

The contribution meaning of life toward subjective well-being of adolescents in Minangkabau Ethnic

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Abstract: The notion of “meaning of life” carries substantial importance when considering the holistic state of being throughout different phases of one’s existence. Adolescents with the cognitive ability to comprehend and determine the significance of existence frequently exhibit a feeling of contentment and overall welfare in their encounters. This research endeavour aimed to investigate the impact of life goal interpretation on the subjective well-being of adolescents of Minangkabau ethnicity. This investigation is quantitative and employs correlational methodology. Adolescents belonging to the Minangkabau ethnic group were assembled as subjects for this study. This research utilized a sample of 182 adolescents from the Minangkabau tribe. The research employs a subjective well-being instrument derived from Dineer, comprising 56 items, to assess cognitive and affective dimensions. Subsequently, elements of creative, experience, and attitude value are evaluated using a meaning of life instrument developed from Victor Frank’s theory, comprising 47 items. Methods for analyzing data consist of descriptive, correlation, and straightforward regression tests. Numerous studies indicate that adolescents consider life objectives of the utmost importance. On the other hand, adolescents of Minangkabau ethnicity should pay close attention to their subjective well-being. With a variance of 42.7%, the meaning of life is substantially impacts the subjective well-being of Minangkabau adolescents. These results suggest that the notion of life’s purpose significantly affects an individual’s subjective well-being. Investigating and comprehending the purpose of existence can cultivate positive emotions and generate sentiments of contentment and joy among adolescents.

Keywords: Meaning of life; Subjective well-being; adolescents, Minangkabau

Introduction

Modern developments have many positive and negative impacts on human life, especially in adolescence. Teenagers are the future leaders and drivers in their future for life (Fatmawaty, 2017; Gaete, 2015). In their life cycle, humans go through a developmental process. The process of human development generally goes through several phases that can be recognized within a specific time limit. At each stage of development, changes occur in various aspects. These changes include biological, physical, psychological, moral, and social aspects (Fauzian, 2020; Hardi et al., 2023; McGiboney, 2023). The most important part of adolescence is puberty, which is often termed a negative phase because there are negative attitudes and behavioral changes that appear to be shown in attitudes, feelings, desires, and actions (Özdemir et al., 2016; Wulaningtyas et al., 2023).

Adolescence is a developmental period characterized by significant physiological, psychological, and social changes that mark the transition from childhood to adulthood (Sari, 2014; Sumara et al., 2017). So, it can be interpreted that adolescence is a period in which individuals develop from the time they first show secondary sexual signs until the time they reach social maturity. Unstable emotional conditions will also plunge adolescents into adverse problems (Arslan & Coşkun, 2023; Rosmalina et al., 2023).

During adolescence, individuals typically have increased social awareness and encounter daily social pressures. Consequently, teenagers are often considered vulnerable and susceptible to many challenges (Hurlock et al., 2012). Adolescents possess a range of physical and psychological requirements that must be met to attain happiness and contentment in their lives. Without meeting these requirements, teenagers may be susceptible to expressing their

frustration through maladaptive behaviors that can disrupt their daily functioning (Ifdil et al., 2021; Zuhri, 2023).

The presence of negative emotions among teenagers poses a significant risk of engaging in delinquent behavior and encountering many challenges that hinder their ability to express themselves effectively (Diener & Tay, 2015). Consequently, adolescents may find themselves imprisoned in unfavorable circumstances and environment that is not conducive to optimal development and well-being; this highlights the significance of addressing the requirements for adolescent happiness and life satisfaction as a component of promoting subjective well-being among adolescents (Amalianita & Nirawana, 2021; Marjohan et al., 2012).

Subjective well-being encompasses a comprehensive notion pertaining to an individual's cognitive and emotional assessment of their life. *Subjective well-being* is defined as a view full of happiness and warmth and a subjective evaluation of the individual against himself regarding how to view and interpret life (Amalianita & Nirawana, 2021). The cognitive and affective assessment of an individual's life occurs during several developmental phases, including adolescence (Amalianita et al., 2021; Diener & Tay, 2015; Larsen & Eid, 2008). The assessment encompasses the subjective emotional responses of individuals to various life events and the cognitive evaluations made by adolescents regarding their overall life satisfaction (Amalianita, 2021; Diener & Diener, 2009). Predictive well-being can be predicted by examining many variables about life satisfaction and individual affectivity. The significance of these variables, encompassing the concept of the meaning of life, holds considerable importance in the development of subjective well-being among adolescents. The significance of the meaning of life pertains to an individual's subjective well-being, as it serves as a crucial factor in attaining subjective well-being (Diener, Oishi, & Tay, 2018).

The findings of a study involving 232 adolescents from Turkey indicate that subjective well-being can be substantially predicted by the meaning of life and the search for meaning, with the meaning of life accounting for 34% of subjective well-being (Arslan & Coşkun, 2020; Doğan et al., 2012). Other research indicates that a meaningful life significantly impacts subjective well-being by diminishing negative emotions and augmenting positive ones (Cohen & Cairns, 2012; Magno et al., 2011). A research investigation that explored the cognitive dimensions of subjective well-being and the correlation between life satisfaction and meaning of life concluded that the two variables are most positively correlated. It demonstrates that people whose lives have significance experience greater life contentment (Bonebright, Clay, & Ankenmann, 2000; Takwin & Mundakir, 2020).

This study examines the relationship between the cultural background of the Minangkabau ethnic group and the subjective well-being of adolescents. Subjective well-being is intricately linked to culture, given that culture is a fundamental component of human existence and influences many factors, such as the fortitude of an individual's character and his or her progress toward pleasure. That culture impacts the subjective well-being of each adolescent (Amalianita & Nirawana, 2021; Diener, 2012; Diener, et al., 2018). The matrilineal culture, wandering, and other cultural values upheld by the Minangkabau ethnic community impact adolescents' cognitive, affective, motivational, and behavioral systems.

The existing body of research examining the impact of the meaning of life on subjective well-being remains relatively scarce. Therefore, this study represents a novel contribution by incorporating aspects derived from the Minangkabau culture. This study focuses on indigenous psychology, explicitly investigating the psychological dimensions of Minangkabau adolescents by exploring relevant facts and information within the cultural framework (Diener, et al., 2018). The significance of this research lies in exploring the existential inquiry on the purpose of life and its correlation with subjective well-being, both of which hold considerable significance in the human experience. Moreover, this study aims to investigate the influence of Minangkabau culture on the development of character strengths among adolescents, ultimately contributing

to their pursuit of happiness. This research significantly contributes to guidance and counseling by identifying effective service strategies for working with Minangkabau youth. The study focuses on fostering a sense of purpose and meaning in life, ultimately leading to increased happiness and satisfaction. This research endeavor aims to examine the correlation between the subjective well-being of adolescents belonging to the Minangkabau ethnic group and their sense of life's meaning, as well as to assess the influence of guidance and counseling in fostering subjective well-being.

Method

The present study employs a quantitative research methodology, specifically a correlational research design. The study sample included high school students who identified with the Minangkabau ethnic group. The subpopulation comprises 515 high school students of Minangkabau ethnicity residing in the Tanah Datar Regency of the West Sumatra Province. The research samples comprised 182 students selected via proportional random selection. The data-gathering technique involves researchers directly utilizing administrative tools through in-person school visits. The research employed two subjective well-being (SWB) instruments derived from Dineer's theory. These instruments consisted of a total of 56 items, which were used to measure the cognitive dimension (life satisfaction) with 25 items and the affective dimension (experience of positive and negative feelings) with 47 items. The Meaning of Life instrument was derived from the work of Victor Frankl's theory. It comprises 35 items that assess three dimensions: creative value, experiential value, and attitudinal value. The second instrument has undergone rigorous assessments of its validity and reliability to ensure its appropriateness for utilization in research. The subjective well-being instruments have a high level of reliability, as indicated by Cronbach's alpha coefficient of 0.880.

Similarly, the instrument assessing the meaning of life also exhibits a strong level of reliability, with a Cronbach's alpha coefficient of 0.889. The findings of this study demonstrate the dependability of both tools. In addition, research data analysis approaches encompass percentage analysis, correlation analysis, and simple linear regression analysis.

Result and Discussions

The data were analyzed by verifying the completeness and suitability of the information on the instrument that had been completed by the research participants following the completion of the data collection procedure. The obtained research data are verified, subsequently presented, and analyzed in alignment with the previously proposed research objectives, which provide descriptions of subjective well-being and the meaning of life. The subsequent data are presented as study results that examine the correlation and coefficient of determination between the subjective well-being of Minangkabau adolescents and the meaning of life.

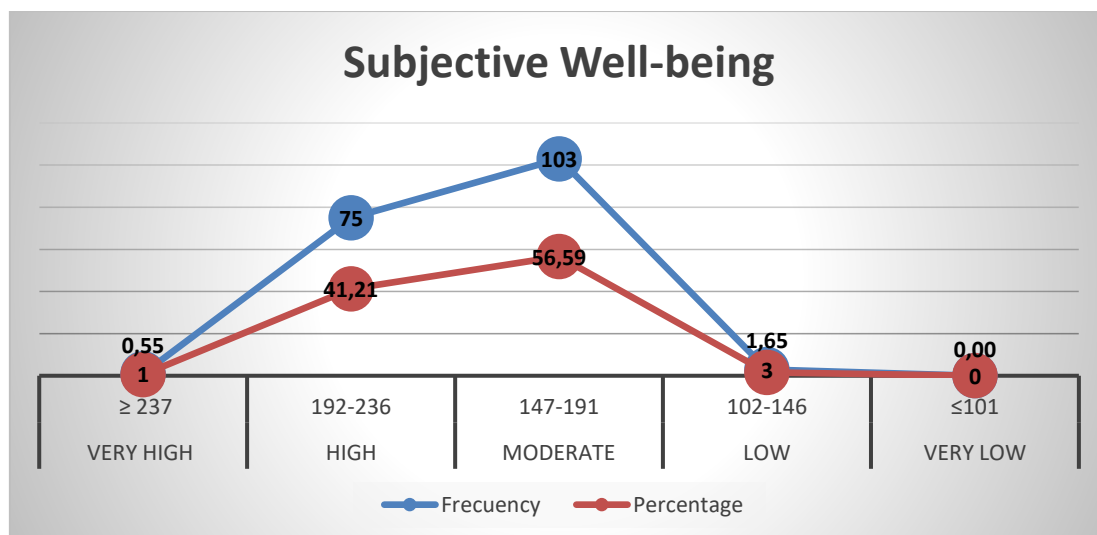


Figure 1. Analysis Results Description of subjective well-being data

As shown in Figure 1, most respondents classify their subjective well-being as high; furthermore, the data indicates 103 individuals in the moderate category, representing a frequency of 56,59%. Then, among the 75 respondents who participated, 41,21 % fell into the high category. Additionally, the low category comprises three individuals, accounting for 1,65% of the total, while the very high category comprises one respondent, representing 0,55 % of the total.

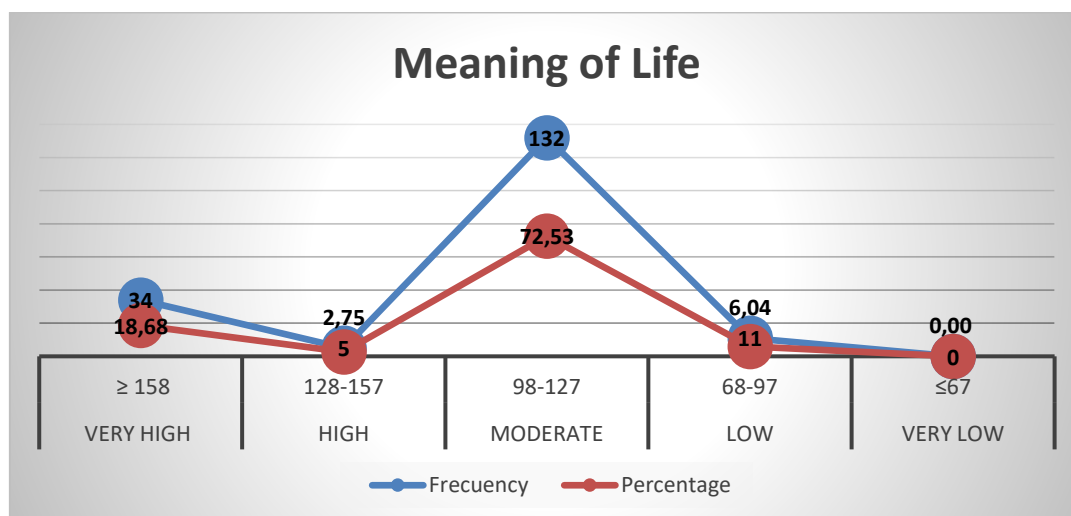


Figure 2. Analysis results in Description of data meaning of life

As indicated in Figure 2, the overall significance of life among adolescents falls into the medium category. Research data indicates that the moderate category comprises 131 individuals, accounting for 72.53%. Additionally, most (18.68%) fall into the very high category, with a frequency of 34 individuals. The frequency of individuals in the low category was 11, representing 6.04% of the total, while in the high category, there were as many as 5, representing 2,75% of the total. Descriptive analysis reveals that, on average, 71.98% of Minangkabau adolescents place their sense of life’s purpose in the “moderate” category.

Furthermore, the correlation calculation indicates that the meaning of life and subjective well-being are significantly correlated among adolescents in Minangkabau; the results of a straightforward regression test show that the meaning of existence determines subjective well-being.

Table 1. Coefficient of Determination Meaning of life on Subjective well being

Model	R	R Square
1	.653a	.427

Table 1 presents the r-value of 0.653, indicating a robust and positive correlation between adolescents' subjective well-being and meaning of life. R Square (r^2) is 0.427, indicating that the meaning of life influences subjective well-being 42.7% of the time, while other factors account for the remaining 57.3%. According to a series of data analyses, one determinant of subjective well-being is the meaning of existence. Consequently, one element that contributes to subjective well-being is the meaning of existence; this implies that subjective well-being increases in direct proportion to an individual's perception of the meaning of life or a teenager's level of active pursuit of that meaning (Bhatnagar, 2023; Diener & Tay, 2015; Frankl, 2014).

Furthermore, from the correlation calculation results, there is a significant relationship between the meaning of life and subjective well-being in adolescents in Minangkabau; this was concluded based on findings in the form of a positive and significant relationship between the presence of meaning in life and overall subjective well-being. This implies that the better a person perceives the meaning of life, the more active the teenager's search for the meaning of life, the higher 128 subjective well-being, and vice versa (Amalianita & Nirawana, 2021; Chan, 2023). The meaning of life is a desire from within the individual self to make the most of life and achieve the values of life that have been determined as much as possible (Dieser, 2023; Frankl, 2014). The meaning of life can contribute to welfare and provide happiness and satisfaction in life. Teenagers are the stage when individuals strive to achieve a deep understanding of themselves, which includes motivation, belief patterns, and meaning in life.

Additionally, meaning and purpose significantly predict subjective well-being (Compton & Hoffman, 2019). Furthermore, throughout all phases of life, meaning is a crucial component of well-being (Steger et al., 2008). An individual's sense of well-being will be impacted if his life has significance; he will experience an increase in positive emotions, which can inspire him to maintain the belief that his life has a purpose (Frankl, 2014; Shina, 2022).

This indicates that adolescents from the Minangkabau community are capable of deriving meaning from every circumstance in their lives using traditional Minangkabau teachings, comprehending their position and role within Minangkabau customs, and grasping the philosophy of custom-based syarak and syarak basandi Kitabullah about the significance of all Minangkabau community customs are obligated to consult the Shari'a as established in the Qur'an and Sunnah. Adolescents who possess a sense of purpose in life, exhibit an inclination towards practical pursuits, demonstrate a profound intention to contribute positively to society, assist others, and engage in constructive behavior are characterized by these qualities (Schimmoeller & Rothhaar, 2021; Steger, Frazier, Oishi, & Kaler, 2006). According to the findings and discourse previously described, guidance and counseling services are necessary for adolescents of the Minangkabau ethnicity to achieve subjective well-being to increase and cultivate the significance of life. Counselors expected to have cultural sensitivity, overcome cultural biases, comprehend and value cultural diversity, and possess culturally responsive skills must comprehend this.

The implications of guidance and counseling studies are derived from research findings, explicitly highlighting the necessity of guidance and counseling services in enhancing self-esteem and fostering a sense of purpose in order to achieve subjective well-being among Minangkabau adolescents (Amalianita & Nirawana, 2021; Diener, et al., 2018). The findings of this research can be utilized as a needs assessment for developing guidance and counseling program to promote subjective well-being among teenagers in the Minangkabau community. According to research findings, it is possible to enhance self-esteem and cultivate a sense of

life's purpose through guidance and counseling educators (Arslan & Coşkun, 2020). It is vital to acknowledge that school counselors must possess cultural sensitivity, liberate themselves from cultural biases, comprehend and value cultural variety, and possess culturally responsive skills. This phenomenon can be attributed to cultural beliefs that are deeply ingrained in the clientele, particularly among Minangkabau adolescents (Hariko et al., 2023; Ifdil et al., & Amalianita, 2021; Yosef et al., 2023). It is essential to acknowledge that each customer possesses a unique cultural background that shapes their thoughts and behaviors. The subjective well-being of youth is also influenced by Minangkabau cultural values, which engender a sense of attachment.

Cultural diversity is an undeniable aspect of human existence and it undoubtedly impacts individual behavior and all human activities, including counseling endeavors. Having to consider the prevailing cultural context when engaging in therapy sessions is crucial. In this scenario, the school counselor must comprehensively understand multicultural counseling, sometimes called cross-cultural counseling (Amalianita et al., 2021; Hazel, 2023). This particular approach to counseling aims to facilitate a more profound comprehension of clients with diverse origins and distinct characteristics.

In educational institutions, it is very suitable for a counselor or instructor to assume the role of a facilitator in providing guidance and support to students of diverse cultural backgrounds (Amalianita et al., 2023; Amalianita & Nirawana, 2021). Multicultural counseling aims to assist individuals from diverse cultural backgrounds in effectively addressing challenges, adapting to new environments, and experiencing fulfillment by their cultural values. The objective is to foster harmonious coexistence within a multicultural society and facilitate the optimal development of clients' potential.

Conclusion

The analysis of a collection of data indicates that the coefficient of determination between subjective well-being and the meaning of life is 42.7%. Substantially, the significance of existence is a determinant of individual subjective well-being; this means that subjective well-being increases in direct proportion to the degree to which an individual perceives the meaning of life and the adolescent actively pursue meaning in life. The present scenario underscores the importance of guidance and counseling services in assisting adolescents in discovering the meaning of life and achieving subjective well-being. By providing multicultural counseling, clients are assisted in resolving challenges, adapting to their cultural surroundings, experiencing the joys of living by their heritage, integrating into a multicultural society, and maximizing their capacity for self-empowerment.

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