PROCEEDINGS BOOK
International Conference on Psychology in Health, Education, Social and Organizational Settings (ICP-HESOS)
“Psychology in Changing Global Contexts”

Board of Reviewers:
Prof. Dr. Fendy Suheriadi, MT
Prof. Dr. Suryanto, M.Si.
Dr. Seger Hanadoyo, M.Si. (Chief)
Dr. Dewi Retno Sumiar, M.Si
Dr. Hamidah, M.Si.
Veronika Supratiknya, MS.Ed.
Endang R. Surjaningrum, S.Psi., M.Appl.Psy.

Chief Editor:
Herison Purba, S.Psi., M.Sc.

Cover Design:
Vito Daryfauzi

Cover Picture:
google.com

Layout:
Nur Rachmah A. P. Dita Ayu
Musrifatu Janah Nido Dipo
Evryanti Rasari Lukman Faizin
Kamelia Widyati Annisa S
Aini Nadhifah Dwika Puspita
Vinny Josephine Ribka Mutiara

Publisher:
Unit Penelitian dan Publikasi (UP3)
Psychology Faculty Universitas Airlangga

All rights reserved. No part of this book may be reproduced, in any form or by any means, without permission in writing from the publisher

First Edition:
2013, 1015 pages. 15 x 21 cm
ISBN: 978-979-99555-7-9

Printed by:
Psychology Faculty Universitas Airlangga
Printed in: Surabaya, Indonesia

All articles in the proceedings of International Conference on Psychology in Health, Education, Social and Organizational Settings (ICP-HESOS) year of 2013 are not the official opinions and standings of editors. Contents and consequences resulted from the articles are sole responsibilities of individual writers, and it is protected by the law
PROCEEDINGS BOOK
International Conference on Psychology in Health, Education, Social and Organizational Settings (ICP-HESOS)
“Psychology in Changing Global Contexts”

Board of Reviewers:
Prof. Dr. Fendy Suhatriadi, MT
Prof. Dr. Suryanto, M.Si.
Dr. Seger Handoyo, M.Si. (Chief)
Dr. Dewi Retno Suminar, M.Si
Dr. Hamidah, M.Si.
Veronika Supratiknya, MS.Ed.
Endang R. Surjaningrum, S.Psi., M.Appl.Psy.

Chief Editor:
Herison Purba, S.Psi., M.Sc.

Cover Design:
Vito Daryfauzi

Cover Picture:
google.com

Layout:
Nur Rachmah A. P. Dita Ayu
Musrifatul Jannah Nido Dipo
Evryanti Rasari Lukman Faizlin
Kamelia Widyati Annisa S
Aini Nadhifah Dwika Puspita
Vinny josephine Ribka Mutiara

Publisher:
Unit Penelitian dan Publikasi (UP3)
Psychology Faculty Universitas Airlangga

All rights reserved. No part of this book may be reproduced, in any form or by any means, without permission in writing from the publisher

First Edition:
2013, 1015 pages. 15 X 21 cm
ISBN: 978-979-99555-7-9

Printed by:
Psychology Faculty Universitas Airlangga
Printed in: Surabaya, Indonesia

All articles in the proceedings of International Conference on Psychology in Health, Education, Social and Organizational Settings (ICP-HESOS) year of 2013 are not the official opinions and standings of editors. Contents and consequences resulted from the articles are sole responsibilities of individual writers, and it is protected by the law
## TABLE OF CONTENT

Remarks from Rector of Universitas Airlangga .................................................................................. i
Remarks from Dean of Faculty of Psychology, Universitas Airlangga .................................................. ii
Remarks from The Technical Committee Chair .................................................................................. iii
Foreword from The Scientific Committee ......................................................................................... iv

### Key Note Speakers

1. How to Discover Real Emotional Reaction to Advertising about Using Biometric Measurements in Advertising Testing (*Dominika Maison*) ................................................................. 1
2. CxO Global Studies - Leading large scale Organizational Transformation (*Hora Tjitra*) ............... 8
3. Positive Ageing means Ageing well for both Self and Others (*Sik Hung Ng*) ..................... 9
4. Collaborative Problem Solving (*Esther Care*) .............................................................................. 16

### Participants

5. Psychological Concerns of Malaysian Gifted Learners: Implications toward School Counseling Services (*Abu Yazid Abu Bakar, Noriah Mohd Ishak*) ........................................................................ 21
6. Literature Review of Psychological Capital And Employee Engagement (*Aditya Nanda Priyatama*) ................................................................................................................................. 27
7. Parental Involvement and Mathematics Ability in Elementary Students (*Hazhira Qadeyi*) ......... 33
8. The Relation Between Minding in The Enhancement of Closeness With The Marital Adjustment on Soldier’s Wife (* Hendro Prakoso, and Akuar Fajri*) ........................................ 39
9. Effectivity of Cognitive Therapy for Young Adulthood Women with Chronic Insomnia (*Thevitha Nathasa Puspa Citraningtyas, Henry E. Wirawan, and Dextri Kusyordi*) ............ 43
10. The Relationship of Emotional Maturity and Conformity with Verbal Aggression (*I Gusti Ayu Agung Noviekayati, Ani Purna*) ............................................................................... 49
11. Relationship between Conformity and Solidarity with Attitude of *Menyama braya* on Balinese (*I Nyoman Angga Wirama, Chitta Dhyana Prameswari, I Gusti Ngurah Dwiputra Widianta, Ariesta Handoko Pratama, Nicholas Sinarmata*) .............................................. 55
12. Students’ Perceptions and Expectations of The Tutor against Student Motivation and Learning Outcome Improvement (*Amelie Febriani, Ika Safarini, Moh Zainuri, and Sulik*) ......................................................................... 58
13. Intrapreneurship and Demographic Factors in The Teaching Profession (*Jimmy Ellya Kurniawan*) ...... 64
14. Marital Satisfaction, Communication Patterns, and Couple Map Perceived by Balinese Women in Their Marriage (*Made Diah Lastari*) ............................................................................. 69
15. The Effects of a Token Economy System to Decrease Disruptive Behaviors of Children with Visual Impairment (*Maria Heleno Suprapto, and Febi Ayu Mayangsari*) .................... 75
16. The Influence of Self Control Training to The Level of Internet Addiction in College Students (*Emo Krisnumati, and Mira Arie Rachmawati*) ........................................................................ 81
18. Linguistic Experiences of Adult Dyslexic Learners (*Ariel E. San Jose*) ...................................... 93
19. Risk Behaviors among Indonesian and Chinese College Students (*Monique Sukanto, Sri Wahyuningsih, Debrina Chrianti, Youvni Angelina, Jiasheng Zhao, and Shiyou Zhang*) ............. 100
20. Psychological Well Being Reviewed Of Single Types and Sexes (*Nani, Hartanti Hartanti, Yohana Christie, and Dewy Muliyono*) .................................................................................. 105
21. Effectiveness of Music Therapy in Lowering of Postpartum Depression (*Rabi Atal Aprinanti, and Ratna Syifa’ a Rachmahana*) ..................................................................................... 110
23. Involvement in School Extracurricular Activities And Soft Skills: A Comparative Analysis Between Students Interested And Not Interested In School Extracurricular Activities (Mohananraj Annamalai)... 124

24. Profiling Facebook Users: Who is The Open-attentive User in Facebook? (Rahman Ardi, and Domnikia Maisen)... 131

25. Evaluation of Stress and Coping Styles in Patients with Metabolic Syndrome in Hospital Universiti Sains Malaysia (Nor Fadhillah Abdullah, Radziqah Mohd Fauzi, and Saktiah Harith) ... 141

26. Corporate Culture, Perspectives on Theory and Practice, Compare and Contrast Indonesia and The Netherlands (Nugroho Dwi Priyohadi) ... 151

27. The Mapping of Aggression Causal Factors on Political Party Participants (RR Amanda Pusa Rini, Angkasa Mandala, and Diah Sofiah) ... 156

28. Gender Differences in SCD Crisis: Implications for Genetic Counseling and Psychotherapy (Othimato Olanjaba) ... 162

29. Psychosocial and Medical Intervention towards Pregnant Woman in Order to Understand the Mental and Physical Defect of Newborn Baby (Rafiq Patri Wurun, Maxtius Biaoe Dae, and Petrus Yulis)... 175

30. What Happened When Suicide Trial Occurred (Sarah Kartika Pratwi, Rari Pratwi, Riswandi Dwreyawan, Akhmad Sulthan, and Sri Kyurumando) ... 180

31. A Comparative Study of Marital Satisfaction Between Indonesian and Chinese Wives (Sri Wahyuningrat, Nurlika Endahl, Rizhida Pratiwi, Tasyika Mustaqa, and Qiong Cao)... 184

32. Employee’s Satisfaction Impact on Employee’s Performance: The Case of Fad Industry from Indonesia (Tasyika Mustaqa, Muhmmad Saleem, and Muhammad Ashraf)... 188

33. Correlational Study of Anxiety Level and Sleep Disorders Among Medical Students in Bali Approaching Examination (Tiara Carina, Ida Ayu Gede Huri Dharma Sasmata, and Nicholas Srimanduri)... 198

34. Meaning of ‘Science’ and ‘Religion’ Related to Indigenous Knowledge of Human Origin and Life Course Among Indonesian and Chinese Student (Tommy, and Ganesha Bayan Patri, Qianwen Wu, Xinmei Wang, and Wara Anggraeni)... 208

35. Life Satisfaction in Multicultural Society: Effects of Ethnic Diversity of Social Network and Ethnic Density (Margareth, and Wilma Vollebergh)... 214

36. Gender and Attachment to Mother Predict Adolescent’s Pride (Felicia Anindita S. Patri, Fransiana Rianta Firdaus, Cornellius Siswo Widatmo, and Elisabeth Haksi Mayawati) ... 216

37. The Effect of Training Program of Kader Pos Paxi to Enhance Emergent Literacy Development through Dialogic Reading Activity (Tri Pujji Asadi)... 223

38. The Use of Self-Management Strategy to Increase Self-Regulated Learning to the New Students of Psychology Faculty at Airlangga University (Aji Bagus Priyambodo)... 233

39. Appreciative Inquiry to Increase Employee Engagement (Roven Arynua)... 240

40. Depiction of Physical Disability Worker (Dianella Murdias, and Jovita Maria Ferkina)... 249

41. The Effect of Daily Activities and Money Spent Toward Happiness among Teenagers Living in Slam Area (Mata Zahrul Aurelia, Achmad Chusari, and Rizay Amelia Zehn)... 255

42. Decision Making Styles among Account Officer Based On Risk Attitude and Salesperson’s Customer Orientation (Rosasianti Puspita Adisat, and Fendy Suharyadi) ... 260

43. Islamic Education: The Philosophy, Aim, and Main Features (Rahmadlul Firdaus Binti Fathah Yasir, and Mohd. Shoh Jali)... 265

44. Enhancing the Quality Performance through Training Method in Floating Health Center KM, Mok Fana Bulan District West Kutai (Emima Elipomah)... 274

45. Stressors, Manifestations, Self-Management Styles and Communal Support Groups among Metropolis Singles: A Basis for a Proposed Human Resource Quality of Life Enhancement Program (Domino Obama Barcar... 278

46. Problem-Solving Therapy to Reduce Emotional Distress on Cancer Patients Who Undergoing Chemotherapy (Fiebe Ellenia Suryadinata, and Nurul Hartini)... 286

47. Study Styles of Conflict Management and Self-Efficacy with Burnout Principals of Governmental Schools (Aida Mehid, and Hatina Halmatus Sardiayah Hamso)... 291
48. Potency and Problems of Kenshusei (Indonesian Apprentice in Japan) Towards Independence (Chotical Hadi, Dima Aryo, Tika Myfathul, Irvani Putri Bhethazila, Uthia Estiane) .................................................. 296
49. Description of Adolescents Resilience Who Live in Prone Areas to Occur Human Trafficking (Dany Effendi, and Ike Herdiana). .................................................................................. 300
50. Self-Efficacy In Entrepreneurship Among The Students (Dewi Matamini, Nuri/ Irit Widianti, Putri Aquarianawati) ................................................................. 305
51. The Relationships Among Ethnic Prejudice, Centripetal-Centrifugal Tendencies and Interpersonal Attraction Native Children toward Chinese (Dyan Evita Sant) .......................................................... 311
52. What Are Men's Characteristics That Make Women Attracted? A research about men physical attractiveness according to women in Jakarta: a pilot study (Edward Andriyanto, Gisca Syalindri, and Solita Tiolita) .................................................. 318
53. Effect of Exercise on Patient with Diabetes Mellitus: A Case Study of a Patient with Type 2 Diabetes (Andreany Kasumowardani, and Firmano Adi Nurcahyo) ............................................ 323
54. Preparation of The Happiness Module to Improve the Quality of Life of The Odapun in Syamsi Duka Foundation Bandung (Farida Coralisa, and Milda Yanubianti) .................................................................................. 327
55. Training Design to Stimulate Application of Clarity Standard on the Elements of Thinking to Improve Quality of Response (Fida Nimura Nurrina) ........................................................................... 333
56. Hope of the Student from Divorced Family (Namani Azkeah) ................................................................. 341
58. Relationship Between Organizational Culture And Competence With Employee Performance - Survey in the Office of Tanjung Perak Port Authority (Imayzar Robbani) .................................................................................. 350
59. Coping Strategies To Satisfied Psychological Needs Women With Postpartum Depression (Istiqomah, Latiun, and Cahyaniyung Sunawinangun) ................................. 358
60. A School-Based Radio Program in Psychology: A Phenomenological Analysis of Strengths and Weaknesses (Dan Albert D. Merais, and Juan Victor P. Pastor) .................................................................................. 365
61. Description Of Adolescent Sexual Behavior Associated With Increased Of Human Trafficking Cases In East Java A Pre-Eliminary Study (Reto Ayy Astrini, Ike Herdiana) .................................................................................. 371
62. The Importance of Smile And Laughter: A Physical Sign of Happiness to Promote A Good Health Condition of Patients Suffering From Any Kind of Disease (Rufus Patty Wutun, Maximus Biaeder, Petru Yullis, and Willibaldus Dantikgga) .................................................................................. 378
63. Pattern Quality Relationship Between Leader and Member In A Team (Ely Yukkanari) ................................................................. 382
64. The Exploration Study About College Adjustment of Freshmen (Ruseno Arjuniggi) .................................................................................. 387
65. The Difference of Meaning of Work Between Chinese and Indonesia Employees and Its Effect on Work Engagement and Workaholism (Rui Yong, Jianhong MA, Chuncyo YANG, Frikson Christian, Karina Indra, Risna Tiara, Sis Budharto, Retno Kumoloahadi, and Sitti Hadjar Nurul Istiqomah) .................................................................................. 392
66. Balance Relationship In Parent Marriage, Parenting Effectiveness, Deviant Peers and The Tendency of Externalizing Behavior on Adolescents (Siti Atyyadat Fadhirah) .................................................................................. 401
67. Cross Cultural Study About College Adjustment Study of China & Indonesia College Students: ”How Coping Strategies Help Social Adjustment” (Soerjantini Rahaju, Alexander English, Uly Gunarti, Anastasia Dewi, Jiang Jing Xin, Anita Verina, and Wen Xue Q) .................................................................................. 409
68. The Effect Of Social Stories On The Pragmatic Communication Skills Of Children With Asperger Syndrome (Sheila Tomardja, and Anisa Karika) .................................................................................. 414
69. Psychological Dynamic In Guys Practicing Heterosexual Relationship (Hanga Djuhara) .................................................................................. 419
70. Psychological Conditions of Junior School Students Who Will Participate in Scholastic Aptitude Test in Surabaya (Ahmed Fericy, Miftiudat Hasna, Mochammad Daechad, and Tanfan Sayyawan) .................................................................................. 426
71. Trust, Intercultural Competence and the Influence of Perceived Cultural Distance of Indonesians and Americans in China (Alexander Scott English, and Ma Jinho) .................................................................................. 433
72. Social Interaction on Gifted Child (Alissa Nurfahida) .................................................................................. 441
73. Cross-Cultural Emotion Recognition of Angry and Happy Face between China and Indonesia samples (Yudistoro, A., Herdianto, CR) .................................................................................. 447
74. The Self-Readiness of Junior High School Students Facing Academic Aptitude Test (A.A. Intan Kemala P., Andri Sukristiyono, Fadilah Rahmawati, and Hernawan Bz.) ......................................................... 452
75. Factors Influencing Individual Performance In An Indonesian Government Office That Carries On Bureaucratic Reformation (Azizatul Munawarah, Corina DS. Riantoputri) ............................................................. 456
76. Student Coping Strategy Based On Personality Type, Learning Style And Gender (Niken P. and Muhammad Riza) .................................................................................. 461
77. The Influence Of Teacher’s Determination On Curriculum 2013 Toward The Teacher’s Performance Of SMP Negeri 10 Surabaya (Nadya, Sulung Muna, Agung Adityanto, and Aisyah Fajarwati) ................................................................................................. 468
78. A Literature Review On Developing Reading Kiosk Concept for Nurturing Reading Habit among Youth (Mirahida Binti Murad, Mansur Bin Ibrahim, Nurhayati Binti Abdul Malek, Fadziah Binti Abdullah, and Khairul Syakirin Has Yun Hashim) .................................................. 473
79. Psychological Problem of Children Who Live in Poverty (Tuni Nurmahida) ................................................................. 483
80. Teacher’s Affective Commitment - A Study of High Schools and Vocational High Schools Teachers (Umi Amugerah Izzati) ............................................................................................................. 487
81. Empathy and Bullying: A Meta-Analysis Study (Tri Rejeki) ................................................................................................. 493
82. Family Support; An Overview to Protect Teens from Human Trafficking - A Pre-eliminary Study (Sekar Kirana Hernianto, and Ike Herdiana) ................................................................. 496
83. Factors Influencing Students’ English Language Anxiety (Norshima, Z. S., Nur Hidayatul Husein, M., Ahmad Fohimi, and A. Annah Saayah, I.) ........................................................................ 502
84. The Relationship Between Self-Regulation and Career Planning of Balinese Teenage Girls (Ni Luh Ariek Istriyanti, and Nicholas Samarnara) ......................................................... 510
85. The Impact Of Self Development Education to the Self Esteem of the Students of Bina Nusantara University Jakarta (Frederikus Fios, Ch.Megawati Tirtawinata, and Marty Magda Pane) ................................................................. 518
86. A Descriptive Study About Teacher’s Level of Work Anxiety As A Result of The Policy of Teacher Rotation and Its Psychological Impact on Potentially Rotated Teacher In SMPN 1 Surabaya (Devi Nurindriyah, Eva Indrasari, and Cho Hoo Rechma Septin) .................. 524
87. Social Competency of Gifted Students Viewed From Parental Social Support (Sugianti, Rini) ............................................................... 532
88. Application of Cognitive Behaviour Therapy to Reduce the Symptom of Obsessive Compulsive Disorder in Young Adult (Silvina Ekos, Henry E. Winawan, and Sandi Kartasasmita) ................................................................. 538
89. The Relation between Communication Skill with Psychological Well Being for People with Hearing Loss (Sinta Yudisia Wisudanti Sofyan) ......................................................... 543
90. Effects of Different Types of Gender-stereotyped Threat Activation on Letter Fluency Performance in Men and Women (Sri Wulandari, Donny Hendrawan, and Andi Supardi S. Koentara) ................................................................................... 548
91. Self Leadership in Students Who Working on Thesis (Nur Rachma Aisyah Putri) ................................................................. 556
92. Self-report of Students Attending Counseling Class on Mindfulness Training (Caesilia JW, and Tohanis Franz La Kahja) ............................................................................................................. 560
93. Mohd Zawawi bin ZainalAbidin (PhD): Palang Young Scholar Who Is The Driving Force Behind The Progress And Development of Kolej Islam Palang Sultan Ahmad Shah (Anmah Saayah binti Ismail, Norshima Zainal Shah, Wan Komal Mat Jami and Izzah Suryani Md Ressad) ........................................................ 564
94. What Causes Ego Depletion on Students? An Explorative Study (Anna Underwari) ................................................................. 568
95. The Relationship Between School Formality Culture And Student Learning Style Towards Students Academic Achievements (Azizi Yayah, Gooh Mo Lea, Halimah Maalip) ............................................................................................................. 575
96. Peer Acceptance and Self-Concept Were Reviewed From Degree of Disability & Quadrupleic Child Sex In Inclusions in a School Setting (Bibit Mulyana) ................................................................................. 582
97. “KEMBANG KUNCUP” An Alternative Model of Positive Body Image Promotion for Female College Student (Andr坛 Liem, and Cecilia Larasati Roho) ............................................................................... 588
98. The Analysis of Factors Influencing Depression in Madurese Teens Dynamics In The Framework of Social-Cultural Psychology-Madura (Diana Rahmatari) ......................................................................................... 597
99. Driver Psychology: Character and Personhood of Selected Drivers of Dasmarinas, Cavite and Their Relations to Self-Actualisation (Enfracio Sioco Calderon Jr., and Arianne Bunaga Dimatibot) ................................................................. 606
100. Shame Mediates Attachment and Submissive Behavior in Adolescents (Fiona V. Damianik, Maria Kristanta D.N. Widodo, Marlinna Sutandia, and Cornelius Siswadi Widyatmo, and Elisabeth Haki Mayawati) .......................................................... 612

101. The Correlation Between Self-Focusing Person and Students' Entrepreneurship in Surabaya (Tusabah Aulia, Nurdin Aint, and Cholimb Roid) .......................................................... 618

102. Developing New Norms of CFT in Indonesia (Fitri Andriani and Prameswi Pradnya Paramita) ................................. 621

103. The Effect of Using SCAMPER and Sketching Idea as Strategies in Developing Ability of Art Creative Design of Students in Ninth Grade Level (Roem Thabat) .................................................................................. 624

104. Psychoeducation Effectiveness in Increasing Knowledge and Skill of Children Developmental Early Detection among Posyandu Balita and PAUD Cadres in Puskesmas Pacang Sewu (Desy M. Aditia, and Ika Yuniar Cahyani) ........................................................................... 637

105. Psychology Class for Volunteers of Early Childhood Education in Surabaya: for increasing knowledge and skills of volunteers in early childhood education posts in East Java (Endah Mastutti, Nuraini Faridhana, Margaratha, and Afitika Dian Ariana) ........................................................................... 643

106. Organizational Change in Airlangga University To Achieve World Class University (Fendy Sukandri, and Dewi Syarifah) .......................................................... 646

107. Relationship Between Peer Attachment and Adolescent Emotion Regulation of Boarding School's Students SMA Negeri 10 Samarinda (Miranti Rosey, and Dewi Retno Sumunar) ........................................................... 653

108. Developing Story Learning Design through Self-Directed Learning Process by Teachers of Early Childhood Care and Education (Rudi Cahyono) .......................................................... 658


110. Intervention Mapping: proposing a protocol of health promotion program to develop breast cancer early detection program (Triana Kesuma Dewi) ........................................................................... 668

111. Understanding the Role of Job Satisfaction, and Leadership Style to Organizational Commitment (Wustari L.H. Mangundjaya) ........................................................................... 674

112. The Relationship Between In A Just World And Spiritual Faith - in the context of cross-cultural (Yuan Cheng, Yinxuan Shao, Yuqi Wang, Rahajun Soverjanini, Sukanto Monique) ........................................................................... 678

113. Knowledge And Implications Of Emotional Intelligence Toward Leadership Skills: An Analysis On Employees In Public Sector (Siti Nurzaidah Abdullah and Zulkifli Abi, Latif) ........................................................................... 682

114. Psychological Well-Being of Addiction Counselor in Rumoh Geutanyoe Banda Aceh (Cut Riska Aliana, Nuckie Yulanndari Haifah Nisa) ........................................................................... 689

115. Distribution of Valence in Friendship Based on Twitter's Status Updates (Johan Amunda, Roby Muhamad, and Harry Susanto) ........................................................................... 692

116. Marital Satisfaction, Social Support, and Social Stress: A Cross Cultural Comparison Between Indonesian and Chinese Wives (Nuritta Endah Karunia, Sri Wahyuningtyas, Tayyiba Muisahq, Qiong Cao, Lu Xing, Hilda Pratih) ........................................................................... 700

117. Effectiveness of Behavior Modification with Self-Control Strategies On The Behavior of Tukang Drinking (Ernda Marieka Munram, and Rodianto Hastanah Sirgar) ........................................................................... 706

118. Wellbeing among Elderly in Indonesia and China (Sotiklsi Go, Jatie K. Pudjihadoji, Indra Wijaya, Adi Satia Indramawan, Tayyiba Muisahq, and Xueqiao Chen; Xiaoyu Feng) ........................................................................... 710

119. Relationship Between Job Stress And Job Satisfaction of Employees in The Company X (Fellyny, and Sukma Kani Moerardijono) ........................................................................... 714

120. Body Dissatisfaction and Body Change Behaviors among Indonesian and Chinese College Students (Monique Elizabeth Sukanto, Nuritta Endah Karunia, Jianheng Zhong, Shiyao Zhang, and Sylvia Santos) ........................................................................... 719

121. Suicide and self-harm: agency and the shaping of social relations in southern Sri Lanka (Maurice Said) ........................................................................... 725

122. Correlation between Situational Strength and Conservation Values with Authoritarianism in Civil Servant at Institution A (Triyo Utomo, and Sam'ani) ........................................................................... 731

123. Occupational Stress, Job satisfaction, and Self-efficacy among Indonesian and Chinese employees (Verina H. Secapramana, Tayyiba Muisahq, Kucheng Guo, Yanlei Wang, and Nur Farida Arifianti) ........................................................................... 741

124. Quality of Work Life (Verina H. Secapramana, and Marsellus Sampe Tondok) ........................................................................... 741
125. Problems and Needs of Counseling and Guidance Services in Hostel School Student in Sekolah Menengah Teknik Johor Bahru (Azizi Yahaya, Gooh Mo Lee, and Halimah Maalih) ........................................ 750

126. Different Perception of Working Relationship in Intercultural Working Team (Tseng Shentu, Verina Halim, Jatje Kusmiati Kusna, and Jatje Kusmiati Kusna) .................................................................. 757

127. Cross Cultural Study About College Adjustment Study Of China & Indonesian College Students: “How Qualities Of Family Contribute Social Adjustment” (Seerjantam Rahaju, Alexander English, Uly Gusnarti, Anastasia Dewi, Jiang Jing Xin, Anita Verina, and Wen Xue Qi) ............................................. 775

128. Effective Communication Training to Decrease Shyness on Immigrant Students in Surabaya (Endah Purwanti, Mariyanti Husen, Nanik Churnia Sari, and Sapti Meilingsih) .......................................................... 780
Psychological Well Being Reviewed Of Single Types and Sexes

Nanik, Hartanti, Yohana Christie, and Dewy Mulyono
Faculty of Psychology, University of Surabaya, Surabaya - East Java
Email: nanik@staff.ubaya.ac.id; hartanti@staff.ubaya.ac.id

Abstract
The aim of this article is to describe two researches result on psychological well-being (PWB) based on single types and sexes. Research I subjects are 60 single women age ranged 35-50 years old. Research II subjects are 65 single men and 65 single women age ranged 25-40 years old. Both researches subjects are from Surabaya and Sidoarjo, enrolled by snowball sampling-purposive incidental type. Instrument to measure PWB is a modified scale by Reiff. Both researches indicate: 1) there is no significant differences between single females PWB among the single type groups (p=0.359>0.05), 2a) there is no significant differences between single males and females PWB among the single type groups (p=0.506>0.05), and 2b) there is significant PWB differences between single males and females (p=0.0123<0.05). Both results confirm further that high PWB is not tied to sexes and single types.

Keywords: psychological well being, unmarried, single types, sexes

INTRODUCTION
Advancement in science and technology has been grown rapidly as of stimulate professionalism and career opportunity development in many fields. Dealing with this situation, these rising generation stride to supply themselves through higher education above the bachelor degree. This condition make the people and/or families in Indonesia do not restrict males and females into specific professional fields. Furthermore, right now the public or families tend to put men and women into equal position in getting their right for education, professional fields, career development, and share role on domestic chores. This condition is also affecting the delay on marital age for the youth currently, consciously/purposively or not until they reach early upto middle adulthood (35 - 40 years old). Mostly among them hold back and enjoy their unmarried status with several considerations, such as pursuing master degree, concentrating on career, waiting for financial stability, not finding the right partner, and other reasons.

Marital age shifting on females are caused by various reasons, such as females have experienced indepedency, gotten job that support them, gotten more time to reach education that lead them to some core experiences, and increase their job opportunities (Crawford, 2006), freedom to take the risk without feeling anxious on how to fulfill others' or her spouse's needs, and presence of fear toward divorce (Glick & Lin, as cited in Papalia et al., 2002). Those reasons which cause marital age shifting on females will be related to unmarried period time women will endure.

Singe males in common enjoy their unmarried period and defer to develop a committed relationship toward marriage. Their main reason to suspend their plan to be involved in a serious relationship is because they are not ready to get out from their comfort zone and enter the committed life that is viewed as a life full of compromising, responsibility, and sacrificing (“Hidup melanjang, bahagiakah?”, 2008).

According to a survey toward 60 males aged 25-35 years old, it found out that there are several reasons they are still single, which are: do not want their freedom is bound (35%), want to focus on career (29%), do not feel stable enough (20%), and have not found the right partner (16%). One of the factors men do not get married is to pursue career to achieve future stability. They often drown in their work with ever growing pressure on their work load, so they ignore and forget their personal matter to marry (Kokonata, 2006).

Married or stay single are each people's decision and it can't be ignored that each decisions will lead to each consequences. Single males or females might enjoy their freedom but on the other hand, they also need someone as their place to lean on and share their burden. Single folks in common feel good when they are being appreciated, cared of, and feeling needed. Those who are married will feel diminution of freedom, increased responsibilities, but behind that they also get a partner who will take care of them, give support when needed, and a place to share. In contrary, single folks will experience limitless freedom, not being bothered by their partner who wants to get into their lives, even having
access with their income, but they often feel lonely, have to be independent, and have no place to lean on and share their burden.

It can not be ignored that single males or females are often be considered having incomplete life. Marriage is deemed as something normal, not only accepted but also socially expected. This perspective make single life is being looked as a pathetic forced situation. It is arguable to say, in Indonesia living single or unmarried is socially expected. This perspective make single life are often be considered having incomplete life. Marriage is deemed as something normal, not only accepted but also looked as a pathetic forced situation.

Marriage status will influence individual perception on happiness. In psychology, this happiness is called with terms “psychological well-being” (PWB). Marital status will influence individual’s happiness perception or PWB as supported by Kim and Patrick (2011) research journal on western countries. It said that marital status affect strongly on individuals’ PWB. Other research also found there is a positive linkages between marital status and PWB (Marks, 1996).

An elaborate definition for PWB is an individual level of ability to accept him/herself unconditionally, to shape a warm relationship with others, be autonomous from social pressure, to control external environment, to have meaning in life, and to materialize personal potentials continuously (Ryff & Keyes, 1995). PWB is very important, because if each individuals have high PWB level, it will affect their quality of life on many aspects. It also goes in opposite way if someone has low PWB level. As stated before,

Ryff and Keyes (1995) postulated six dimensions of well-being: 1) self-acceptance dimension (self-acceptance towards present and past and positive attitude towards self), 2) positive relations with others dimension (as an empathetic and affection towards others and ability to maintain strong relationship and identification with others), 3) autonomy dimension (sense of freedom, free of norms that are rule life), 4) environment control dimension (ability to create environmental restoration and could gain its benefits), 5) life direction dimension (involving a consciousness that every individuals have life directions and give meaning to life), and 6) personal growth dimension (continuously develops personal potentials, grows and increases personal positive qualities).

Single males and females could have different PWB level. This is related with how they accept themselves, be independent with social pressure against them, could control external environment, have potential meaning of life, and actualized their inner potentials.

It can not be ignored that behind every consideration living the life unmarried, apparently half of them facing anxiety, discomfort, embarrassment, isolation, loneliness, depressed, and emptiness. Thus, authors want to describe PWB condition of the unmarried across sexes and single types based on two researches.

METHOD

Dependent variable on this research is PWB, while independent variables are males or females single types (consist of stable voluntary, temporary voluntary, and temporary involuntary) and marital status (married and single). Here is the operational definition:

1. Single males and females are unmarried men and women within age range above 25 years old or in adulthood phase. They are all currently don’t have or don’t plan to have partner in short or longer term if it is a choice (Laswell & Laswell, 1987). There are four types of single females mentioned by Benokraitis (2011), but on this research, there will be only three types used (a,b,&c):

a. Temporary voluntary: single females who are not opposite to the idea of marriage. They delay to get married because of several activities (education, career, politics) come up in their list of priorities and they do not actively looking form a mate.

b. Temporary involuntary: single females who have not married yet (or had married) but they want to get married and actively looking form a mate.

c. Stable voluntary: single females who on this type can tolerate to stay single. They choose to stay single. They also might oppose to the idea of marriage due to religious calling (such as becoming a nun). Widowed or single parents also fall in this category and they choose not to get married. This type consists people who is not going to marry or even get married.

d. Stable involuntary: single females on this type want to get married but have not found a partner. On this category, the reasons for not being married are due to age and physical or psychological in parent that prohibit them from marriage. Compared to temporary involuntary, single females on this type accept their singleness as a permanent state.

2. PWB is individual capabilities level on accepting themselves unconditionally, creating a warm relationship with others, being independent toward social pressure, controlling external environment optimally, having meaning in life, and expressing their self-potentials (Ryff & Keyes, 1995). The rating refer to PWB dimension stated by Ryff (1989) which are:

a. Self-acceptance

Self-acceptance is an individual level on accepting their own self unconditionally, being
responsible on their own, having courage to admit their wrong doing, and self-introspection.
b. Positive relations with others
Positive relations with others is an individual level on shaping up a warm relationship with others, trust-based interpersonal relationship, and strong caring & emphatetic feeling.
c. Autonomy
Autonomy is an individual level on deciding their own fate, achieving freedom, internal control, and managing their own internal behavior. Autonomy allows individuals to think and act appropriate to their wish and not being controlled by others' power.
d. Environmental mastery
Environmental mastery is individual level in selecting or creating an environment appropriate to their inner state, marked by their ability to keep moving forward, capability to handle disappointing world (not fitting their expectation) rationally, and to capture meaning effectively to achieve their own goal. Environmental mastery is achieved through two means: altering environment to suit with individual condition (environmental changes) or individuals adapt to their environment without changing the external factors (individual changes).
e. Purpose in life
A clear understanding on life goal, conviction towards it, and planned goal is the most important thing for achieving life meaning and aim.
f. Personal growth
Personal growth is a continuous individual level in developing personal potentials, developing and broaden self as a person, ability to express themselves against external obstacles, and in the end struggle for increasing personal well-being rather than fulfilling moral rules.

Design of these researches are comparative-descriptive quantitative method because the authors want to describe PWB measurement consistency between males and females for those whose classified as having high PWB from two researches results and their PWB supporting factors.

Research I subjects are 60 single females ranged 35-50 years old. Research II subjects are 65 single males and 65 single females ranged 25-40 years old. Subjects were selected from Surabaya and Sidoarjo with purposive incidental sampling-snowball technique. Data gathering technique was using closed questionnaire to measure PWB and open questionnaire to gather identity and supporting questions to enrich informations probed.

Data analysis from this two researches are validity testing using product moment correlation, reliability testing using Alpha Cronbach, normality testing using Kolmogorov-Smirnov Z, homogenity testing with Levene (for both researches), and hypothesis testing with anakova parametric statistic to assess variance differences from two samples. Covariate testing and independent t-sample testing were also used (for both researches).

RESULT
Data analysis result from research I shows that single females PWB with stable voluntary type is not different with single females from temporary voluntary and temporary involuntary types ($p = 0.359, p > 0.05$). Overall, PWB on those three types are not different to each others and rest on optimal condition. However, PWB on stable voluntary types are significantly more optimal than the other two types ($p = 0.000, p < 0.01$).

Optimal PWB on three categories of single females are influenced by several factors. Based on subjects' data, majority of subjects have finished bachelor degree and acquired job. It supports high level on well being due to work and education are affecting factors (Eddington & Shuman, as citated in Continuing Psychology Education, 2005).

Based on table I, it is known that the aspect of positive relations with others have greatest correlation with single females PWB ($0.938$), while aspect of life direction gained the least correlation compared with other aspects ($0.896$). It means that positive relations with others may bring significant impact on single females PWB compared to other factors. Correlation strength is obtained by observing product moment coefficient-correlation scores between each PWB aspects towards single females PWB total scores.
Research I result is consistently supported by Research II result which shows there is no significant differences on PWB among single types (females and males; temporary voluntary, temporary involuntary, and stable involuntary; p = 0.592 > 0.05). It is observed that both females or males participants achieve high PWB despite their single types. This condition is supported further with six PWB aspects on single males. Moreover, both males and females have independent, confident, and assertive character which essential for personal growth as one aspect of PWB.

Education and work also contributing factors for similarity in PWB scores among single types and sexes. Most subjects are graduated from bachelor degree (57.7%). It shows that they are mostly educated. Other factor is job employment which most subjects have attained job already (93.8%).

There is a significant differences in PWB between males and females (p = 0.012 < 0.05). One of factor impacting PWB is sex differences. According to Eddington and Shuman (2005), in general, women are more open in acknowledging their emotions and seeking solutions. While men tend to deny their emotional experiences.

## DISCUSSION

High PWB is not conditioned by sexes and single types either men and women with single types temporary voluntary, temporary involuntary, stable voluntary, and stable involuntary. Those three single types have optimal PWB level. PWB aspects which have effective contribution on overall well-being are personal growth (males) and (positive relations with others (female)). It is also found that several dominant supporting factors to achieve high PWB level are higher education level, job, and positive relations with others.

These findings on both researches are contrasting with what had been found from previous researches (Kim & Patrick, 2011). This output may differ because single males/females are closely tied with their family. As stated in the open questionnaire, in between their activities, single males/females still could spend time with their family. They also may still live with their parents (family). Presence of significant others as social

## REFERENCES


Continuing Psychology Education. (2005). *Subjective well being (happiness)*. San Diego, California: Author.


<table>
<thead>
<tr>
<th>PWB Aspects</th>
<th>Correlation Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-acceptance</td>
<td>0.922</td>
</tr>
<tr>
<td>Positive relations with others</td>
<td>0.938</td>
</tr>
<tr>
<td>Autonomy</td>
<td>0.904</td>
</tr>
<tr>
<td>Environmental mastery</td>
<td>0.911</td>
</tr>
<tr>
<td>Purpose in life</td>
<td>0.896</td>
</tr>
<tr>
<td>Personal growth</td>
<td>0.923</td>
</tr>
</tbody>
</table>


