

## The Role of Social Support in Improving Psychological Well Being in Students: Literature Review

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**Abstract.** *The role of social support in improving students' psychological well-being is evident in that social support from family, friends and community can help students reduce anxiety and depression. Research shows that students who receive social support tend to have better mental health and are better able to deal with stress during adolescence, which is often filled with emotional and environmental problems. Important factors such as self-acceptance, positive relationships, autonomy, environmental mastery, life purpose, and personal growth affect students' psychological well-being, according to Ryff's (1995) psychological well-being framework. In addition, methods to deal with psychological well-being issues, such as effective communication and participating in positive activities with family and friends, are outlined as effective ways to improve mental health. The results of this study confirm that adequate social support is a crucial component in supporting students' psychological well-being, which in turn has a positive impact on their overall quality of life.*

**Keywords:** Social Support; Psychological well Being; Student

**Abstrak.** Peran dukungan sosial dalam meningkatkan kesejahteraan psikologis siswa terbukti bahwa dukungan sosial dari keluarga, teman, dan komunitas dapat membantu siswa mengurangi kecemasan dan depresi. Penelitian menunjukkan bahwa siswa yang menerima dukungan sosial cenderung memiliki kesehatan mental yang lebih baik dan lebih mampu menghadapi stres selama masa remaja, yang seringkali dipenuhi dengan masalah emosional dan lingkungan. Faktor-faktor penting seperti penerimaan diri, hubungan positif, otonomi, penguasaan lingkungan, tujuan hidup, dan pertumbuhan pribadi memengaruhi kesejahteraan psikologis siswa, menurut kerangka kesejahteraan psikologis Ryff (1995). Selain itu, metode untuk menangani masalah kesejahteraan psikologis, seperti komunikasi yang efektif dan berpartisipasi dalam aktivitas positif bersama, keluarga dan teman, diuraikan sebagai cara efektif untuk meningkatkan kesehatan mental. Hasil penelitian ini menegaskan bahwa dukungan sosial yang memadai merupakan komponen krusial dalam mendukung kesejahteraan psikologis siswa, yang pada gilirannya berdampak positif pada kualitas hidup mereka secara keseluruhan.

**Kata kunci:** Dukungan Sosial; Kesejahteraan Psikologis; Siswa.

## **INTRODUCTION**

Social support is as comfort, attention, appreciation, or assistance given to someone by another person or another group (Mintarsih, 2015), social support as help and support given to someone through interaction with others. Social support resources and assistance that someone receives from friends, family, and community members are called social support. Social support, which can be emotional, practical, or informative, can help individuals deal with stress and adversity. Social support is an important component in improving psychological health, according to many studies. Students who reported higher levels of social support also said they did not experience anxiety or depression. Social support helps students avoid suicidal ideation, according to other studies (Ainunnida, 2022; Simbolon, 2019).

Adolescents are in a period known as "internal disharmony". This condition is then considered a period of "storm and stress" (Yusuf, 2011). a time when emotional stress increases due to physical changes and environmental influences These moments may be a threat to adolescents who are then lost, causing juvenile delinquency. Adolescents can experience psychological well-being problems if they cannot cope with this period well. In accordance with the opinion put forward by Ryff in 1995 that psychological well-being is the achievement of full positive function and individual potential which includes several dimensions, namely self-acceptance, positive relations with others, autonomy, environmental mastery, purpose of life, and personal growth. The functioning of these six dimensions is characterized by feelings of happiness, positivity, and satisfaction with life, in addition to the absence of signs of depression in the individual (Ryff, 2014).

Factors that influence the level of psychological well-being in adolescents. Several studies have shown that the quality of relationships within the family, especially with parents, is a major determinant of psychological well-being in adolescents. Several other key factors that can contribute to higher or lower levels of psychological well-being in adolescents are popularity, physical health, stress and closeness in relationships with peers Rathi & Rastogi (2007). Three general categories of psychological well-being factors are as follows: individual factors, such as personality traits, cognitive processes, and coping strategies; environmental factors, such as family dynamics, peer relationships, and school environment; and contextual factors, such as social and cultural norms, economic conditions, and politics (Kurniasari et al., 2019; Triana et al., 2021). The impact that occurs when a person's psychological well-being is low is characterized by feelings of dissatisfaction with oneself and disappointment with things that have happened in the past due to the inability to appreciate what they have (Ryff and Keyes 1995). Safaria (2002) also said that poor psychological conditions have an impact on physiology, emotions, and behavior. Cognitive effects such as difficulty concentrating, remembering lessons, and understanding lesson material. Emotional effects such as difficulty motivating oneself, anxiety, sadness, anger, and frustration.

Physiological effects such as health problems, decreased immunity, dizziness, lethargy and weakness, and difficulty sleeping.

## **METHODOLOGY**

This study uses a literature review. Literature review is a systematic, explicit, and reproducible method for identifying, assessing, and compiling research works and ideas that have been created by researchers and practitioners. The purpose of a literature review is to analyze and synthesize existing knowledge on the topic to be studied, so that there is room for new research. Okoli and Schabram (2010) explain the purpose of the study in more detail, the purpose is (1) to provide a theoretical background for the research to be conducted, (2) to study the depth or breadth of previous research related to the topic to be studied, and (3) to answer practical questions by understanding the findings of previous research.

Data collection in this study is sourced from journal articles. The method used is a literature review (library research). Through descriptive analysis, namely trying to clearly and systematically describe the object of study, then analyzing the meaning of various relevant literature sources regarding the role of counselors in preventing suicide in adolescents. The selection of sources includes the relevance of the topic of the publication and the year of publication that is no more than 5 years to ensure that the information data obtained is up to date. Data was collected through Google Scholar. So this study consists of several problem formulations, namely a) the role of social support on psychological well-being in students, b) factors that influence psychological well-being in students, c) strategies for handling psychological well-being problems in students. The steps for collecting research data are in the form of journal articles published online, the qualifications are a) the research is in Indonesia, b) using the Psychological well-being approach, c) publication of journal articles in the 2019-2024 period. The research data is presented in the following table:

**Table 1: List of Research**

<b>No</b>	<b>Journal Article Title</b>	<b>Year</b>	<b>Writer</b>
1.	The Influence of Family Social Support on Psychological Well Being of Students of SMA Negeri 1 Muntlan	2021	Ardina elisa
2.	Peer Social Support as a Predictor of Psychological Well Being in Adolescents	2019	Asifa Mufidha
3.	The Influence of Social Support, Coping Strategies, Resilience, and Self-Esteem on Psychological Well-Being of High School Students in Sukabumi City	2023	Devin Mahendika, Saut Gracer Sijabat

4.	Overcoming Online Learning Problems in Elementary School Students Through the Psychological Well Being (PWB) Approach	2022	Salati Asma Hasanah, Oking Setia Priatna, Irfan Supriana
5.	Social Support, Self-Adjustment and Psychological Well-Being in Students of SMA Negeri 2 Binjai	2021	Hasanuddin, Khairuddin

The total number of journal articles reviewed in this journal to determine the role of social support in improving psychological well being is 5 journal articles.

## RESULTS AND DISCUSSION

From the results of reviewing the role of social support on psychological well being in students, it can be concluded as follows:

**Table 2: The Role of Social Support Psychological well Being**

No	Journal Articles	The Role of Social Support Psychological Well Being
1.	Pertama	By providing emotional support, information, and practical assistance, social support helps reduce stress and anxiety.
2.	Kedua	By giving them a sense of acceptance and appreciation, social support helps adolescents reduce stress and become happier.
3.	Ketiga	By providing emotional support, social support helps individuals cope with stress and increase self-confidence.
4.	Keempat	Social support is essential for improving psychological well-being. Students can feel happier and better able to cope with stress when learning online with their friends and family.
5.	Kelima	Students are more able to cope with stress and challenges when they have supportive friends and family, and they feel more comfortable and confident, which can lead to greater happiness.

From the 5 journal articles listed in table 2, it is stated that the role of social support for psychological well-being in students plays an important role in improving a person's psychological well-being. Those who have adequate social support from their family, friends, and environment tend to have better levels of psychological well-being. This is reflected in their ability to build positive relationships with others, become more self-accepting, achieve optimal personal growth, and manage their environment better. Social support also functions as a buffer system that helps people deal with various life pressures and challenges, helps them maintain their mental health and improves their quality of life.

**Table 3: Factors Affecting Psychological Well Being**

No	Journal Articles	Factors Affecting Psychological Well Being
1.	First	The main factors, social support from family and friends, and a person's ability to cope with stress and life challenges, are psychological components that affect happiness and life satisfaction.
2.	Second	Factors that affect psychological well being include social support from friends and family, and the ability to cope with stress. Both are important for people to feel happy and satisfied with their lives.
3.	Three	Factors that affect psychological well-being include social support from family and friends, and the ability to cope with stress. In addition, positive emotions and life satisfaction also have a true influence.
4.	Four	The ability to manage stress, have positive emotions and feel satisfied with life, and social support from family and friends are some components of psychological well-being.
5.	Five	Social support from friends and family and a person's ability to adapt to their environment are some factors of psychological well-being. Both are very important for increasing a person's happiness and life satisfaction.

From the 5 journal articles listed in table 2, it is stated that in the role of social support psychological well-being in students consists of various factors that influence psychological well-being. Many interrelated factors influence Psychological well-being. Life experience, social support from family and environment, and the ability to cope with stress are other factors that influence psychological well-being. A person's psychological well-being is also influenced by physical health, spirituality, and achievement of life goals.

**Table 4: Strategies for Handling Psychological Well Being Problems**

No	Journal Articles	Psychological Well Being Problem Handling Strategy
1.	First	To deal with psychological well being problems, it is important for each family member to spend time together, where they can share feelings and provide emotional support to each other.
2.	Second	Spending quality time with friends and family and taking part in positive activities, such as hobbies or sports, is very important for improving psychological well being.
3.	Three	When facing problems, try to actively seek solutions, such as talking to friends or seeking helpful information, to improve psychological well being.
4.	Four	To deal with psychological well being problems, it is important for children to communicate well and get emotional support.
5.	Five	Creating a supportive environment, such as communicating well and

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building positive relationships with friends, is very important for dealing with psychological well-being problems.

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From the 5 journal articles listed in table 4, it is stated that in the role of social support for psychological well-being in students, it consists of strategies for handling psychological well-being problems. Handling psychological well-being problems focuses on the importance of spending time with friends and family through positive activities and good communication. Developing self-potential is a powerful way to improve psychological well-being. Effective social interaction and effective communication are essential to creating and maintaining optimal levels of psychological well-being.

### CONCLUSION

The conclusion of this article is that social support plays a very important role in improving students' psychological well-being. According to literature research, students who receive good emotional, practical, and communication support from family, friends, and community tend to experience lower levels of anxiety and depression. They also have a better ability to handle stress and difficulties. Proponents of Ryff's Psychological Well-being emphasize that factors such as environmental mastery, positive relationships, and self-acceptance are essential to achieving ideal psychological well-being. This article also identifies various components that influence psychological well-being, such as a person's ability to cope with stress and life experiences. One important way to improve students' psychological well-being is to communicate well and spend good time with those closest to them. Overall, the results of this study confirm that adequate social support is key to supporting students' psychological well-being, which has a positive impact on their quality of life.

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