
Subjective Well-Being of Female Adolescents with Disability in Indonesia

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How to cite this article: Nanda Sylvia, Darmawati, Marthoenis. Subjective Well-Being of Female Adolescents with Disability in Indonesia. *International Journal of Nursing Education*/Volume 16 No. 3, July - September 2024.

Abstract

Background: Subjective well-being is vital for individuals with physical and intellectual disabilities to possess because it affects their future life development. Adolescents with physical disabilities are one of the groups considered to have low levels of Subjective Well-Being.

Materials and Methods: A cross-sectional study was conducted among 139 female adolescents with disability in Indonesia. The data were collected by directly interviewing the students based on the questionnaire guide and reviewing the participant information through secondary data. The data collection instruments cover the socio-demographic data questionnaire and Satisfaction with Life Scale.

Results: The majority of the female adolescent with disability satisfy with their life (70.5%). Their satisfaction was associated with their family type and their age ($p < 0.05$), but not associated with age, parent occupation and their grade ($p > 0.05$).

Conclusion: Students from nuclear family seem to have better support to the disabled adolescent, so that they have better life satisfaction compared to their peer living in an extended family.

Keywords: Affect, Life Satisfaction, Subjective Well-Being, Adolescent, Disabilities

Introduction

Subjective well-being (SWB) is an essential concept for adolescents with intellectual disabilities, considering the health disparities emerging in the population. Despite variation in estimates of the prevalence of disability, recent estimates

suggest that 15-19% of the world's population has disabilities¹ financial hardship, social support, subjective well-being. The United Nations (UN) Convention on the Rights of Persons with Disabilities states that "persons with disabilities have the right to the highest attainable standard of health without discrimination on the basis of disability"².

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Submission date: June 3, 2024

Revision date: June 14, 2024

Published date: July 31, 2024

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Although the UN Convention on the Rights of Persons with Disabilities has been ratified by 185 States (United Nations, 2022), individuals with disabilities still experience major health inequalities across a range of indicators, including reported poorer physical health³, poorer mental health⁴ where some require psychosocial support. However, evidence is limited for whether existing interventions for this adolescent group reduce social or appearance-related distress. We therefore conducted a parallel-group, randomised control trial to evaluate the effectiveness of Young Person's Face IT, a self-guided web-based psychosocial intervention developed for adolescents with a visible difference who experience distress. Adolescents (N = 189, aged 11-18, and significantly increasing health problems in those with disabilities during chronic physical conditions⁵.

SWB refers to an assessment of one's life satisfaction and affective (positive and negative affects). It is vital that people with physical and intellectual disabilities possess SWB since it affects their future life development. An individual with high SWB will find it easier to establish good social relationships⁶. SWB is often used as an indicator to measure the level of adjustment in individuals with disabilities⁷ and there is a lack of regional representative data. Therefore, this study aimed to estimate the pooled prevalence of good menstrual hygiene practices and associated factors among adolescent girls in sub-Saharan Africa. Methods: In this study, the Preferred Reporting Items for Systematic Reviews and Meta-Analysis guidelines were used to develop the review manuscript. Online electronic databases, such as PubMed/Medline, Google Scholar, and CINAHL, were searched to retrieve available studies. The database search was conducted from January 1 to May 17, 2022. The selection, quality assessment, and data extraction of the studies were performed. Quality assessment of the studies was performed using the Joanna Briggs Institute Meta-Analysis of Statistics Assessment and Review Instrument. Subgroup analysis and meta-regression were performed based on country, study area, and sample size. Publication bias was examined by funnel plots and Egger's test. The statistical analysis was conducted using STATA version 14 software and RevMan software, and statistical significance was declared at a p value of less than

0.05. Protocol registration number: CRD42020165628. Results: A total of 229 studies were retrieved, and 14 studies were included in the final meta-analysis. The pooled prevalence of good menstrual hygiene practices was 45% (95% CI, (37, 53). Adolescents with physical disabilities are one of the groups considered to have low levels of SWB⁶.

Many factors influence SWB in adolescents. They include the ones that support or inhibit SWB. Certain demographics can enhance SWB, depending on one's values and goals, personality, and culture. The influence of demographic factors on SWB consists of income, marriage and family, age and gender, occupation, education, race and religion⁸. Age and gender are associated with SWB, but they provide small effects, depending on the SWB component being measured⁹.

Adolescents with physical disabilities who possess high self-esteem consider physical appearance not a measure of self-perception. Also, research exhibits that self-esteem significantly influences SWB⁷ and there is a lack of regional representative data. Therefore, this study aimed to estimate the pooled prevalence of good menstrual hygiene practices and associated factors among adolescent girls in sub-Saharan Africa. Methods: In this study, the Preferred Reporting Items for Systematic Reviews and Meta-Analysis guidelines were used to develop the review manuscript. Online electronic databases, such as PubMed/Medline, Google Scholar, and CINAHL, were searched to retrieve available studies. The database search was conducted from January 1 to May 17, 2022. The selection, quality assessment, and data extraction of the studies were performed. Quality assessment of the studies was performed using the Joanna Briggs Institute Meta-Analysis of Statistics Assessment and Review Instrument. Subgroup analysis and meta-regression were performed based on country, study area, and sample size. Publication bias was examined by funnel plots and Egger's test. The statistical analysis was conducted using STATA version 14 software and RevMan software, and statistical significance was declared at a p value of less than 0.05. Protocol registration number: CRD42020165628. Results: A total of 229 studies were retrieved, and 14 studies were included in the final meta-analysis. The pooled prevalence

of good menstrual hygiene practices was 45% (95% CI, 37, 53). Furthermore, another factor influencing the high and low SWB of adolescents with physical disabilities is social support¹⁰ as well as their most important risk factors have been described, hardly anything is known about potential protective factors. Resilience refers to the maintenance of mental health despite adversity. To gain mechanistic insights about the relationship between described psycho-social resilience factors and resilience specifically in the current crisis, we assessed resilience factors, exposure to Corona crisis-specific and general stressors, as well as internalizing symptoms in a cross-sectional online survey conducted in 24 languages during the most intense phase of the lockdown in Europe (22 March to 19 April).

Social support and optimism are related to SWB in adolescents with physical disabilities. Social support is an essential component for SWB of individuals with physical disabilities. There is a significantly positive relationship between social support and SWB in students with physical disabilities. Based on the phenomenon, the researchers were driven to conduct a study regarding the gender, education level, family type, type of disability, and social support determinants on SWB measures of life satisfaction of adolescents with disabilities in Banda Aceh City. Based on the information gained from the Education Offices (Banda Aceh City and Aceh Besar Regency Regional Offices) in 2023, there were 240 adolescents with disabilities in Banda Aceh.

Material and Methods

Across-sectional study was conducted in a school for disabled children in Indonesia. Using a convenience sampling methods, data collection was conducted from January to March 2024. The data collection was undertaken after the students' parents/representatives had completed filling out the informed consent provided by the researchers. Data was collected directly by interviewing the students based on the questionnaire guide and reviewing the participant information through secondary data. The data collection instruments include the socio-demographic data questionnaire, and Satisfaction with Life Scale (SWLS). The data collection was undertaken after obtaining an ethical

permit recommendation from the Nursing Research Ethics Commission, Faculty of Nursing, Syiah Kuala University.

Results

Among 139 adolescents participated in this study, the mean of age was 15 years old, the majority was at seventh grade (41%), comes from nuclear family (85.6%), father work as laborer (51%), mother work as housewife (79%), and had deaf disability (67%). Regarding the disability that the respondent has, the majority were deaf (66.9%). Lastly, most of them satisfy with their life (70.5%). Detail of respondent characteristics is presented in Table 1.

Table 1: Respondent Characteristics and Frequency

Characteristic	Frequency	Percentage
Grade		
a. Elementary	114	82
b. Junior-High	25	18
Family Type		
a. Nuclear Family	119	85.6
b. Extended Family	20	14.4
Disability Type		
a. Physically Disabled	12	8.6
b. Mentally Disabled	13	9.4
c. Blind	21	15.1
d. Deaf	93	66.9

Further analysis suggests that their satisfaction with their life was associated with type of family ($x^2 = 14.2$, $p = 0.001$), age of the adolescents ($U = 1373$, $p = 0.001$), but not associated with the grade, type of disability and family income ($p > 0.05$). Those who come from nuclear family were six time more likely to satisfy with their life compared to those from extended family. Also, those with younger age tend to satisfy more with their life than the older age group.

Discussion

The results show that there is a relationship between family types and SWB of life satisfaction and affective in adolescents with disabilities in this population. This aligns with previous research stating that there is a relationship as well between

family types and SWB of life satisfaction and affective in adolescents with disabilities¹¹. According to Botha & Booyesen (2014), a well-functioning family can provide support, monitor, and facilities related to adolescents' needs. In this case, intimacy from each family member plays a significant role in one's life satisfaction. Contrarily, dysfunctional families lead to a much lower level of satisfaction. Positive relationships between parents result in positive development in children's emotional, social, and cognitive aspects; and this positivity leads to a more positive and satisfying picture of their life. However, growing up in an unstable family atmosphere will result in an individual's lack of self-confidence, unfriendliness, negative thinking of life, and, therefore, life dissatisfaction.

In general, an individual's SWB tends to reflect positive affect¹². Pavot & Diener (2004) elaborate that positive affect represents one's SWB being at a high level. Individuals are classified as having high SWB when they often feel happy, rarely sad, and feel satisfied with their life; otherwise, those with low SWB are less satisfied with their life, rarely happy, and often feel emotional. This aligns with the caring theory suggested by Swanson, mentioning that nurses need to be both physically and emotionally present in providing valuable care for patients. According to Swanson, nurses need to "be with", including being there personally, conveying availability and sharing feelings without burdening the client. It is needed that nurses be present to maintain confidence in other individuals regarding their capacity to overcome events or transitions and face a meaningful future, uphold themselves, maintain a hopeful attitude, offer realistic optimism, and help find meaning regardless of the situation.

Conclusion

Our research findings indicate that a majority of disabled female adolescents report life satisfaction. This satisfaction is significantly influenced by both family structure and age. Specifically, individuals from nuclear families exhibit a sixfold higher likelihood of life satisfaction compared to those from extended families. Additionally, younger age groups tend to experience greater life satisfaction than their older counterparts.

Ethical Clearance: The research approval was given by the Ethics Committee of Nursing Research (KEPK), Faculty of Nursing, Universitas Syiah Kuala, with Number 112002201123, on 28th December, 2023.

Conflict of Interest: The authors declare no competing interests with any party in carrying out this study.

Source of Funding: The Health Human Resources Development and Empowerment Agency of the Ministry of Health of the Republic of Indonesia supported this study.

Acknowledgement: We extend our gratitude to the Human Resources Development and Empowerment Agency of the Ministry of Health, Republic of Indonesia, for funding this research, and to the Human Resources Development Agency of South Aceh Regency, and the Director of Rumah Sakit Jiwa Aceh General Hospital, Banda Aceh, Indonesia, for facilitating this research, as well as all respondents who shared their time, experiences, and participation in this study.

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