

Analysis of Psychological Well-Being among Migrant Communities

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Abstract:

This qualitative study aims to analysis the reality of psychological well-being (PWB) within immigrant communities in around Unimal Campus, Reuleut, Aceh. The primary objectives are to establish a model of psychological well-being specific to migrant communities in this locality and to identify the key factors that exert influence on their psychological well-being. The factors under investigation include economic status, social support, social networks, religiosity, personality traits, emotional regulation, and loneliness. By adopting a phenomenology qualitative approach, this research seeks to provide a comprehensive understanding of the experiences of immigrant communities in Reuleut. The study's subjects comprise immigrant communities residing in Reuleut, Aceh. Through in-depth interviews and thematic analysis, the research sheds light on the nuanced dimensions of psychological well-being within this context. The findings contribute to the broader understanding of psychological well-being factors that resonate within migrant communities, thereby presenting an informed perspective on the conditions and challenges faced by immigrants in Aceh. The outcomes of this study reveal that gender does not significantly impact the manifestation of resistance behaviors among students. The study underscores that both male and female students exhibit moderate levels of resistance towards teachers. This lack of gender-related distinctions in resistance levels underscores the potential influence of other factors, such as pedagogical approaches, classroom dynamics, and student perceptions. Consequently, this research underscores the imperative of cultivating positive teacher-student interactions and fostering an environment where students' voices are valued and comprehended, irrespective of their gender.

Keywords: psychological well-being, immigrant communities, migrant society, qualitative research

1. Introduction

Migration is a significant global phenomenon that has far-reaching social, economic, and psychological implications. As individuals and communities move across geographical boundaries, they encounter new environments, cultures, and challenges that can profoundly impact their well-being (Smith, 2016; Brown & Jones, 2018). The campus of Universitas Malikussaleh called Unimal Campus, situated in the vicinity of diverse migrant communities, provides an intriguing setting to explore the psychological well-being of these groups. Society is a collection of individuals who live together in a place with certain regulatory ties (Poerwadar

Minta, 2007). Immigrants are a group of people who come or migrate to an area and then settle in the new area. Migrants can have their own place to live and have business land that can be managed or rented from the native community, they can also live on land owned by other people by renting or boarding houses. The people of Reuleut Village, Muara Batu District, North Aceh Regency, are mostly migrants who later settled and resided there. Migrant communities in Reuleut come from various regions, to be able to carry on life. The presence of immigrant communities has had a good impact on progress, especially in the fields of education, socio-economic development, and social affairs in Reuleut village. In general, the people in Reuleut Village are farmers who manage agricultural land by planting rice and brick laborers. Indigenous people and immigrants in Reuleut Village interact well, so that community interaction goes well. The presence of immigrant communities has had a good impact on progress, especially in the fields of education, socio-economic development, and social affairs in Reuleut village. In general, the people in Reuleut Village are farmers who manage agricultural land by planting rice and brick laborers. Indigenous people and immigrants in Reuleut Village interact well, so that community interaction goes well. Communities who move their settlements by coming to new areas will certainly experience a process of adaptation as a form of adjustment to changes in social and cultural conditions. They will experience differences in lifestyle, habits and behavior in their new place.

Adaptation as a natural thing that is done by every individual in society to respond to changes that occur around him. Flexibility is shown by the community to change itself according to the conditions it wants through efforts or behavior to deal with obstacles or new things that occur. In addition, a new pattern of life is formed between immigrant communities and the indigenous people of Reuleut Village. Human life will never be separated from the condition of psychological well-being. Humans with good psychological well-being are expected to be more than just apart from mental problems, or other matters. However, to have a sense of self-acceptance, autonomy, positive relationships with others, mastery of a good environment, have a purpose in life, and be able to carry out self-development (Ryff, 1995). Changes in the order of life for the community that are significant for immigrant communities cause anxiety and stress and they are forced to be able to adapt to the new reality. Changes in the order of life in immigrant communities can affect a person's psychological well-being. Low or even declining psychological well-being is caused by various problems that arise due to various problems faced as migrants. High psychological well-being is important for someone to have because psychological well-being can affect a person's physical and emotional health (Tumanggor, 2016). The creation of good psychological well-being for the migrant community in Reuleut is no less important, and it is not impossible to achieve it. One of them is by interpreting or seeing from a positive perspective, so we don't blame the situation, don't sink in a state of constant development and don't blame others. It is normal for immigrants to feel pressure and worry excessively about the way of life of

immigrants and it will affect their psychological well-being. Ryff (1995) as a character who developed the theory of psychological well-being has conducted several studies on psychological well-being and stated that there are several studies on psychological well-being as well as that there are various factors that differentiate a person's level of psychological well-being. Factors that affect psychological well-being include age (Ryff & Keyes, 1995), gender (Ryff, 1989), socioeconomic status (Ryff in Ryan & Deci, 2001), education (Ryff & Singer, 1996), and social networks (Wang & Kanungo, 2004). Ryff and Keyes (1995) stated that psychological well-being can vary in each group of individuals as a result of their unique experiences, so further research is needed to involve various individual characteristics. Various and unique life experiences will continuously affect the condition of psychological well-being (Harimukti & Dewi, 2014).

These conditions indicate that various experiences of immigrant communities that occur in daily life accompanied by various challenges will affect one's psychological well-being. Therefore, based on the explanation described above, it can be seen that immigrant communities have their own uniqueness in developing their psychological well-being concept. From the description above, therefore the researcher is interested in looking at the psychological well-being of immigrant communities around the Unimal campus in terms of personality types. Psychological well-being comes from well-being, in the beginning, psychology was often focused on human unhappiness and suffering rather than looking at the causes and consequences of these positive human functions (Distina & Kumail, 2019). Snyder and Lopez (in Ambarita, 2019) explain that based on several synonyms from the literature that explain "well-being" research, namely happiness. Ryff and Keyes (1995), explained that psychological well-being is how individuals can balance between positive and negative affect as well as the individual's life satisfaction function. Psychologically, individuals have a positive attitude towards themselves and others. Individuals are able to make their own decisions and regulate their behavior, and are also able to choose and form circles that suit their needs (Mutiarachmah & Anastasia, 2019). Everyone also has meaningful goals in life so they try to develop their potential to the fullest (Mutiarachmah & Maryatmi, 2019). Ryff (1989) has developed a multidimensional approach to explaining psychological well-being. These dimensions include:

- a. Self-accepted
person with good self-acceptance is characterized by the ability to accept oneself as it is, so that this ability allows a person to have a positive attitude towards himself and the life he lives and acknowledge and accept various aspects that exist within him, both positive and negative. negative and have positive views about past lives.
- b. Positive relationships with other people (positive relations with others) Positive relationships with other people, namely how individuals have warm, open relationships, giving rise to mutual trust between one another and being able to empathize and be involved

in the surrounding environment.

- c. Independence (Autonomy)
- d. Independence is described as the functioning of oneself who works independently and is able to overcome existing social pressures and continue to think and act according to one's own beliefs.

2. Method

This study used a qualitative research design. The design of this research is phenomenological research that comes from philosophy and psychology in which the researcher tries to describe the individual's experience of a phenomenon. The sampling method used was purposive sampling. The sample in this study were immigrants who settled around the Unimal Reuleut Campus as many as 4 people. Data collection methods are observation and interviews. To describe an individual's psychological well-being with a complex set of psychological conditions, it cannot be experienced with mere cursory observation, so this study uses a semi-structured interview technique with in-depth interviews.

3. Result

The results of this study reveal that the Psychological Well-Being Analysis of Immigrant Communities around the Unimal campus is reviewed based on Personality Type. The purpose of this study is to reveal a model of psychological well-being in the community around the Unimal campus and explore aspects of psychological well-being in the community around the Unimal campus.

One aspect that affects the psychological well-being of newcomers to Reuleut is self-acceptance. Self-acceptance is related to the absence of regret for things that happened, self-acceptance of present and past events. An individual is said to be able to accept his situation if he has a positive attitude towards himself, accepts various things that exist in him, where all subjects accept conditions in the past and also in the present. All subjects feel that life now is much better than before. Where according to the recognition of TMS and TJS subjects felt that life was meaningful for themselves and also for others, it was different from the case with IY and NRF subjects who said that subjects could accept their present life because they could get two educations at once. This is illustrated by the results of his interview as follows:

“Alhamdulillah, I feel that my life now is much better than before. Before going to Aceh, you could say I didn't understand religion. I knew I prayed five times a day and night, and seeing that someone who is good at reading the Koran is already a pious person. But after I lived in Aceh, it turned out that there were quite a lot of things about religion that I didn't know. Starting from the correct procedure for praying, all the sunnah practices and many more that I got when I went to Aceh. Maybe if I didn't go to Aceh I wouldn't know how my life would be there, which can be said to be far from the clergy. But now, thank God, I have received knowledge of the hereafter as well as knowledge of the world, which, God willing, will be useful for myself in particular and also for other people. (TJS, 30 Years).

In addition, aspects of self-acceptance are also felt by the subject when the subject believes and believes that everything that happens is a decree and destiny for him and the existence of this mindset makes the subject more accepting of his situation. Likewise in living everyday life, there will be problems that will be faced by each subject but the subject can solve them, by accepting their current situation and busying themselves with their respective activities. This is in accordance with the results of the interview as follows:

“Want to say sad, yes sad, even if you want to say happy, yes. Because one side is far from the family, this is the first time I feel it, but yeah.. this is of my own volition without any coercion from other people. Thank God I live in Dayah so I don't waste time on my daily activities, because in the morning until the afternoon I am busy at the campus and at night I recite the Koran, so I have little time to get upset, hehehehhe.” (NRF, 20 Years)

Positive relationships with other people, this aspect is an aspect that is much needed to be able to rise from the problems that have been passed. Building positive relationships with other people is one way to build trust in others, have empathy and care. TMS, TJJ and IY subjects are individuals who are easy to trust and often participate in social activities and share experiences with others. This is in accordance with the results of the interview as follows:

“Occasionally there is a feeling of wanting to go home, sometimes when Eid al-Fitr sees other people gathering with their family, friends and relatives, the feeling of wanting to go home definitely arises. But what I can do is I become part of the original Reuleut people so I can feel the happiness they feel, at least in that way it can cure my longing to return to my hometown.” (TJS, 30 Years).

Interpersonal relationships are not only fostered with fellow immigrants to Reuleut. However, warm and good interpersonal relationships are also lived with residents from Reuleut.

With good interaction between the subject and the Reuleut natives, the subject is able to accept criticism and advice given by people around him to be able to transform himself into a better person. This is in accordance with the following interview results:

“In my opinion, the people in Reuleut are all good people, and today I also live in a good place surrounded by good people too. So I always maintain good relationships with the people around me, sometimes I often share my past experiences with the people closest to me.”
(TJS, 30 Years).

Autonomy, also known as independence, is described as an individual who functions optimally, where the individual does not always need the opinions and approval of others, but can determine and evaluate himself. Autonomy is shown by the subjects in this study in making their own decisions to determine their lives. Autonomy can also be seen from the subject's ability to regulate behavior. This is in accordance with the results of the interview as follows:

“I came here without any coercion from anyone, it was my own wish to study in Aceh and Alhamdulillah I passed the SNMPTN route, that is the reason why I am now in Reuleut. Even though I have graduated from college, I am still here because in my opinion my life is indeed in Reuleut, here I can make a living, share knowledge with others so no time is wasted.” (TJS, 30 Years).

The aspect of environmental mastery relates to the ability possessed by the subject to choose or create an environment that is in accordance with his physical and psychological conditions. The subject really makes good use of the opportunities so that the subject can live life by feeling comfortable according to his wishes. This was stated by the TMS and NRF subjects as follows:

“Not bad for my daily needs, because I am always grateful for what I have and what I get today, so thank God I feel enough” (TJS, 30 years).

Individuals will feel happy when they achieve high goals in life. Of course, every individual has different goals in life. As for this aspect, the subject is very focused in his life, where the TMS and TJS subjects from the first to Reuleut have been living at Dayah until now they have a family and are still living at Dayah, so the subject does not waste his time on things that are not important. In the same way as subject IY, who is a santri and also works as a photocopy employee, the subject feels that the life he is living now is very directed and meaningful. It's the same with NRF who are students and also santri who are very lucky because they get two educations at once. Thus the subject has an understanding that current and past life has meaning,

and the belief in achieving these life goals. This is in accordance with what was expressed by TJS, TMS and IY as follows:

"The purpose of our life is not for the world but for the hereafter, so now that I have obtained two knowledges at once this is a gift for me, first to feel proud of myself, to be able to make the family happytoo." (TJS, 30 Years).

Personal growth in this aspect the individual is able to develop the potential that exists within and has a function. All subjects have the desire to continue to grow, and are aware of the potential that exists in them as well as an increase in behavior from time to time. While living in Reuleut, the subject felt development and change within himself, where the TMS and TJF subjects had succeeded in obtaining two degrees, namely a bachelor's degree and also Teungku Dayah. With this experience, the subject understands himself better and takes advantage of the potential functioning that exists within him, so that the knowledge that has been obtained by the subject is not only beneficial for himself but also for others. This is in accordance with the subject's expression as follows:

"By studying religion, it is not only obligatory things that I know, but also things that are sunnah. Previously, I didn't know the Acehnese language at all, I didn't understand religious knowledge, it wasn't that I didn't understand, but I didn't understand enough, and now, thank God, I can do seumebeut, give sermons, recite majlistaklim. This is a joy in itself, maybe if I'm in the field there sometimes even today the prayers are still empty." (TJS, 30 Years).

The expression about better personal growth was not only expressed by TJS, but all the subjects in this study stated that they had learned various lessons from themselves, besides that being away from their family made them stronger in facing the obstacles they were facing.

4. Discussion

The results of the study show that, in general, the psychological well-being of immigrant communities is in the high category. within him, able to have warm and trusting relationships with others, able to deal with social pressure and regulate behavior as well as evaluate and direct himself, have good control of the environment and use opportunities effectively, and have goals or a clear direction in life and able to develop the potential that exists within him in a sustainable manner.

One aspect that affects the psychological well-being of newcomers to Reuleut is self-acceptance. Self-acceptance is related to the absence of regret for things that happened, self-acceptance of present and past events. An individual is said to be able to accept his situation if

he has a positive attitude towards himself, accepts various things that exist in him, where all subjects accept conditions in the past and also in the present. All subjects feel that life now is much better than before.

The next aspect is positive relationships with other people, this aspect is an aspect that is needed to be able to rise from the problems that have been passed. Building positive relationships with other people is one way to build trust in others, have empathy and concern. TMS, TJF and IY subjects are individuals who are easy to trust and often participate in social activities and share experiences with others.

Autonomy, also known as independence, is described as an individual who functions optimally, where the individual does not always need the opinions and approval of others, but can determine and evaluate himself. Autonomy is shown by the subjects in this study in making their own decisions to determine their lives. Autonomy can also be seen from the subject's ability to regulate behavior.

The aspect of environmental mastery relates to the ability possessed by the subject to choose or create an environment that is in accordance with his physical and psychological conditions. Make good use of opportunities so that subjects can live life feeling comfortable according to their wishes. Individuals will feel happy when they achieve high life goals. Of course, every individual has different goals in life. As for this aspect, the subject is very focused in his life, where the TMS and TJF subjects from the first to Reuleut have been living at Dayah until now they have a family and are still living at Dayah, so the subject does not waste his time on things that are not important. In the same way as subject IY, who is a santri and also works as a photocopy employee, the subject feels that the life he is living now is very directed and meaningful. It's the same with NRF who are students and also santri who are very lucky because they get two educations at once. Thus the subject has an understanding that current and past life has meaning, and the belief in achieving these life goals. In this aspect the individual is able to develop the potential that exists within and has a function. All subjects have the desire to continue to grow, and are aware of the potential that exists in them as well as an increase in behavior from time to time. While living in Reuleut, the subject felt development and change within himself, where the TMS and TJF subjects had succeeded in obtaining two degrees, namely a bachelor's degree and also Teungku Dayah. With this experience, the subject understands himself better and takes advantage of the potential functioning that exists within him, so that the knowledge that has been obtained by the subject is not only beneficial for himself but also for others.

The discussion of the results of research on psychological well-being in immigrant communities around the Unimal campus is reviewed based on personality type. Based on interview data from the research conducted and the results of data analysis that had been carried out on psychological well-being in immigrant communities around the Unimal campus were reviewed based on personality type, it can be concluded that the four subjects accepted their

current condition. Self-acceptance of all respondents related to the absence of a sense of regret for the things that happened, all subjects accepted the events of the present and past. All subjects can be said to accept various things that exist in their current self. In accordance with what Ryff and Singer (1995) said, that individuals who can accept themselves, the higher the positive attitude in these individuals towards themselves, understand, accept all aspects that exist in self, including its good and bad qualities and viewing the past as something good. The first dimension of psychological well-being is self-acceptance. With positive self-acceptance on the subject, the subject is able to make peace with the current situation. This is in accordance with what was revealed by Bernard (2013) that self-acceptance generates positive emotions and enables individuals to make adjustments to negative events.

The second dimension of psychological well-being is positive relationships with other people. In this study, the psychological well-being of the subject also obtained a positive relationship with other people, was able to think positively and the subject had a sense of empathy for the people around him. One of the ways that the subject does to build relationships with other people and have trust in others is to have a sense of empathy and concern. TMS, TJF and IY subjects are individuals who easily trust and participate in social activities. In line with what was revealed by Ryff & Singer (1995) that the greater the individual builds relationships with other people, it can be said that the individual has a sense of concern for the welfare of others, is able to love, empathize, accept and build relationships with other people.

The third dimension of psychological well-being is independence. In this study, all subjects are independent individuals. Subjects are able to meet their daily needs from the first time they go to Reuleut and are also able to manage the economy for survival overseas, this is in line with what was said by Patriana (2007), stating that independence is able to think and act, be creative, and be full of initiative, and have self-confidence in one's own abilities and obtaining satisfaction from their efforts. In addition, all subjects are able to make decisions without the interference of others and are able to evaluate what has happened. This is in accordance with the expression (Ryff, 1995) which states that independence is self-determination and independence, being able to resist social pressure to think and act in a certain way, regulate behavior from within evaluating oneself with personal standards.

The fourth dimension of psychological well-being is environmental control. Environmental mastery describes subjects who are able to adapt to the surrounding environment, are comfortable with the surrounding environment and are able to deal with events outside of themselves. In this study, the subject really took advantage of the opportunities so that the subject could lead a life safely and comfortably according to environmental conditions. This is in accordance with the expression (Ryff, 1995) which states that environmental mastery is a condition in which individuals have a sense of mastery and competence in managing the environment, controlling various complex external activities, utilizing opportunities around them

effectively, and being able to sort or design contexts that suit their needs. personal needs and values.

The fifth dimension of psychological well-being is the purpose of life, the four subjects in this study considered that the purpose of life is to be able to improve the quality of life in the world and the hereafter as well as to make their parents happy and have a directed life. In accordance with the opinion (Ryff, 1995). The purpose of life is a condition in which the individual has a purpose in life and a feeling of direction, feels that there is meaning, for present and past life has beliefs that give purpose to life, has a purpose and purpose for life.

Personal development also concerns aspects of individual personality in interaction with the surrounding environment which involves all individual responses to demands from both the internal environment and the external environment (Wulandari, 2016). If an individual succeeds in adapting to his environment, he will be psychologically prosperous in a positive way of living his life in a satisfied, happy and valued manner. Whereas individuals who experience difficulties in adapting to their environment psychologically negative well-being occurs because individuals tend to feel lonely, depressed and alone (Wuladari, 2016). Therefore, it can be concluded that a person's personality is closely related to the psychological well-being of the individual because if they do not adapt their personality to the environment well then the psychological well-being of an individual will be negative.

The sixth dimension of psychological well being is personal development. In this study the personal development achieved by the subject was to become a better person, the subject developed the potential that existed in him and the creativity that each subject had. The subject is also aware of the talent he has so that the subject takes advantage of it according to his abilities. Personal development in the individual is a condition in which the individual has a feeling of continuous development, sees oneself as growing and developing, is open to new experiences, has a sense of realizing one's potential, sees self-improvement and changes behavior over time in a way that reflects more knowledge and effectiveness (Ryff, 1995). Personal development is not only owned by someone to achieve the previous characteristics or personality. A person also deserves to develop the potential that exists in him, to grow and develop.

Personal development also concerns aspects of individual personality in interaction with the surrounding environment which involves all individual responses to demands from both the internal environment and the external environment (Wulandari, 2016). If an individual succeeds in adapting to his environment, he will be psychologically prosperous in a positive way of living his life in a satisfied, happy and valued manner. Whereas individuals who experience difficulties in adapting to their environment psychologically negative well-being occurs because individuals tend to feel lonely, depressed and alone (Wuladari, 2016). Therefore, it can be concluded that a person's personality is closely related to the psychological well being of the individual because if they do not adapt their personality to the environment well then the psychological well being

of an individual will be negative.

5. Conclusion

In conclusion, this qualitative study delved into the psychological well-being (PWB) of immigrant communities around the Unimal campus, Reuleut, Aceh, with a focus on personality traits. The study revealed that the subjects exhibited a high level of psychological well-being, encompassing aspects of self-acceptance, positive relationships with others, autonomy, environmental mastery, a sense of purpose in life, and personal growth.

The findings emphasized that these immigrants have embraced their present circumstances, accepted themselves, and fostered positive relationships with both fellow immigrants and the local community. Their autonomy was manifested through decision-making and self-regulation, while their environmental mastery allowed them to adapt and thrive in their surroundings. These individuals also reported a sense of purpose and personal growth, as they developed their potential and directed their lives toward meaningful goals.

This study underscores the interplay between personality and psychological well-being, revealing how individuals' personality traits contribute to their ability to adapt and find contentment in a new environment. By understanding the nuanced dimensions of psychological well-being within immigrant communities, this research contributes to the broader understanding of the challenges and triumphs experienced by immigrants in Aceh.

The insights provided by this study can inform strategies for supporting the psychological well-being of immigrant communities. By recognizing the significance of self-acceptance, positive relationships, autonomy, environmental mastery, purpose, and personal growth, interventions can be designed to promote a positive psychological state among immigrants. This understanding can pave the way for more holistic approaches to ensuring the overall well-being of migrant communities.

The exploration of psychological well-being within the context of immigrant communities serves as a foundation for further research and interventions that cater to the unique challenges and aspirations of migrants, fostering a sense of belonging, resilience, and empowerment among these communities.

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