



# **The Influence of Self Efficacy on the Psychological Well Being of Orphans with the Mediating Effect of Locus of Control**

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## **ABSTRACT**

This study aims to determine the effect of self-efficacy on psychological well being with the mediating role of locus of control in orphaned adolescents. In adolescence, assistance by parents is needed to help teenagers in dealing with the problems they face. By having positive psychological well being, adolescents become able to carry out daily activities well, and are able to become productive individuals. The research approach used in this research is quantitative. Self-efficacy measuring tools are General self-efficacy (GSE), psychological well being using Ryff's Psychological Well-Being Scale (RPWB), locus of control using the internal-external Scale (I-E Scale). The research subjects were 41 students at MAN Ende who were orphans. Based on the results of the study, it can be concluded that there is an influence of self efficacy on psychological well being with the mediating role of locus of control. It can be proven by the results of the Hayes Process data analysis that has been carried out, namely the indirect effect value is 0.235 which is between 0.5573 to 0.00485 because 0 is not included in that range, so based on the analysis that has been carried out, it shows that there is a role of locus of control in mediating the influence between self efficacy with psychological well being

Keywords: *Self efficacy, Psychological well being, Locus of control*

## **1. Introduction**

A child will feel protected, feel safe and comfortable, and can feel happiness with the presence of father and mother figures in his life so that it can affect his growth and development process. However, it cannot be denied that not all children can feel the love that comes from their parents, not all can feel happiness, comfort and a sense of security as things that can be felt when they have parents, namely father and mother. Teenagers who have complete parents, namely father and mother will feel lucky because they feel cared for and given direction to live their teenage lives well.

In adolescence, assistance by parents is needed to help adolescents deal with the problems they face. Losing parents or being orphaned in their teens will be a separate problem for teenagers. Adolescents who do not have parents (orphans) will experience increasing pressure, because they do not have parents as a source of love, protection and support. The absence of parents is a very complex condition for adolescents (Sulfahmi & Ridha, 2017). Suseno (2013) revealed that teenagers who are orphans can hinder their personal development by displaying a closed attitude, acting aggressively, or otherwise showing indecision and hesitation. The condition of orphans faced by adolescents can be a problem that suppresses or makes individuals worse off.

New living conditions without parents also result in children experiencing disturbances in managing emotions. Every child has experiences involving emotions while living with their parents. When the child can no longer feel the experience, then the emotional response is dominated by feelings of loss. This statement is in line with what was stated by Mc Guire et al., (2013) that the experience of losing a parent causes children to experience feelings of sadness such as anger, anxiety, aggression and self-blame. If this is left as it is, children can experience disturbances due to the experience of losing their parents (Pratama, 2021).

The effects felt from this worry are sometimes feeling less confident, less sure about one's potential, pessimistic about building high ideals, feeling that it is enough to live with what is currently available and not daring to have high hopes in interactions. Social people sometimes feel inferior and feel different from other people. In the midst of conditions like these, orphans are expected to have a positive attitude within themselves to be able to survive while still having good hopes for the future, even with the conditions they face. Individuals who have a positive outlook and hope for a good future despite many challenges and misfortunes are known as individuals who have optimism (Suseno, 2013).

The presence of parents plays a big role in the psychological well-being of children, especially teenagers. Psychological well-being has aspects expressed by Ryff (1996) which consist of self-acceptance, positive relationships with others, autonomy, environmental mastery, purpose in life, and self-development. In addition, there are several factors that affect psychological well-being, including sociodemographics, socio-economic educational status, personality, and age (Ryff, 1995), then Prabowo (2017) adds to these factors gender and social support. Meanwhile Prayogi, F., Muslihati, and Handarini (2017) also added factors that affect psychological well-being, namely self-efficacy and optimism. Based on several factors that influence psychological

well-being, it can be seen that one of them is self-efficacy. Adolescents living in orphanages are expected to have high self-efficacy so that they also have high psychological well-being. High psychological well-being is demonstrated by fulfilling aspects of psychological well-being (Mustikasari, 2019).

According to Prayogi, F., Muslihati, and Handarini (2017) self-efficacy and psychological well-being have an influence, if one is low then the other will be low too and vice versa. Research on the relationship between self-efficacy and psychological well-being was also carried out by Utami (2016) whose research results showed that self-efficacy and psychological well-being have a positive influence, where when self-efficacy increases it will increase psychological well-being and when self-efficacy is low it will reduce psychological well-being.

Apart from that, according to Harjanti (2021), one aspect that influences psychological well being is locus of control, namely internal locus of control. In line with the research of Mobarakeh et al. (2015) which proves that there is a significant relationship between internal locus of control and psychological well being. Individuals with an internal locus of control are able to adopt self-control and tend to have beneficial social relationships and have a positive impact on the performance of their group so that their psychological well-being increases.

The importance of having psychological well-being for teenagers is not in line with the existing reality, because the psychological well-being of teenagers in Indonesia is still relatively lacking and this was stated by Prabowo (2017) where most teenagers in Indonesia do not have optimal psychological well-being. As a result of their low psychological well-being, teenagers are unable to filter out various bad influences that occur in their surrounding environment during this transition period, therefore various juvenile delinquencies are rampant (Batubara, 2017).

Based on the background described above, the aim of this research is to determine the influence of self-efficacy on psychological well-being with the mediating role of locus of control. This research is expected to provide benefits, namely for adolescents to be able to form positive psychological well-being so as to create a happy life.

## 2. Research Method

This research uses a quantitative approach where the data produced is in the form of numerical data which the researchers then process using statistical analysis techniques with the SPSS application. The subjects in this research were 41 male and female teenagers aged 13-18 years. The data collection technique used was Purposive Sampling.

The independent variable (X) is self-efficacy. To reveal self-efficacy, the Indonesian version of the scale adapted from Matthias Jerusalem and Ralf Schwarzer (1981) is expressed in the General Self-Efficacy (GSE) scale. The dependent variable (Y) is psychological well being. To reveal this, use Ryff's Psychological Well-Being Scale (RPWB), developed by Carol Ryff in 1989, the Indonesian version translated by researchers. The Mediator variable, namely locus of control, uses the adaptation scale of Rotter (1966) with the name Internal-external Scale (I-E Scale), then Levenson (1972) develops it into the IPC scale or Internal (I), Powerful Others (P) and Chance (C) scale.)

## 3. Research Result

The correlation test between variables shows that there is a significant relationship between variables. The self-efficacy variable is positively and significantly related to the psychological well-being variable. ( $r= 0.741$ ;  $p= 0.000$ ). Furthermore, self-efficacy is positively and weakly related to locus of control ( $r= 0.397$ ;  $p=0.01$ ). The locus of control variable is positively and significantly related to psychological well being ( $r= 0.543$ ;  $p= 0.000$ ).

Variabel	SD	M	Self Efficacy	Locus of Control	Psychological Well Being
<i>Self Efficacy</i>	4.95	33,09	1		
<i>Locus of Control</i>	7.23	54,9	0.397*	1	
<i>Psychological Well Being</i>	9.96	59,9	0.741**	. 0.543**	1

Catatan: N= 41; \*\* $p < 0.01$ , \*  $p < 0.05$

Hypothesis testing

Variabel	$\beta$	$p$
Efek langsung <i>Self Efficacy</i> $\rightarrow$ PWB (c')	0.218	0.000
<i>Self Efficacy</i> $\rightarrow$ <i>Locus of control</i> (a)	0.578	0.010
<i>Locus of control</i> $\rightarrow$ PWB (b)	0.407	0.009
Efek total <i>Self efficacy</i> $\rightarrow$ PWB (c)	0.216	0.000
Efek tidak langsung <i>Self efficacy</i> $\rightarrow$ <i>Locus of control</i> $\rightarrow$ PWB (axb)	0.235	

Hypothesis 1 is accepted. Self-efficacy has a positive and significant effect on psychological well-being ( $\beta=0.218$ ,  $p=0.000$ ), so based on these results, self-efficacy has a direct effect on psychological well-being.

Hypothesis 2 is accepted. There is a weakly significant positive influence between self-efficacy and locus of control ( $\beta = 0.578$ ;  $p < 0.001$ ). Based on the results of data analysis, it shows that the higher the self-efficacy score, the higher the locus of control.

Hypothesis 3 is accepted. There is a significant positive influence between locus of control and psychological well being ( $\beta = 0.407$ ;  $p = 0.009$ ). Based on the results of the analysis, it shows that the higher the level of locus of control, the higher the psychological well being.

Hypothesis 4 is accepted. There is a significant indirect effect between self-efficacy and psychological well-being through locus of control. From the analysis of Process Hayes data that has been carried out, the value of the indirect effect is 0.235, which is between 0.5573 to 0.00485 because 0 is not included in that range. Based on the analysis that has been carried out, it shows that there is a role for locus of control in mediating the relationship between self-efficacy and psychological well-being.

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#### 4. Conclusion

Based on the research results, it can be concluded that the influence of self-efficacy on psychological well-being is the mediating role of locus of control. With the results of the data analysis, the research hypothesis can be accepted. It is important for a teenager to have psychological well-being so that he can accept himself as he is, have good relationships with other people, can manage his surrounding environment, have a goal in life, have independence and be able to develop himself. Future researchers are expected to add other indicators to support the existing variables. Apart from that, it is hoped that future researchers will be able to use the locus of control scale with a different approach so that it has good reliability values. Another hope for future researchers is to be able to increase the number of subjects to strengthen the research results. The implication of the research is that for teenagers who have lost one or both parents, they are expected to be able to develop psychological well-being so that they can live their daily lives well.

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