

## Research Article

# Relationship Between Hope, Religiosity, Social Support, And Subjective Well Being Resiliency Bidik Mission Of Students Semarang State University

EEM Munawaroh<sup>\*a</sup>, Muslikah<sup>a</sup>, Suharso<sup>a</sup>, Gesti Rosdiana<sup>a</sup>

[a] Semarang State University

## Abstract

This study aims to examine the relationship between hope, religiosity, social support, resilience and subjective well being in 455 students Misi Semarang State University. The method used is the correlation method by using random sampling as a sampling technique research. The method of collecting is done by using the scale 5scale expectations hope scale for adults using cognitive models of Snyder, social support scale using a multidimensional scale of perceived social support, the scale of subjective well-being using oxford happiness inventory, resilience is measured using a scale resilience of Reivich and Shiite, while religiosity was measured using a scale of religiosity. To analyze the relationship between the five aspects, used Pearson product-moment correlation analysis. The results showed a correlation between subjective well being and the hope of 0.155, the correlation between subjective well being and the religiosity of 0.148, correlation between subjective well being and social support at 0.148, correlation between subjective well being and resilience of .473, and their their simultaneous influence hope, social support, religiosity and resilience, to subjective well being. The conclusion of this study is the expectation, religiosity, social support, and resilience is a predictor for personal well being.

Keywords: hope; religiosity; social support; resilience; Subjective well-being

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<sup>\*</sup>Corresponding Email: [eeemunawaroh@mail.unnes.ac.id](mailto:eeemunawaroh@mail.unnes.ac.id), [muslikah@mail.unnes.ac.id](mailto:muslikah@mail.unnes.ac.id),  
[suharso@mail.unnes.ac.id](mailto:suharso@mail.unnes.ac.id), [Gestirosdiana50@mail.unnes.ac.id](mailto:Gestirosdiana50@mail.unnes.ac.id)



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## Introduction

Poverty is often associated with lower happiness, or subjective well being is more breadth. Subjective well-being (SWB) is an evaluation of the individual to life, including life satisfaction, happiness, possession, and positive emotions in life (Kirmani et al., 2015). The assumption, when individuals have a low income, individuals have limited access to the material or facilities that cause happiness and satisfaction in life. Conversely, individuals who have high incomes have less access to the material or facilities to bring happiness and life satisfaction.

Misi Students are students who receive educational assistance from the government because it has excellent academic potential but come from low economic. Semarang State University (UNNES) is one of the organizers of the scholarship Bidikmisi college. Data obtained from the Office of Student Affairs Unnes find that Unnes get a quota of scholarship recipients Bidikmisi of the Directorate of Higher Education with the amount as follows: (1) Quota scholarship Bidikmisi the year 2010 as many as 400 students, (2) Quota scholarship Bidikmisi the year 2011 as many as 1,450 students, (3) Bidikmisi scholarship quotas in 2012 as many as 1,750 students, (4) quota Bidikmisi scholarship in 2013 as many as 1,750 students, (5) Bidikmisi scholarship quotas in 2014 as many as 1,850

students. The total amount of the scholarship quota Bidikmisi in Semarang State University is 7,200 students. This makes the Semarang State University as the university with the largest Bidikmisi scholarship quota in Indonesia (Prasetyaningsih, 2015)

Bidikmisi Students are required to become outstanding students excel and qualify - the requirements set by the university. However, many Bidikmisi students who obtain academic performance below standard and have low achievement motivation. Based on data obtained from Bidikmisi Student Club (BSC) UNNES Aim The Mission also concluded that students with a GPA <3.00 has the lowest participation in activities organized soft skills required by managers Bidikmisi intended for the achievement of 13 students. Soft skill activities include English, character building, Arabic, computer programming, entrepreneurship, scientific papers, computer-based learning media (flash), and reading and writing the Qur'an (Prasetyaningsih, 2015)

In addition to the lack of participation in the activities of soft skills, according to data from Bidikmisi Student Club (BSC) UNNES also found that the number of proposals PKM (Student Creativity Program) submitted to Higher Education is not proportional to the number of students Bidikmisi are required to submit a proposal PKM every year. In 2014, the number of proposals PKM from Semarang State University submitted to the Higher Education number 2626 14 proposals and, of that number proposer of students Aim Mission as chairman only 846 students out of a total of 5,050 students Shutter Mission in Semarang State University (Prasetyaningsih, 2015 )

A phenomenon that occurs above shows that the students still need development mission viewfinder on motivational aspects. One strategy to increase motivation is to develop social support. The research result Srivastava and Pant (2015) showed that social support affects achievement motivation. The higher the social support, the higher the achievement motivation. Social support can also be developed by connecting with other specs, such as hope and subjective well-being. Horton research results and Wallander (2001) showed that hope, social support, and subjective well-being are correlated with each other. The research of Lassi and Mugnaini (2015) show a correlation between religiosity and resilience. It means that the correlation test against these five variables that hope, social support, religiosity, personal well being, and resilience will have a positive impact on student Misi Semarang State University. The study aims to investigate the relationship between hope, support, religiosity, personal well being, and resilience in students Misi Semarang State University.

## Method

The method used is the correlation method by using random sampling as a sampling technique research. The method of collecting is done by using the scale 5scale expectations hope scale for adults using cognitive models of Snyder, social support scale using a multidimensional scale of perceived social support, the scale of subjective well-being using oxford happiness inventory, resilience is measured using a scale resilience of Reivich and Shiite, while religiosity was measured using a scale of religiosity. To analyze the relationship between the five aspects, used Pearson product-moment correlation analysis.

## Result and Discussion

Table 3.I Correlations between, hope, religiosity, social support, and resilience, to subjective well being

|                     |             | SWB   |
|---------------------|-------------|-------|
| Pearson Correlation | SWB         | 1,000 |
|                     | Hope        | ,155  |
|                     | religiosity | ,148  |
|                     | DS          | ,120  |
|                     | resilience  | ,473  |
| Sig. (One-tailed)   | SWB         | ,     |
|                     | Hope        | ,000  |
|                     | religiosity | .001  |
|                     | DS          | ,005  |
|                     | resilience  | ,000  |

The results of this study which shows that the expectation is a predictor for happiness or in this study termed subjective well being for an individual following the opinion of some experts and some has; research. Among them is the research conducted by Bailey and Snyder (2007) that connects between life satisfaction and expectations based on age and marital status of the 214 respondents. Research results are outlined in the journal entitled satisfaction with life and hope: a look at age and marital status showed that people who had the satisfaction of life is also a people who have no hope. The study also showed that young have more hope than the individual elderly because elderly individuals have difficulty in how to achieve these expectations while individuals are married show higher expectations compared with individuals who are not married or divorced.

Student Misi who generally come from economically weak groups down with a young age (18-20 years) had hopes for a better future and higher, through educational scholarships acquired, so as to have a life with subjective well being that higher because they feel lucky to get education facilities can not be acquired if not get a scholarship. Such conditions exceed their expectations of life. Because of personal well being is an evaluation or one's view of life that comes from a feeling of progress toward the achievement of her life and the feeling of having the ability to do succession planning in order to meet the goal of his life (Bailey and Snyder, 2007).

Bronk etc. (2009) in research purpose, hope, and life satisfaction in three age groups examine the relationship between goals, expectations, and life satisfaction in three age groups, namely adult, young adult, and adult. The study involving 153 respondents adolescence, early adulthood 237, and 416 adults showed that the purpose of life associated with life satisfaction only in adolescence and early adulthood. Objectives and expectations contribute to the development of individuals in various aspects. In this study, it was found that the expectation is as variable moder between purpose in life and life satisfaction in adolescence, early adulthood, and adulthood. In other words, individuals identified as having a purpose in their lives have the feeling motivated to achieve the goals and progress in life. The research results also show that to be happy and contented in his life, adolescence and early adulthood only need to have the desire to reach the goal, although not knowing how they will achieve it. This reinforces the results of this study that when students Misi has hope, it will increase happiness in his life.

The results of this study indicate that religiosity correlates the subjective well being of students Misi, the higher the religiosity, the higher the subjective well being owned by students. SWB student mission viewfinder covers his satisfaction with the current, low depression and anxiety, as well as the emotions and positive mood. Students have satisfaction in his life, often feel happy and rarely experiencing unpleasant emotions such as sadness and anger. Conversely, students who have low SWB tend to be less satisfied with their lives, rarely happy and often experience unpleasant emotions such as anger or anxiety (chi-Lun and Bond, 2013). Religiosity is the attitude resulting from the internalization of religion into oneself. Furthermore, berberine religion as a system of symbols, belief systems, and a value system behaviour. Religious individuals will always try to adhere to their religion, trying to learn the science of religion, perform their religious duties and is sure to religion. Research

Pontoh, Zaenab and M.farid (2015) about the relationship between Religiosity and Social Support with happiness showed Religious Conversion Actors research hypothesis states that there is a relationship between religiosity and social support to the perpetrators of religious conversion proven happiness. There is a positive correlation between religiosity and happiness, meaning that the higher, the higher the religiosity happiness and vice versa. While there is no relationship between social support and happiness. moreover, a value system behaviour. Religious individuals will always try to adhere to their religion, trying to learn the science of religion, perform their religious duties and is sure to religion. Research Pontoh, Zaenab and M.farid (2015) about the relationship between Religiosity and Social Support with happiness showed Religious Conversion Actors research hypothesis states that there is a relationship between religiosity and social support to the perpetrators of religious conversion proven happiness. There is a positive correlation between religiosity and happiness, meaning that the higher, religiosity happiness and vice versa. While there is no relationship between social support and happiness. moreover, a value system behaviour. Religious individuals will always try to adhere to their religion, trying to learn the science of religion, perform their religious duties and is sure to religion. Research Pontoh, Zaenab and M.farid (2015) about the relationship between Religiosity and Social Support with happiness showed Religious Conversion Actors research hypothesis states that there is a relationship between religiosity and social support to the perpetrators of religious conversion proven happiness. There is a positive correlation between religiosity and happiness, meaning that the higher, the higher the religiosity happiness and vice versa. While there is no relationship between social support and happiness. perform his religious duties and is sure to religion. Research Pontoh, Zaenab and M.farid (2015) about the relationship between Religiosity and Social Support with happiness showed Religious Conversion Actors research hypothesis states that there is a relationship between religiosity and social support to the perpetrators of religious conversion proven happiness. There is a positive correlation between religiosity and happiness, meaning that the higher, religiosity happiness and vice versa. While there is no relationship between social support and happiness. perform his religious duties and is sure to religion. Research Pontoh, Zaenab and M.farid (2015) about the relationship between Religiosity and Social Support with happiness showed Religious Conversion Actors research hypothesis states that there is a relationship between religiosity and social support to the perpetrators of religious conversion proven happiness. There is a positive correlation between religiosity and happiness, meaning that the higher, religiosity happiness and vice versa. While there is no relationship between social support and happiness. Farid (2015) about the relationship between Religiosity and Social Support with happiness showed Religious Conversion Actors research hypothesis states that there is a relationship between religiosity and social support to the perpetrators of religious conversion proven happiness. There is a positive correlation between religiosity and happiness, meaning that the higher, religiosity happiness and vice versa. While there is no relationship between social support and happiness. Farid (2015) about the relationship between Religiosity and Social Support with happiness showed Religious Conversion Actors research hypothesis states that there is a relationship between religiosity and social support to the perpetrators of religious conversion proven happiness. There is a positive correlation between religiosity and happiness, meaning that the higher, religiosity happiness and vice versa. While there is no relationship between social support and happiness.

Misi majority of students are adherents of the Islamic religion. In Islam, there is a concept qanaah. Qona'ah is an attitude feel ridla, willingly, only by what they have after going through the optimal effort and away dissatisfaction in receiving grace various favours from Allah SWT. Qona'ah a noble character should be owned by every religion of Islam in order to survive in taking the life of the world (Shalahudin, 2013). When students develop attitudes qanaah mission viewfinder, then the student can accept the reality and the reality of life in nature and are satisfied with what he gets in this life then the student will be comfortable to feel happy.

The results also show that social support correlated with subjective well being and can form the predictors for personal well being. Research conducted by Sidlecki etc. (2013) about the relationship between social support and subjective well being contained in a journal called The relationship between social support and subjective well being across age. The study involved 1,111 respondents

with an age range of 18-95 years. The results showed that life satisfaction could be predicted by the perceived support; positive effects can be predicted by the support of the family.

One of the factors that contribute to the well being individual is the quality of social relationships (Diener and Sidlecki etc. Seligmen in 2013). People who have satisfaction in relationships with the people around him were reported more frequently feel happier, and less often feel sad and more satisfied with life than people who are not satisfied with the relationship with the people around him. There are several reasons why a satisfactory relationship takes effect to subjective well being of individuals. An individual who has a satisfying relationship will quickly get support when they need it. For example, when an individual is sad and disappointed, easily people can find a friend to confide in. Social support can be real support, such as financial, emotional support, and emotional support.

Semarang State University (UNNES) is scheduled to implement the guidance and monitoring of the students aim at the mission in order to identify students who have difficulties and need assistance and support. Also, the Student Misi UNNES incorporated and connected in a community mission viewfinder, enabling them to know each other and support both emotionally and information. A sense of camaraderie as a student mission viewfinder makes them have an emotional attachment to each other. It can contribute to subjective well being of students Misi.

The results showed a significant correlation between Subjective well-being and resilience. The higher the resilience of students Misi, the higher subjective well being. Resilience is the highest predictor for subjective well being of students Misi. Resilience directly correlated with physical health, and physical health are directly correlated with happiness. When an individual can rise from the problem, then it will cause a feeling of "capable" and "satisfied" at the individual so that subjective well being of the individual self to rise.

Resilience is a predictor of the highest compared to expectations, religiosity, and social support to Subjective well-being Student Misi. Resilience has several predictors that can be directly correlated with happiness, such as social support, optimism and hope, religiosity, intelligence, age, socioeconomic status, and race. Also, to be a resilient individual, one must be able to deal with stress effectively because of adversity or misfortune will happen at any time in life. To be resilient one must be able to make the inner strength by using actions, beliefs, and principles. The measures referred to include social support, better decision-making, responsibility, and have a healthy lifestyle (Lower, 2014). When an individual can get social support, make the right decisions, be responsible, and have a healthy lifestyle, then people are determined to have happiness and contentment in him.

## **Conclusion**

The conclusion of this study is the expectation, religiosity, social support, and resilience is a predictor for personal well being, and resilience is the highest predictor of the subjective well being than expectations, religiosity, and social support.

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