

Peer and Parent Attachment and Psychological Well-Being of Adolescents from Diaspora Families in Bawean Island

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Abstract : This study aims at determining the relations between peer and parental attachment with psychological well-being in male and female adolescents from diaspora families in Bawean Island. The research subjects were middle aged teenagers between 15-19 years, both male and female from diaspora families, or who were left by one or both parents in diaspora and cared for by a substitute parent. Subjects in this study amounted to 135 teenagers, 45 boys and 90 girls. This research was a type of quantitative research. The measuring instrument used was Inventory of Parent and Peer Attachment (IPPA) and Ryff Scale of Psychological Well-being (RPWB). The results showed that teenagers from diaspora families lacked a harmonious relationship with both parents who were diaspora or at home. They only have a harmonious relationship with peers. This study showed that peer attachment with psychological well-being has a significant relationship. But on the contrary, parent attachment with psychological well-being has insignificant relationships. Next, teenagers from these diaspora families are looking for psychological well-being from peers.

Keywords : Peer and parent attachment, psychological well-being, adolescent, diaspora, bawean island.

Introduction

Bawean Island, called "Pulau Putri", is a small island located in the Java Sea with an area of 196.3 square kilometers. The habit of migration for Bawean people was rooted and passed down from generation to generation. Bawean Island is very small so that the jobs available are very limited. It becomes the reason for Bawean people to carry out the diaspora or in Bawean, commonly known as *merantau*.

Life is satisfied, sincere, and has always a positive feeling and thought is a form of psychological well-being which represents happiness and life satisfaction experienced by someone. Therefore, for about 40 years, many researchers are interested in researching things which related or can affect welfare (Ullah, 2017). Adolescence is the most difficult time in human history. At this time, human experiences an identity crisis where inevitable hormonal turmoil that is related to puberty which is assumed to make young people detached from the adult world. Adolescence is also often referred to as "youth as trouble" by Griffin (Bezci, 2008).

The concept of prosperity for everyone is different, as well as for adolescent from diaspora families in Bawean Island. For them, living without one or both parents is not uncommon things because the phenomenon of diaspora culture has long been popular in Bawean. Adolescence is a transition period that is critical for everyone. Attachment theory asserts that people have a psychological tendency to seek closeness with others, and they feel safe when the person is beside him and instead they feel anxious when the person is not beside him (Pearson & Child, 2007). Attachment should be built between parents and children especially during their development period (Smojver-aži, Martinac, Jureti,

Smojver-aži, & Martinac, 2015). Children with a safe attachment seek comfort from their parents or guardians (Amani, 2015). In addition, parental love and warmth can foster an independent attitude towards children (Smojver-aži et al., 2015). The existence of parents in addition to children, especially during development can be a support for children to live their lives.

At first, attachments are defined as affective bonds that are formed between babies and primary caregivers (Amani, 2015). However, in the past few years the attachment has been conceptualized in all walks of life including attachments with peers and romantic partners (Agarwal & R, 2017). The main characteristic of attachment theory is that children build relationships from interactions with people who are close to them. Warm and positive interactions between attachment figures and children will foster positive representations and well-being of themselves. The intensity of attachment behavior can increase or decrease due to certain conditions, but once an attachment has been formed it will be difficult to lose in some time (S & Butt F, 2016). In general, attachments made by parents to their children are the result of their past experience (Ijzendoorn, Kranenburg, Busschbach, & Lambermon, 1991). The purpose of this study was to study how peer and parent attachment affect Psychological well-being in adolescents from diaspora families on Bawean Island.

The previous research showed the validity of this hypothesis. For example, Kef and Dekovic (2004) observed that attachment to peers and parents proved to be equally important for the well-being of adolescents with visual impairments, the role of peer support in improving well-being among blind adolescent is much clearer. In addition, in the study of Abu Bakar and friends also proved that both parents and peers play an

important role in the formation of the identity and psychological well-being of adolescents in Kenya. (Abubakar et al., 2013).

Review of Related Literature

Psychological Well-Being

Psychological well-being means not only being free from stress but also having no other psychological problems. There are six dimensions in the psychological well-being concept that must be possessed by someone. (Ryff & Keyes, 1995; Saricaoglu & Arslan, 2013). Stress, good popularity and relationships with peers determine psychological well-being for adolescents. Adolescents who show strength in each and every of these areas will be in a state of good psychological well-being, while adolescents who struggle in these areas will be in a state of low psychological well-being (Rathi & Rastogi, 2007). Psychological well-being structure located in the branch of psychology which is called positive psychology. Ryff stressed that health is more than the absence of disease, so he suggested that psychological well-being refers to what a person needs for well-being (Khodabakhsh, Kiani, & Ahmedbookani, 2014). Moreover, in eudimanic well-being is not only limited to happiness but also the development of human potential (Díaz, Stavradi, Blanco, & Gandarillas, 2015).

Psychological well-being is also closely related to happiness. Someone who has good psychological well-being will feel happiness in his life. However, the concept of psychological well-being and happiness of each person is different, so also according to experts (Faculty, 2013; Ullah, 2017). Nevertheless, happiness is the main purpose of life for every individual. Research has shown that psychological well-being is a diverse multidimensional concept that develops through a combination of emotional regulation, personality characteristics; identity and life experience (Ismail, 2012). Broadly, well-being has been defined from two perspectives. Clinical perspectives generally present well-being in the absence of negative conditions such as depression, distress or anxiety. Whereas from a psychological perspective of well-being is defined as the positive prevalence of self-attributes (Ullah, 2017). Therefore, psychological well-being is known as a factor that determines the positive development of individuals (Caroli & Elvira, 2016).

A high level of psychological well-being allows individuals to enjoy their daily lives, shape the perception of a positive social world, and resist life's challenges. Relationships with peers are a manifestation of establishing a positive relationship with others, one of the well-being theories of Ryff (Ryff & Keyes, 1995). The relationship established with this regulation can improve mental health or psychological well-being and make adolescents able to adapt to their environment well. Although relationships with parents are still relevant, relationships with peers become the center of life for teenagers (Cand, 2016), especially those who come from diaspora families.

Peer and Parental Attachment

Attachment is an emotional bond which consists of comfort, security and support that is sought or needed by a person in certain situations (Bowlby, 1982). This attachment can be obtained from peers, parents or people around them. Attachment to peers (peer attachment) is a relationship of an individual when adolescents with peers can be a source of psychological security for the individual (Rasyid, 2012). The peer attachment indicators according to Armsden & Greenberg are as follows: 1). Communication ; 2). Trust; 3). Alienation.

When children move from childhood to adolescence, the attachment strategy continues to be associated with the occurrence of symptoms of internalization (Agarwal & R, 2017). Relationships with friends wrongly coupled with difficult problems faced by children can make adolescent behave aggressively, and vice versa (Duru, Redzuan, Hamsan, & Shahrimin, 2015). In addition, the juvenile phase is also often characterized by a decrease in academic ability, among others due to relationships with peers and the transition from elementary school to secondary school (Malek, 2016). These attachment strategies are becoming increasingly important in adolescence when children begin to build their own distinct identities. Adolescence is characterized as a risky and vulnerable period during the life phase. Because, in this period adolescents face a number of significant changes in physical, emotional and cognitive aspects as well as increased expectations from family and society (Parsa, Yaacob, Redzuan, Parsa, & Esmaeili, 2014). Peer attachments relate to mental health and the adaptation process of a adolescents with his environment. Adolescents may try to adjust to behavioral norms from peer groups in the process of understanding themselves (Cand, 2016). In particular, attachment theory states that, based on experience with their caregivers, children develop internal models of self and caregivers. they, which are representation of relatively stable mental and operate outside of consciousness (Silvia Guarnieri, Lucia Ponti, 2010).

Although a person usually has more than one attachment figure, but in principle the attachment behavior will only be directed to the primary or primary attachment figure (Freeman & Brown, 2001). During adolescence, peer groups play a major role in individual social and emotional development. Peer group is a very rich environment for teenagers to try different identities and practice different ways of thinking that will shape their identity (Alexandra M. Lino, 2017). Attachment is related to awareness of teenage emotions, empathy, and positive expression towards social behavior. In several studies, peer attachments are positively related to self-esteem and psychological well being (Alexandra M. Lino, 2017). Bowlby said that a child who had an attachment to only one parent was still better than a child that are not having an attachment at all to his parents (Bowlby, 1982). In addition, a child who has an insecure attachment to his parents, especially when he is a child, can cause mental problems in the future (Vorst, Engels, & Vermulst, 2006).

The Relations between Peer and Parent Attachment with Psychological Well-Being

Refers to the development and ability of individuals to overcome difficulties. Life satisfaction, self-esteem and depression, there are three variables commonly used in research that tests psychological well-being. However, in this study researchers want to prove that peer and parental attachments can also influence teen psychology of well-being from diaspora families. As in a study that says that unsafe attachment is one of the triggers of juvenile delinquency (Vorst et al., 2006). In another study also explained that the peer and parent attachment relationships that are safe will have a positive impact. Conversely, an insecure relationship will have a bad impact on adolescents (Laible, Carlo, & Raffaelli, 2000).

The adolescent phase is a phase of identity searching, if in this phase a teenager does not have a figure who can understand, help and always be with him in his family then he will seek attachment outside home, namely with peers. In general, a teenager will feel happy or prosperous and calm when close to his friends. In previous studies, peer attachment had a positive relationship with teen life satisfaction. Furthermore, several studies also show that attachment to peers is the second most important predictor after parents affecting adolescent welfare (Abubakar et al., 2013). In another study also explained that peer and parent attachments are also very influential on the development of identity in adolescence (S & Butt F, 2016). One explanation for the relationship between attachment and life satisfaction is that attachment to peers is not only believed to create patterns that influence the way we form bonds of future attachment but also shapes the way youth perceive the world and also behave (Bowlby, 1982). Although some studies have found that there is a relationship between life satisfaction and peer attachment, results from other studies show that among individuals who are romantically involved in attachment to colleagues cannot significantly predict life satisfaction. The point, is that close friends of peers as one of the attachment figures is more prominent (Smorti, 2014). In some studies it has been clearly shown that there is a relationship between peer and parent attachments. However, in this study researchers wanted to investigate which of the peer and parental attachments that most strongly influenced psychological well being in adolescents from diaspora families on Bawean Island.

Method

This study used a technique of simply random sampling around a from diaspora families in Bawean Island in data collection. The dependent variable in this study was the psychological well-being, and the independent variables were peer and parental attachments. collecting data in this study by distributing questionnaire about psychological well being and peer and parental attachments to certain participants, namely teenagers aged 15-19 years, that one or both parents of them have a diaspora. The population in this study were

adolescents aged 15-19 years who came from families of diaspora in Bawean Island. Then, we took a sample of 135 teenagers, 45 boys and 90 girls, from diaspora families scattered in Bawean Island, that one of both their parents had a diaspora. Most of their parents are diaspora to Malaysia. There were a number of respondents who had left their parents with a diaspora and they even met their parents only two or three times until they were teenagers. The data in this study used two scales, using an Inventory of Parent and Peer Attachment (IPPA) and Ryff Scale of Psychological Well-Being (RPWB) measurement tools. Respondents were asked to answer the questionnaire according to what they felt without being affected by friends or others. In answering questionnaires, respondents are prohibited to ask or discuss with others, they must answer all their own questions. This study explained the importance of the relationship between attachment and well-being, especially in the transition period from adolescence to adulthood. Previously there have been a number of studies conducted to examine the relationship between parental and peer attachment and well-being among adolescents (Smorti, 2014). As with previous studies, this study also proves that psychological well being can be obtained from peer and parental attachments. Data analysis in this study used regression analysis method to determine whether there is or not a relationship between peer and parental attachment with psychological well-being in adolescents from diaspora families. The data was collected by distributing questionnaires to respondents in which the results were measured by scale.

Result and Discussion

This study showed that peer and parent attachments were positively correlated with psychological well-being. Based on the results of data processing with the help of the Statistical Packages for Social Sciences (SPSS) program, the correlation between Regression Analysis showed that peer attachment and psychological well-being correlated most significantly with p value of 0.001. While the P value of Mothers and Fathers is 0.347 and 0.325, both of which indicate that Mother and father are not significantly correlated. Then it can be strengthened by the F value test. The F value of the peer attachment is 11,897 > (Table (3.91)), F mothers are 0.889 < (F Table (3.91), and F father is 0.977 < (F Table (3.91). Thus it can be concluded that the variables that most influence psychological well being in adolescent children are peer attachment. This means that relationships with peers most influence the well-being of adolescents rather than relationships with parents. The explanation can be seen from the Tables.

Table 1. Regression Analysis of Psychological Well-Being and Peer and Parent Attachment

Independent Variable	Regression Coefficient	Amount of Significancy	Amount of -p	Amount of -F
Mother	0,082	0,00	0,347	0,89
Father	0,085	0,00	0,325	0,98
Peer attachment	0,287	0,00	0,001	11,89

Based on the calculation table above it can be interpreted that teenagers from diaspora families in Bawean Island are more prosperous with their peers than their parents. Thus, the peer attachment relationship with psychological well-being can be shown by the regression equation $Y = 97,284 + 0,565 X$. While the father's relationship with psychological well-being can be shown by the regression equation $Y = 120,6 + 0,14 X$ and the relationship between mother and psychological well-being can be indicated by the regression equation $Y = 119,76 + 0,151 X$. It can be seen that peer attachment has more influence on PWB teenagers from diaspora families than parent attachments.

In this study it was found that there was a significant positive correlation between peer attachment subscales and psychological well-being. While the parent attachment is not significantly related to the PWB of adolescents from diaspora families. Peers have a high value, while the parent attachment has a low value even though most of them are only the father who has a diaspora while the mother stays at home to take care of the child. In general, a child will have a close relationship with the mother who is always beside him. Like Vorst's statement and angels that in the early period the child is more looking for closeness from the mother than the father (Vorst et al., 2006). However, from the questionnaire that the researchers spread and the calculations above show that in adolescence children can feel more peaceful with friends.

According to Carr, Individuals who have a high level of happiness are generally owned by adolescents who have a satisfying social life, and spend a lot of time socializing, so the participation of a teenager in activities that make him meet many friends will contribute to happiness, because in friendship there is social support available which causes fulfillment of the need for self-actualization (Fadhillah, 2016). Individuals who get social support will feel that themselves are loved, cared for, valued, and become part of a social network that provides a place to depend when social support is needed from parents, friends and the surrounding environment such as feeling accepted or feeling loved being an important part of psychological well being of someone. Social support is a factor of psychological well being. If teenagers from diaspora families get good social support, teenagers will have a good social life. This is in line with Akhtar's research said that psychological well being can

help teenagers to grow positive emotions, feel life satisfaction and happiness, reduce their tendency to behave negatively (Akhtar & Boniwell, 2010). As adolescents grow, it means that positive affect and negative affect has become a lot of life experiences for the respondents. Psychological well-being at the age of 15-19 is categorized as high. This can be explained by the information put forward by Ryff that gender differences influence a person's psychological well-being where women tend to have higher psychological well-being compared to men (Ryff & Keyes, 1995).

Based on the description of the research respondents category, it can also be seen that a teenager can still have a high degree of well being or happiness even though they grow without love from one or both parents. Their psychological well-being were high because there is support from their peers and environment. It was an evident that all participants interviewed had high well-being mainly due to the influence of closeness with their peers. In addition, the culture of migration on Bawean Island also made this condition become commonplace and as understood by everyone including the abandoned teenager. So they still had a high happiness / psychological well being even though there were no one or both parents at their side who always helped and paid attention to them.

This study used Ryff's theory which refers to a multidimensional approach consist of six different aspects of human self-actualization: autonomy, personal growth, self-acceptance, life purpose, environmental mastery, and positive relationships with others. These six constructs explained PWB both theoretically and operationally and they related it to the things related to mental and physical health (Ryff & Keyes, 1995).

Conclusion

Based on the results of the discussion above, teenagers tended to get happiness from their peers rather than their parents. Therefore even though they grow without love from one or both of their parents still have PWB or high happiness. This is because participants are required to be independent and think mature so that participants are able to manage their daily lives. Nevertheless, adolescent from these diaspora families still respect and love their parents even though distance makes them rarely meet.

This is due to the fact that parents in diaspora in order to be able to send them to school. Someone is said to be prosperous when they are farthest from depression, boredom, stress, unhappiness, having no problems with family or other people and feeling happiness, usually called life above zero. Conversely, someone who is not stressed, depressed, and not in trouble with family or other people but he does not feel happiness can not be called prosperous, called live at zero (Baumgardner & Crothers, 2010). Thus, happiness or psychological well being is very important for everyone to get a life above zero. For adolescent the most important thing that can make them live above zero is the existence of a peer.

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