



## International Journal of Research Publication and Reviews

Journal homepage: [www.ijrpr.com](http://www.ijrpr.com) ISSN 2582-7421

# The Relation Effect of Self Esteem to Psychological Well-Being Study Case the Indonesian Students Who Study in Turkey

*Anandam Hayundaka<sup>1</sup>*

<sup>1</sup>University of Muhammadiyah Malang, Postgraduate of Psychology Science, Tanggamus, Lampung, Indonesia

### ABSTRACT

Foreign students studying abroad have different kinds of challenges in their lives. Not only challenges in the form of adapting to different socio-cultural conditions, but also psychological challenges such as mental health conditions can interfere with the learning process. Having a good mentality, people will have positive mental conditions to develop, accept themselves and be able to establish good social relationships with others. Many factors can affect a person's psychological state, such as self-esteem. The aim of this study was to determine the relationship between self-esteem towards psychological well-being among Indonesian students who studying in Turkey. The subjects of this study were 83 Indonesian students from different educational backgrounds studying in Turkey. The scales used to measure each variable were the Rosenberg Self-Esteem Scale and the Ryff's Psychological Well-Being Scale. The results of this study indicated that there was a significant positive relationship between self-esteem and psychological well-being ( $r = 0.473$ ,  $p = 0.01$ ).

**Keywords:** self-esteem, psychological well-being

### INTRODUCTION

This research aims to explain the relation of self-esteem to psychological well-being in international students of Indonesia. Psychological well-being (PWB) is a broad and dynamic concept that deals with the social and psychological aspects of a person. PWB focuses on positively evaluating or conceptualizing someone by seeing the social life they live (Hardjo, Haryono, & Khoiruddin, 2021). So, one can understand that psychological health is an opinion or result of building up a person in relation to various life activities that he leads. In the case of research conducted by the researcher, PWB was an essential variable for Indonesian students studying abroad. Indeed, Indonesian students abroad have psychological health problems, such as feelings of loneliness leading to stress and depression due to being away from home environment (Brunsting, Zachry, & Takeuchi, 2018; Cao, Zhu, & Meng, 2016), which can affect the process of adapting and learning. practice in their university environment.

An American study looking at the psychological state of college students, especially medical students, found that up to 23% of students suffered from clinical depression and 57% suffered from psychological stress (Mosley, Perrin, & Neral, 1994). Another study conducted at Putra University Malaysia showed that 47.1% of students attending the school had a bad mood (Zulkefly & Baharudin, 2010). Fuad's study (2015), with the same study site, showed that the prevalence rates of stress, anxiety and depression among students were 16.9%, 52% and 24.4%. Based on some of the research findings above, the psychological well-being experienced by others, in this case students, can affect aspects of their lives in an academic setting.

Students with good psychology will have a positive mental condition for self-development and acceptance, capable of establishing good social relationships with others (Akhtar & Kroener-Herwig, 2019). The existence of these positive feelings can affect one's ability to increase productivity and learning, especially students will increase their self-esteem. According to Ciccarelli and White (2015), SE is a perception that individuals create about themselves that is often perceived as something positive or negative. Meanwhile, according to Cooley in Singal and Prakash (2020), says that social factors play an important role in determining a person's SE, suggesting that students can rate themselves positively if they are also generally positive social evaluation.

Self-esteem has a positive relationship with PWB where individuals with high SE tend to lead positive and productive lives, while individuals with low SE tend to have negative views of themselves and their environment (Triwahyuningsih, 2017). This is supported by research by Baldwin and Hoffman (2002) which suggests that the higher a person's ES level, the higher the psychological well-being. Therefore, SE can be a predictor of the occurrence of PWB in a person as well as an indicator of the presence of PWB (Paradise & Kernis, 2002), as studied by Schimmack and Diener (2003), showed that SE in students can be a predictor of the emergence of psychological well-being. Murray, Holmes and Griffin (2000) also suggested that SE in adolescents and adults is an important determinant of their psychological well-being.

## LITERATURE REVIEW

### *Self-Esteem*

According to Rosenberg (1965), self-esteem or self-esteem is a form of self-evaluation of each individual that has three main dimensions, namely physical, social and performance. The physical aspect pertains to an individual's attitude of acceptance or rejection of a change in relation to his physical condition. The social aspect emphasizes the individual's ability to relate to others and places limits on who and how many people will interact with them. Meanwhile, the performance aspect emphasizes a person's confidence in their abilities. Abbott. also explains the concept of SE in relation to one's opinion or assessment both positive and negative. People with high SE tend to have a positive self-evaluation where they will have good social skills. Conversely, a person with low SE will have a negative self-evaluation and will provoke negative psychological symptoms such as loneliness, depression, and feelings of inferiority (Baron R. , 2005).

### *Psychological Well-Being*

Psychological health or psychological health is the interplay between positive effects and optimal functioning in individuals both in their personal lives and in their social environment. If an individual has a high psychological well-being, they will feel more supported and satisfied with the life they are leading (Hardjo, Haryono, & Khoiruddin, 2021). According to Akram in (Hardjo, Haryono, & Khoiruddin, 2021), psychological health is a unit of happiness and psychological satisfaction in terms of one's mental health and mood state to maintain quality of life. In other words, psychological health is the feeling of satisfaction and calm in life to achieve various kinds of achievements or goals in life (Krok, 2018).

## METHODS

### *Research Subject*

This study uses a quantitative method approach where the independent variable is self-esteem, and the dependent variable is psychological well-being. The subjects in this study were Indonesian students who are study in Turkey, both scholarship recipients and students who are independently funded. There are 83 people, consist of 45 men (54.2%), 38 women (45.8%), and are active students from various province with various levels such as undergraduate (79.5%), masters (18.1%), and doctoral (2.4%). The information retrieval technique was carried out using the random sampling method, in which the researcher distributed questionnaires in the form of Google forms which were distributed via social media to Indonesian students who were studying in Turkey.

**Table 1:** Characteristic of Research Subject (N:83)

Karakteristik Subjek	Frekuensi	Persentase
<b>Sex</b>		
Male	45	54.2%
Female	38	45.8%
<b>Domisili</b>		
Ankara	19	22.9%
Bursa	1	1.2%
Çanakkale	4	4.8%
Eskişehir	1	1.2%
Iğdır	1	1.2%
Istanbul	29	35.0%
Izmir	1	1.2%
Kahramanmaraş	2	2.4%
Kastamonu	1	1.2%
Kayseri	4	4.8%
Kocaeli	1	1.2%
Konya	14	16.9%
Mersin	1	1.2%
Sakarya	2	2.4%
Sivas	2	2.4%
<b>Jenjang Pendidikan</b>		
Sarjana (S1)	66	79.5%
Magister (S2)	15	18.1%
Doktoral (S3)	2	2.4%
<b>Total</b>	<b>83</b>	<b>100%</b>

### Research Instruments

There are 2 measuring instruments used in this study in the form of a Likert scale consisting of self-esteem, and psychological well-being.

In the self-esteem variable, we will use the Rosenberg Self-Esteem Scale from Rosenberg (1965) which has three aspects, namely physical self-esteem, social self-esteem, and performance self-esteem. This scale has 10 questions with Likert answers from 1 to 4 (1 = strongly disagree, 2 = disagree, 3 = agree, and 4 = strongly agree). Some examples of questions on the scale include "I feel that I have some good qualities" and "I can do many things as other people do". The Cronbach's Alpha value on this scale is 0.75 which indicates a high level of reliability.

The psychological well-being variable, the scale used is the Ryff 's Scales of Psychological Well-Being proposed by Ryff (1989), consisting of six dimensions namely (1) autonomy, (2) environmental mastery, (3) personal growth, (4) positive relations with others, (5) purpose in life, and (6) self-acceptance. This scale consists of 42 questions with Likert answers from 1 to 6 (1 = strongly disagree, 2 = disagree, 3 = slightly disagree, 4 = slightly agree, 5 = agree, and 6 = strongly agree). Some examples of questions on this scale are "Most people see me as a person who is full of love and affection" and "I am not afraid to express my opinion even if it differs from other people's views". Cronbach's Alpha value on this scale is 0.70 and has high reliability.

### Data Analysis

Before the data was analyzed, the researcher first used the classic assumption test, namely the normality test, linearity test, and descriptive statistics. The normality test is a test to find out whether the data is normally distributed or not by looking at the significance value, namely ( $p > 0.05$ ). While the linearity test is a test to find out whether the relationship between the independent variables and the dependent variable is linear or not by looking at the value ( $p < 0.05$ ).

Before processing the data, researchers conducted reliability and validity tests on each scale. On the Rosenberg's Self Esteem Scale, of the 10 items analyzed, there was 1 item that was not significant ( $\text{Sig} = 0.152$ ,  $p < 0.06$ ) which affected the reliability value of Cronbach's Alpha. Then, the researcher re-analyzed and found 2 items that had a Cronbach's Alpha value if the item deleted was greater than the other items which also affected their reliability. Thus, the researcher removed 3 items on the scale so that it showed a valid validity value ( $p > 0.06$ ) and the value on Cronbach's Alpha showed the number 0.611 ( $p > 0.06$ ). On the Ryff's Psychological Well-Being Scale, it shows valid results with a Cronbach's Alpha value of 0.883.

## RESULT

### Kolmogorov-Smirnov Normality Test

After the Kolmogorov-Smirnov normality test was carried out using SPSS 25 to see whether or not the distribution of a data was normal, the results showed that the three variables had a significant number, namely 0.06 ( $p > 0.05$ ). Thus, it can be concluded that the research variable data has a normal distribution or distribution

### Data Descriptive Statistics and Relations Between Variables

In the next process, the researcher conducted a descriptive statistics test regarding the mean, standard deviation, minimum and maximum values, as well as the correlation relationship between variables. In the data in the table below, from a total of 83 collected respondents' answers, it can be explained that the Self-esteem variable has an average value of 18.58 with a minimum value of 11 and a maximum of 27, and has a standard deviation value of 3.346. Meanwhile, the PWB variable has an average of 162.14 with a minimum value of 110 and a maximum of 202, and has a standard deviation value of 16,965.

**Table 2:** Mean, SD, dan Relation Between Variables

Variabel	N	Mean	SD	Min.	Max.	PWB	SE
PWB (Y)	83	162.14	16.96	110	202	1	
Self-Esteem (X)	83	18.58	3.34	11	27	.473**	1
Valid N (listwise)	83						

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

In the table above there are also Pearson correlation test values between the three variables which have significant results. As an example, the relationship between SE and PWB has a positive and significant correlation ( $r = .473$ ;  $p = .000$ ), it means that the higher self-esteem, the higher psychological well-being.

## DICUSSION AND CONCLUSION

When someone is entering an emerging adult period where they begin to experience the phase of being a student, it is important to pay attention to their PWB because it is one of the important elements that need to be continuously developed in themselves (Hernández-Torrano, et al., 2020). It is intended that these individuals can carry out and deal with various kinds of processes and developments in their lives with a sense of responsibility to achieve their

best potential (Hardjo, Haryono, & Khoiruddin, 2021). To achieve this potential, a comfortable and prosperous environment is needed (George & Park, 2016). The most important factor in achieving high PWB is the functioning of various positive psychological aspects in a person in an effort to achieve self-actualization. Thus, if a person is able to actualize himself well, then he will feel good psychological well-being which is characterized by the emergence of positive feelings such as happiness and peace in his life (Viitpoom & Saat, 2016).

These positive feelings are related to the appearance of SE in a person as explained earlier. Based on the results of this study, the researchers found a positive and significant relationship between SE and PWB, where the higher the SE level in students, the higher the PWB level, and vice versa. This is in line with previous findings which stated that the relationship between SE and PWB was positive (Baldwin & Hoffman, 2002; Triwahyuningsih, 2017), and research from (Murray, Holmes, & Griffin, 2000) which also stated that SE was one of the factors which determines the emergence of PWB in a person, especially students. Thus, the presence of SE in a student will determine the level of PWB he experiences. Based on the results of the above research, it can be concluded that there is a positive and significant relationship between the self-esteem variable and PWB where the relationship model is the higher the SE, the higher the PWB experienced. Vice versa, the lower the SE, the lower the PWB level.

## REFERENCES

- Akhtar, M., & Kroener-Herwig, B. (2019). Coping styles and socio-demographic variables as predictors of psychological well-being among international students belonging to different cultures. *Current Psychology*, 3(38), 618-626.
- Baldwin, S., & Hoffman, J. (2002). The dynamic of self esteem: Growth-curve analysis. *Journal of Youth and Adolescence*, 20(31), 101-113.
- Baron, R. (2005). *Social Psychology*. Jakarta: Erlangga.
- Brunsting, N., Zachry, C., & Takeuchi, R. (2018). Predictors of undergraduate international student psychosocial adjustment to US universities: A systematic review from 2009-2018. *International Journal of Intercultural Relations*(66), 22-33.
- Cao, C., Zhu, C., & Meng, Q. (2016). An exploratory study of inter-relationships of acculturative stressors among Chinese student from six European unions (EU) countries. *International Journal of Intercultural Relations*(55), 8-19.
- Ciccarelli, S., & White, J. (2015). *Psychology*. United States: Pearson Education.
- Fuad, M. D. (2015). Prevalence and risk factors of stress, anxiety and depression among medical students of a private medical university in Malaysia. *Education in Medicine Journal*, 2(7), 44-52.
- George, L., & Park, C. L. (2016). Meaning in Life as Comprehension, Purpose, and Mattering: Toward Integration and New Research Questions. *Review of General Psychology*, 20(3), 205-220.
- Hardjo, S., Haryono, S., & Khoiruddin, B. (2021). The role of coping strategies in achieving psychological well-being in students during the Covid-19 pandemic with religiosity as a moderator variable. *Journal of Psychology and Education*, 5(58), 25-34.
- Hernández-Torrano, D., Ibrayeva, L., Sparks, J., Lim, N., Clementi, A., Almukhambetova, A., . . . Muratkyzy, A. (2020). Mental Health and Well-Being of University Students: A Bibliometric Mapping of the Literature. *Frontiers in Psychology*(11), 12-26.
- Krok, D. (2018). When is Meaning in Life Most Beneficial to Young People? Styles of Meaning in Life and Well-Being Among Late Adolescents. *Journal of Adult Development*(25), 96-106.
- Mosley, T. J., Perrin, S. G., & Neral, S. M. (1994). Stress, coping and well-being among third year medical students. *Journal Acad Medical*, 9(69), 765-775.
- Murray, S., Holmes, J., & Griffin, D. (2000). Self esteem and the quest for felt security: How perceived regard regulates attachment processes. *Journal of Personality and Social Psychology*(78), 478-498.
- Paradise, A., & Kernis, M. (2002). Self-esteem and psychological well-being: Implications of fragile self-esteem. *Journal of social and clinical psychology*, 4(21), 345-361.
- Rosenberg, M. (1965). *Society and the adolescent self-image*. United States of America: Princeton University Press.
- Ryff, C. D. (1989). Happiness is everything, or is it? Exploration on the meaning of psychological well-being. *Journal of Personality and Social Psychology*(57), 1069-1081.
- Schimmack, U., & Diener, E. (2003). Predictive validity of explicit and implicit self-esteem for subjective well-being. *Journal of Research in Personality*(37), 100-106.
- Singal, S., & Prakash, N. (2020). Relationship between Self-esteem and Psychological Well-being among Indian College Students. *Journal of Interdisciplinary Cycle Research*, 12(8), 748-756.
- Triwahyuningsih, Y. (2017). Kajian meta-analisis hubungan antara self-esteem dan kesejahteraan psikologis. *Jurnal UGM: Buletin Psikologi*, 25(1), 26-35.
- Viitpoom, K., & Saat, H. (2016). Psychological Well-Being of Students in Estonia: Perspectives of Students, Parents, and Teachers. *Education Psychology*, 51-59.

---

Zhang, J., & Goodson, P. (2011). Predictors of international students' psychosocial adjustment to life in the United States: A systematic review. *International Journal of Intercultural Relations*, 2(35), 139-162.

Zulkefly, N. S., & Baharudin, R. (2010). Using the 12-item General Health Questionnaire (GHQ-12) to assess the psychological health of Malaysian college students. *Global Journal of Health Science*, 1(2), 73-80.