of the individual in society.

- Special experience. That is a special experience experienced by the individual himself. This experience does not depend on the status and role of the individual in the community.

Personality is a typical part of every individual. It also distinguishes one individual with another individual. The definition of personality according to Allport is a dynamic organization within the individual as a psychophysical system that determines a typical way of adapting to the environment. Allport also states that personality lies behind special deeds and within individuals. Cattell (in Engler, 2009) defines personality as a prediction of what a person will do in various situations that occur to him or her.

Based on these realities, the author conducted a study of one tribe in Indonesia, Java, about their personality associated with welfare in their community. Javanese resides in the eastern part of Java Island, the Central region and some in the West. Thus, there is a term, Java Suroboyoan, Java Solo and so on. The study was conducted in Solo Javanese society, because Solo is the representation Javanese that has the criteria of Javanese philosophy and phrase who still strongly believes in Javanese traditions. .

### Research methods

The approach in this research is quantitative approach, because this research is presented with numbers. Arikunto (2006) suggests quantitative research is a research approach required to use numbers, ranging from data collection, interpretation of the data and calculation of the results.

The research method uses questionnaires. There are two questionnaires that are given simultaneously to the subjects studied; questionnaires that reveal five dimensional personalities of big five as a whole variable consisting of 44 items, and psychological well-being questionnaires with 6 aspects indicator consisting of 54 items and using a questionnaire from Ryff.

The sampling technique is non-probability sampling technique and uses random sampling. The population in this research is native Solo men and women with minimum age limit of adolescent or Madya. There are 50 people with minimum age of early adolescent. Their marital status is; unmarried, married and never married.

From the results of questionnaires to 50 respondents, it was obtained

		Jumlah	Prosentase
Gender	Man	21	42 %
	Women	29	58 %
AGE	Under 21	18	36 %
	21-30	15	30 %
	31 - 40	9	18 %
	Above 40 th	8	16 %
Education	SD	0	0 %
	SMP	0	0 %
	SMA	18	36 %
	PT	32	64 %
Marital status	Married	20	40 %
	Single	30	60 %
	Ever been married	0	0 %

### Data analysis

The product of moment correlation analysis, accompanied by T-test, obtained the following results:

From the difference of PWB in term of sex, it was obtained  $t = 0.605$  with  $sig = 0.548$ , it means there is no difference between male and female PWB. From the difference of PWB from education level, it was obtained  $t = -0,763$  with  $sig = 0,449$ , it means there is no difference of PWB between high school and college graduates. From the differences of PWB viewed from the status of marriage, it was obtained  $t = 0.243$  with  $sig = 0.809$ , it means there is no difference between married and unmarried PWB.

The product of moment correlation analysis, accompanied by T-test, obtained the following results:

		Correlations						
		USIA	OPNS	CONS	EKTR V	AGRB LN	NRS	PW B
USIA	Pearson Correlation	1	,034	-,247	-,011	-,032	,165	,063
	Sig. (2-tailed)		,813	,083	,940	,827	,252	,662
	N	50	50	50	50	50	50	50
OPNS	Pearson Correlation	,034	1	,384**	,709**	,119	-,290*	,335*
	Sig. (2-tailed)		,813	,006	,000	,410	,041	,017
	N	50	50	50	50	50	50	50
CONS	Pearson Correlation	-,247	,384**	1	,362**	,284*	-,609**	,435**
	Sig. (2-tailed)		,083	,006	,010	,046	,000	,002
	N	50	50	50	50	50	50	50
EKTRV	Pearson Correlation	-,011	,709**	,362**	1	,133	-,154	,378**
	Sig. (2-tailed)		,940	,000	,010	,356	,284	,007
	N	50	50	50	50	50	50	50
AGRBLN	Pearson Correlation	-,032	,119	,284*	,133	1	-,321*	,143
	Sig. (2-tailed)		,827	,410	,046	,356	,023	,321
	N	50	50	50	50	50	50	50
NRS	Pearson Correlation	,165	-,290*	-,609**	-,154	-,321*	1	-,264
	Sig. (2-tailed)		,252	,041	,000	,284	,023	,064
	N	50	50	50	50	50	50	50
PWB	Pearson Correlation	,063	,335*	,435**	,378**	,143	-,264	1
	Sig. (2-tailed)		,662	,017	,002	,007	,321	,064
	N	50	50	50	50	50	50	50

\*\* . Correlation is significant at the 0.01 level (2-tailed).

\* . Correlation is significant at the 0.05 level (2-tailed).

## CORRELATION

1. Age with PWB,  $r = 0.063$  with  $\text{sig} = 0.662$  ( $\text{sig} > 0.050$ ) means no correlation
2. OPNS with PWB,  $r = 0.335$  with  $\text{sig} = 0.017$  ( $\text{sig} < 0.050$ ) means there is a correlation
3. CONS with PWB,  $r = 0.435$  with  $\text{sig} = 0.002$  ( $\text{sig} < 0.050$ ) means there is a correlation
4. EKTRV with PWB,  $r = 0.378$  with  $\text{sig} = 0.007$  ( $\text{sig} < 0.050$ ) means there is a correlation
5. AGRBLN with PWB,  $r = 0.143$  with  $\text{sig} = 0.321$  ( $\text{sig} > 0.050$ ) means no correlation
6. NRS with PWB,  $r = -0.264$  with  $\text{sig} = 0.064$  ( $\text{sig} > 0.050$ ) means no correlation

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
								Lower Upper		
PWB	Equal variances assumed	,544	,464	,605	48	,548	1,353	2,236	-3,143	5,849
	Equal variances not assumed			,625	47,2	,535	1,353	2,164	-2,999	5,706

## T-test

		Group Statistics			
		N	Mean	Std. Deviation	Std. Error
PWB	Laki-laki	21	115,90	6,862	1,497
	Perempuan	29	114,55	8,412	1,562

## Independent Samples Test

### Group Statistics

		Group Statistics			
		N	Mean	Std. Deviation	Std. Error
PWB	SMA	18	114,00	7,071	1,667
	PT	32	115,75	8,152	1,441

## Independent Samples Test

		Levene's Test for Equality of Variances		T-test for Equality of Means					
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference
								Lower Upper	
PWB	Equal variances assumed	1,049	,311	,76	48	,449	2,294	-6,362	2,862
	Equal variances not assumed			,79	39,739	,432	2,203	-6,204	2,704

From the difference of PWB in term of sex, it was obtained  $t = 0.605$  with  $\text{sig} = 0.548$ , it means there is no difference between male and female PWB. From the difference of PWB from education level, it was obtained  $t = -0,763$  with  $\text{sig} = 0,449$ , it means there is no difference of PWB between high school and college graduates. From the differences of PWB viewed from the status of marriage, it was obtained  $t = 0.243$  with  $\text{sig} = 0.809$ , it means there is no difference between married and unmarried PWB.

## Conclusion

In this study, it was also found that the type of personality openness to experience, conscientiousness and extraversion have a significant relationship to psychological well-being. Meanwhile, in the personality of agreeableness and neuroticism, there is no significance with PWB in Solo society. Likewise, there is no age effect on psychological well-being. Psychological well-being level in term of

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education, sex and marital status do not show any differences.

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