Character Strengths and Subjective Well-Being in Bugis Students: Moderated by Social Support

Muh. Jidan Ananta. University Of Muhammadiyah Malang[1]

ABSTRACT. This study aims to analyze the influence of character strengths on subjective well-being in Bugis students who are moderated by social support. The hypothesis of this research is social support to moderate the impact of character strengths on the improvement of subjective well-being in Bugis students. Subjects in this study amounted to 73 Bugis students. The sampling technique used was purposive sampling. This research uses correlational quantitative method. Methods of data collection using the scale of character strengths, subjective well-being scale, and Social Network Questionnaire. The data analysis method used Moderated Regression Analysis with the help of IBM SPSS Statistics 24 program. The result showed character strengths contributed 58.9% to subjective well-being with F value of 101.769 ($p = 0.000$; $p < 0.05$). This means that character strengths can predict subjective well-being significantly. Character strengths and social support together contributed 62.9% to subjective well-being. This means that social support contributes 4.0% towards subjective well-being with a F value of 3.708 ($p = 0.030$; $p < 0.05$). Based on these results, then social support can increase the influence of character strengths on subjective well-being.

Keywords: Character strengths, subjective well-being, social support.

Introduction

Over the past twenty years Indonesia has experienced natural disasters such as floods, earthquakes, landslides, tsunamis and other catastrophic and deadly disasters. In addition, at the end of 2007 it was found that unemployment rate in Indonesia is increasing (www.depdagri.go.id). This phenomenon does not close the possibility will give a psychological impact for the people of Indonesia. This raises big questions about the happiness of Indonesian society. In some literature it is said that happiness can be sourced from wealth and work (Carr, 2004). However, wealth alone can not be used as a measure of one's happiness.

Research on positive psychology, especially the welfare and satisfaction of life in a few years has got its own place. One of the most highlighted is about the happiness or subjective satisfaction of life, that is how the individual values the welfare and happiness of his life according to himself. The realm of this study is often referred to as subjective well-being or subjective well-being.

Diener, et al., (2003) states that subjective well-being is a broad concept, encompassing pleasant emotions of experiences, low levels of negative mood, and high life satisfaction. A person is said to have a high subjective well-being if he is satisfied with his living conditions, often feeling positive emotions and rarely feeling negative emotions. It is interesting to then study subjective well-being, especially in Bugis students.

In psychology, especially positive psychology, recent discussions of character strength and virtue are quite prominent. One of the factors affecting subjective well-being is the power of character. The strength of character (character strength) is a good character that directs the individual to the achievement of virtue, as well as positive trait reflected in mind,

feeling and behavior (Park, Peterson, & Seligman, 2004). Peterson & Seligman (2004) divide the human positive characters into 24 strengths of characters that are under the auspices of 6 virtues: Wisdom and Knowledge (Creativity, Curiosity, Open-mindedness, Love of learning, Perspective). Courage (Bravery, Persistence, Integrity, Vitality). Humanity (Love, Kindness, Social Intelligence). Justice (Citizenship, Fairness, Leadership). Temperance (Forgiveness and mercy, Humility/Modesty, Prudence, Self-regulation). Transcendence (Appreciation of beauty and excellence, Gratitude, Hope, Humor, Spirituality). In this study the aspects studied include only Wisdom and Knowledge (Creativity, Curiosity, Open-mindedness, Love of learning, Perspective). Therefore, researchers focus on human strengths that are part of the character strength.

The characteristic strengths that stand out in individu differ in each culture. These cultural differences lead to differences in beliefs and values in individuals, thus causing differences in how to achieve happiness and life satisfaction in different cultures (Compton, 2005). Humanity is a human being with a strong character (Dewantara, 2004). Indonesia as an archipelago consists of various ethnic groups that have different cultures. It does not close the possibility in Indonesia itself there are different character strengths in different cultures. One of the big tribes and spread in Indonesia is Bugis tribe. Bugis are a tribe belonging to the Deutero Malay tribes who entered the archipelago after the first wave of migration from the Asian mainland precisely Yunan (www.wikipedia.org).

The contribution of the strength of the character itself has been described in the results of some research that is the strength of character that is a positive trait in a person actually able to give a positive contribution, one of which makes people happy and healthy, cultivate a good self-acceptance, giving instructions to live life, competence, physical and mental health, a rich and supportive social network, appreciated and rewarded by others, giving job satisfaction, matterial sufficiency, and community and family (Park & Peterson, 2009).

Specialization is then conducted by researchers in determining the subject of research, the researcher wanted to know the relationship between character strength and subjective well-being in students who come from Bugis tribe. Bugis tribe has a character or characteristic such as hard, tough, adventurous, never give up, and high solidarity. In one of his mottoes, "Paentengi Siri'nu" when translated means "keep your pride", from which we can draw the initial conclusion that the people of the Bugis tribe sustain their pride. This is very interesting to examine, whether the character is associated with subjective well-being of each of them.

Some previous studies discussed the relationship between the strength of character and happiness, subjective well-being, and life satisfaction. The results show that character strength has a positive relationship with happiness, subjective well-being, and life satisfaction (Littman-Ovadia & Steger, 2010; Wijayanti & Nurwianti, 2010). When associated with subjective well-being, research conducted by Pavot & Diener (in Linely, et al., 2004) mentions that social support is one of the factors of subjective well-being. Social support becomes important because it includes aspects that have a correlation on positive things such as well-being, other than that pro social individuals will also be more happy (Siedlecki, et al., 2013).

Social support is a unity consisting of verbal and non verbal information, the support is realized through the real action given by others. Social support is derived from individual relationships with the environment that can provide emotional benefits. It can be argued that emotionally acquired individuals are relieved to have a solution to their problems (Gottlieb, 1983).

Social support is also an exchange of support aimed at improving the welfare and livelihoods of people who can be relied upon to provide help, encouragement, attention and acceptance. The social support system consists of others who are considered important and provide the necessary support resources such as materials, advice, or information to assist individuals in overcoming problems (Johnson & Johnson, 1991).

Based on the explanations discussed earlier, it can be said that character strengths can have a positive impact on subjective well-being individuals. Nevertheless, studies that explain the role of social support in enhancing the influence of character strengths on subjective well-being in individuals have not been studied. In previous research, there is an explanation of the role of social support in increasing the

positive psychological strengths influence on subjective well-being (Khan & Husain, 2010). If character strengths have an effect on subjective well-being if supported by social support, it is necessary to consider the benefits of social support so that the individual can be better in achieving the welfare and happiness of his life.

Based on these statements, the researcher considers it important to conduct research that aims to determine the effect of character strengths on subjective well-being that is moderated by social support, especially in Bugis students.

Methods

Subject

Subjects in this study amounted to 73 students. Sampling method in this research is purposive sampling. Purposive sampling is a sample selection technique in accordance with the desired with certain considerations (Latipun, 2010). Subjects in this study are subjects who meet the inclusion criteria are: 1) Subjects are students who come from Bugis Makassar, 2) Subjects are willing to fill the scale provided by researchers.

Method of Collecting Data

The data were collected using subjective well-being scales containing 57 items with reference to four aspects proposed by Diener (2000) including life satisfaction, satisfaction in important domains, positive emotions, and negative emotions. The character strength scale is based on character strength aspects proposed by Park, et l., (2004). Researchers use 28 items that refer to aspects of Wisdom and Knowledge (Creativity, Curiosity, Open-mindedness, Love of learning, Perspective). The Social Network Questionnaire proposed by Shaw, et al., (2007) consists of 27 items and is designed to assess the following dimensions: (1) social embeddedness (2) enacted support (support received from others, including emotional, tangible and information support), (3) provided support (support provided to others, in the form of emotional, real and informational support), and (4) perceived support received).

Data Analysis Method

Data analysis was done by using Moderated Regression Analysis. Moderated Regression Analysis is an inferential procedure that aims to measure the function of the moderator variable among independent and bound variables (Champoux & Peter, 1987). Interaction test or Moderated Regression Analysis is also a linear multiple regression application where in the regression equation contains elements of interaction that aims to see whether the moderator variable can strengthen or weaken the relationship between independent variables and bound or otherwise (Cohen & Cohen, 1975).

The moderating or moderating variable is a predictor variable that can affect (weaken or strengthen) the relationship between independent variables and dependent variables (Baron & Kenny, 1986; Lindley & Walker, 1993). The moderator variable in this research is social support. The use of Moderated Regression Analysis aims to see whether social support variables can strengthen or weaken the relationship between character strengths and subjective well-being. The analysis was performed using the IBM SPSS Statistics 24.

Result

Data Description

Based on the result of the analysis, statistic description for character strengths (M = 85.52 with SD = 7.29), subjective well-being variable (M = 166.67 with SD = 12.11) and social support (M = 82.30 with SD = 5.55).

Character Strengths and Subjective Well-Being At Bugis Students Moderated By Social Support

Based on result of analysis of regression of moderation which have been done hence got result that is character strengths give contribution equal to 58.9% against subjective well-being with value of F equal to 101.769 (p = 0.000; p <0.05). This means that character strengths can predict subjective well-being significantly. Character strengths and social support together contributed 62.9% to subjective well-being. This means that social support contributes 4.0% to subjective well-being with a F value of 3,708 (p = 0.030; p <0.05). Based on these results, social support can increase or strengthen the influence of character strengths on subjective well-being. The description of the results can be seen in Table 1.

Table 1. Character Strengths and Subjective Well-Being In Bugis Students Moderated By Social Support

Variable	R Square	R Square change	F Change	p
Character strengths *subjective well-being	0.589	0.589	101.769	0.000
Character strengths dan social support*subjective well-being	0.629	0.040	3.708	0.030

Discussion

The results showed that character strengths had a positive and significant effect on subjective well-being. The results of this study in accordance with previous research which states that there is a significant positive relationship or influence between character strengths and subjective well-being. This means that individuals with high character strengths are also high in their subjective well-being, otherwise individuals with low character strengths also lower their subjective well-being (Husna & Saidiyah, 2014; Littman-Ovadia & Steger, 2010; Park, Peterson, & Seligman, 2004).

According to Seligman & Peterson (2004), individuals with good character strengths make individuals able to fuse in society and have loyalty, respect for a relationship, have courage, be open to experience, have perseverance in work, always enthusiastic and total in work, optimize self potential. Based on this, the character strengths have an impact, especially in the realm of how individuals have quality of life, that is how individuals have life satisfaction, prosperity, and happiness (Park & Peterson, 2009).

This is in line with Peterson & Seligman's opinion (Wijayanti & Nurwianti, 2010) which states that the application of the strength of character in life is a way to achieve happiness. In addition, subjective well-being individuals can be generated by exercising the power of character that suits the individual self. As expressed Compton (Wijayanti & Nurwianti, 2010), individuals have different ways of perceiving well-being subjectively according to their culture.

Oishi & Diener (Wijayanti & Nurwianti, 2010) states that things that affect subjective well-being in individualist and collectivist cultures are completely different. People with individualistic culture are more concerned with the welfare of their lives when self-esteem increases and has the freedom to do something. While people with collectivist culture are more concerned with harmonious relationships and can meet the wishes of others.

The result of moderation regression shows that social support gives positive and significant influence or strengthens the influence of character strengths on subjective well-being in Bugis students, meaning Bugis students with high character strengths accompanied by high social support, subjective well-being tends to increase.

The quality of social relations is consistent in predicting the subjective well-being of a person (Diener & Seligman, 2002). Social support is also the key to understanding the quality of social relations and subjective well-being (Sliedcki, et al., 2013). Individuals who many interact with the social environment is an individual who is happy and satisfied with his life. The abundance of social networks that belongs has to do with individual happiness (Pinquart & Sorensen, 2000).

Individuals who receive or provide social support will make individuals have a high subjective well-being. Individuals who receive or provide social support will feel happiness. Giving support to others related to the health and well-being of individuals (Brown, et al., 2003). This is in accordance with the findings of Thomas (2009) is to give support to others is a strong predictor of the welfare of individuals. Individuals feel the satisfaction of support provided by others is an individual who is prosperous, happy and satisfied with his life. Individuals will also feel more happy and rarely feel sad (Sliedcki, et al., 2013).

Social support is closely related to subjective well-being. It can not be denied because humans are social creatures that need each other. In line with Linely & Joseph (2004) states that social support is an important component in determining one's well-being.

Conclusion

Based on the results of research and discussion that has been done then obtained the conclusion that the character strengths have a positive and significant effect on subjective well-being. The results also show that the role of social support between character strengths and subjective well-being has a significant positive effect which means that social support plays a role in strengthening the influence of

character strengths on subjective well-being in Bugis students.

Suggestion

Based on the results of the study, the discussion and the conclusions that have been described, the suggestions that researchers propose is for research subjects to be better able to hone the character strengths that stand out in themselves in order to achieve better subjective well-being quality. And always foster social relations well because of the social support can affect the subjective well-being.

For further researchers interested in conducting research on the same theme, it is advisable to reproduce international reference journals, consider measuring instruments to be used and analyze all aspects of the measuring tool, as well as consider other variables or factors affecting the subjective well-being.

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