

The Psychological Well-Being of Poor Family A Literature Review

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ABSTRACT

Poor families can be said to be families that have difficulty fulfilling their daily needs. This means that individuals who are unable to meet their basic needs and also do not have wealth or money and are classified as poor individuals will have low psychological well-being and have an impact on the individual's psychological well-being. On the other hand, there are still poor families who remain happy in their lives. This article is hoped to be guidance in research related to poor families and psychological well-being.

Keywords: *Psychological well-being, Poverty, Poor family*

1. INTRODUCTION

Poor families or pre-prosperous families are families that have not been able to meet basic needs [1]. Besides that, a family can be said to be poor if their income or their access to goods and services is relatively low compared to most people in the economy [2]. So, a poor family can be said to be a family that has difficulties in fulfilling their daily needs.

Income has a major effect on individual happiness because income makes a significant contribution to meeting basic needs, such as food, clothing, and shelter. The role of economic factors that affect individual welfare can also be explained because of the symbolic element of money and wealth. Money and wealth affect self-confidence and self-esteem so that they affect their psychological well-being [3]. This means that individuals who are unable to meet their basic needs and also do not have wealth or money and are classified as poor individuals will have low psychological well-being and have an impact on the individual's psychological well-being.

A person who tries to improve Psychological well-being will explore his full potential, but if he is

stagnant it will cause low psychological well being [4].

Psychological well-being is one of the indicators of individual welfare that is widely used to see individual fulfillment of the criteria for positive psychological function [3]. Individuals who have good psychological well-being are characterized by having a positive attitude towards themselves, having good relationships with others, being able to determine their destiny and independently, having skills in environmental mastery, having life goals, and developing their abilities [5]. Low psychological well-being conditions can be characterized by feeling dissatisfied with oneself, difficult to build relationships with other people, dependence on other people, difficulty managing the environment, having no life goals, and being unable to develop personally or stagnate [5].

Poverty has an impact on family members who experience it. Kempson [6] states that poverty has an impact on the psychological conditions that experience it, where poverty is related to loss of self-esteem, feelings of helplessness, anger, anxiety, and feelings of boredom, then poverty is considered to be detrimental to health and well-being; In relational terms, poverty makes social and personal relationships

bad and the stigma associated with poverty is very characteristic of these relationships.

Poverty conditions will disrupt mental conditions. Referring to several previous studies, people who come from poor economic conditions will feel less happy and even experience serious mental disorders such as depression, schizophrenia, and personality disorders.

2. THEORETICAL LIMITATIONS OF PREVIOUS STUDIES

2.1 Theoretical

2.1.1 Psychological Well Being

Individuals who have psychological well being positive have a good feeling and were able to do their daily lives are effective. It is characterized by having a sense of satisfaction in doing life, happiness, and having an interest in something and being confident in life [7]. Huppert [8] states that psychological well-being creates a life that goes well. It's a combination of feeling good and functioning effectively.

People with high psychological well-being feel happy, capable, supported, and satisfied with life. Based on the above explanation, it can be concluded that psychological well-being is an individual's ability to fulfill the dimensions of psychological well-being, namely self-acceptance, positive relationships with others, independence, environmental control, life goals, and personal growth so that if these dimensions are met, the individual will feel happy in his life.

2.1.2 Poverty and Poor family

Poor is a person's economic inability to meet the needs of basic [9]. Poverty is reflected in accepting one's condition as an irreversible reality, low human resources, low productivity, weak exchange rates of production results, limited capital ownership, family income cannot meet minimum needs, and limited opportunities to participate under construction [10]. Thus, Poverty is caused by various aspects of a person's inability to fulfill his needs as well as by society and the State which do not provide social protection to its citizens [11].

Ginandjar [12] explains that several factors cause poverty, including; low levels of education, low health status, limited employment opportunities, and conditions of isolation. BKKBN [13] defines poor based on the concept/approach of family welfare,

namely by dividing family criteria into five stages, namely poor families, prosperous families I, prosperous families II, prosperous family III, and prosperous family III-plus. Prosperous family aspects are collected using 21 indicators by knowing the dominant factors that are the needs of each family. Factors dominant consists of, fulfillment of basic needs, fulfillment psychological needs, the need for development; and the need for self-actualization in contributing to the community in the environment.

2.2 Previous Study about psychological well being and poverty

Amato [14] examined the impact of poverty in urban and rural areas on their levels of happiness, depression and physical health. The results show that poor individuals have high levels of stress, low social support and problematic family relationships. This is what causes the level of psychological well-being to be relatively low.

Poor families tend not to be able to afford necessities such as food, rent or housing, school supplies, or milk for babies. The pressure caused by the achievement to provide for the necessities of life results in parents often angry, irritable, and stressful which can also result in inconsistent parenting for children. When poor parents work, the child does not get optimal care so that the child is also affected because of this, such as slow speech, unstable emotional conditions and slow cognitive.

Children raised in poor families have lower performance when compared to children who are more prosperous, then in terms of health and cognitive development and emotional management abilities in children from poor families tend to be lower. Children who live in poor families tend to help their parents in looking for their living needs, this results in a lack of time for them to study and also results in not being focused at school plus a lack of facilities and infrastructure due to inability to buy school supplies such as books, tools. write even lighting for studying at night. Due to the demands of their families to increase their family income, they are often also mentally and physically exploited, such as being asked to sing busking, sell newspapers, or beg. This is what results in low emotional management skills in children.

Research in Indonesia was conducted by Sesilia [15]. This study indicate that most of the psychological well-being recipient of social assistance for poor families is in the moderate category (73.3%).

The dimension that most influences the psychological well-being recipient of social assistance for poor families is self-acceptance. The lowest dimension is independence. Sociodemographic factors that contribute to the psychological well-being recipient of social assistance for poor families are age and social networks.

Independence is a person's ability not to depend on other people, in this case, the recipients of the family hope program assistance tend not to want to be separated from the assistance that has been provided by the government and their low effort in utilizing the assistance. Then the feeling of inferiority due to being poor causes the poor to be ashamed to build relationships with other people, afraid of being accepted by the community or not being listened to by other people's opinions, this results in fewer relationships and unable to add insight and knowledge with the existing environment.

Further research was carried out by Ardila, Mudjiran, Irianto [16] where the psychological well-being of poor families in Padang City was mostly in the medium category, some were in a low category and some were in the high category.

Noviati [17] describes the poor in terms of the attributes of poverty in urban areas. People think the poverty they face is due to God's destiny, then the government is less responsible and lacks the ability they have. In the poor by age category, adolescents tend to have more negative feelings than positive feelings. Factors that cause poverty in adolescents include laziness, low income, extravagant, spiritual, social, debt, living expenses, job opportunities, and single parent factors. The solutions offered include work, looking for business opportunities, financial management, improving soft skills, increasing spirituality, building relationships, and taking education.

In early adulthood poor people have more positive feelings than negative feelings, the factors that influence poverty are work, income, personal, wasteful personal skills, finances, living expenses, destiny, and education. The solutions that can be given are working, managing finances well, improving spirituality, entrepreneurship, and increasing salaries.

Meanwhile, in the middle adult poor, positive feelings were higher than negative feelings. Education, daily necessities, employment, income, debt, spirituality, soft skills, government policies are all factors causing poverty in middle adults. By

working, improving soft skills, being more religious, economical, going to school, and receiving assistance are solutions for poverty alleviation.

The same thing was also observed by Tomlinson [18] that poverty during childhood will have a negative impact when he is an adult. The aspects that affect children's psychological well-being are influenced by poverty, the number of family members, education level, and occupation of the head of the household. By reducing financial pressure and improving the living environment will have a positive effect on the welfare of children who come from poor families.

3. METHODOLOGICAL LIMITATIONS OF PREVIOUS STUDIES

In general, research conducted by Amato [14] revealed that the highest poverty rate in urban areas was mostly experienced by African American males and for rural areas, the highest poverty was experienced by unmarried white men. This of course cannot be concluded comprehensively, because the data used by respondents come from only one region.

This research conducted by Sesilia [15] uses descriptive quantitative methods to reveal the description of psychological well-being in poor families who receive (Beneficiary Families). The limitation of this research is not being able to know the things that affect the psychological well being. besides that, there are differences in each region due to different economic characteristics.

Research conducted by Ardilla [16] measured the level of psychological well-being in poor families in the city of Padang using quantitative descriptive methods. Based on the measurement results of the subject, the psychological well-being level is in the medium category (76.9). the quality of psychological well-being of Padang city poor families is largely determined by self-acceptance of the conditions experienced. Apart from being unable to accept the conditions they are experiencing, poor families are less able to keep thinking calmly so they easily give up on ongoing poverty. Another factor that causes low psychological well-being is the inability to maintain good relations with fellow families or the community. Often use poverty as an excuse to be individualistic so they don't care about the environment. Furthermore, poor families are also less able to adapt to the environment in the form of self-development to improve the psychological well-being of the family. This study explains coherently the aspects of

psychological well-being but does not consider the educational background of the participants.

Tomlinson [18] studied the relationship between poverty and welfare in children in England. The research was conducted with factor analysis using structural equation modeling (SEM). Poverty can have a long impact on children's survival, studies show that children who come from poor families tend to have difficulties in living, have negative attitudes at school, feel isolated, feel anxious and have anti-social and risky behavior. other. Uninhabitable houses and slum neighborhoods also put pressure on children. This study only examines the factors that might have an impact on the survival of children in the future regardless of the consequences that might be carried out next.

4. CONCLUSION

From previous theory and research, it is known that poverty has a significant impact on the psychological well-being conditions of the families who experience it. Starting with parents, adolescents, early adults, and middle adults. The factors that cause poverty consist of feeling lazy, lack of skills, social life, and the inability to manage finances. Also, there are differences in psychological well-being between people living in cities and villages. On the psychological side, poverty can cause an individual to be depressed, irritable and irritable, lack of building relationships with other people, lack of confidence, and stress and depression.

Some solutions to overcome poverty has given them to continue their education, work, manage finances well, changing the style of life consumptive and to improve the well-being by taking into account the environment and shelter of the condition, establish good relationships with others, self-acceptance, and optimistic organize future front. Regarding the theory used, studies still use Ryff's [4] technique and do not update it so it is best to develop a psychological well-being theory.

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