

Secure Attachment to Parents And Psychological Well-Being in Adolescents

Ummu Faizah^{1*}, Narastri Insan Utami²

¹Universitas Mercu Buana Yogyakarta, Indonesia

²Universitas Mercu Buana Yogyakarta, Indonesia

*ummufaizah40@gmail.com

ABSTRACT

In their quest for self-identity, teenagers encounter numerous challenges, necessitating the development of relationships with those around them, particularly fostering attachment with their parents. However, these challenges often hinder adolescents from forming positive relationships with others, including their parents, eroding self-confidence, and complicating their ability to adapt and develop effectively. Consequently, many teenagers experience low psychological well-being. This research aims to examine the relationship between secure parental attachment and psychological well-being in adolescents. It hypothesizes a positive correlation between secure parental attachment and psychological well-being among teenagers. The study involved 150 adolescents aged between 12 until 21 years. A quantitative correlational method was employed, utilizing the Psychological Well-Being Scale (The Ryff Scales of Psychological Well-Being) and the Inventory of Parent and Peer Attachment (IPPA) Scale. Data analysis was conducted using the product-moment correlation technique. The analysis results indicated a correlation coefficient (r_{xy}) of 0.528 with $p = 0.000$ ($p < 0.001$), supporting the hypothesis of a positive correlation between secure parental attachment and psychological well-being in adolescents. The coefficient of determination (R^2) was 0.279, suggesting that secure parental attachment contributes 27.9% to psychological well-being, with the remaining 72.1% influenced by other factors.

Keywords : psychological well-being, secure parental attachment, thesis.

Introduction

Adolescence is a period that needs special attention in understanding its development (Natalia and Lestari, 2015). Adolescence is an important period because individuals begin to try to find their identity, resulting in several changes such as physical, cognitive, emotional and social (Papalia, 2010). Apart from that, at this time, teenagers are at an age full of struggle to find and develop an understanding of themselves and what role they will play in the surrounding community (Dewi and Valentina, 2013). According to Santrock (2003), the time span for adolescence is divided into 3, namely early adolescence (12-15 years old), middle or middle adolescence (15-18 years old), and late adolescence (18-21 years old).

In an effort to find their identity, teenagers are required to build many relationships with the people around them to achieve mature relationships with peers or other people, be able to accept and learn social roles as adult men or women who are highly respected by society, and achieve appropriate behavior. socially responsible, and so on (Desmita, 2009). The many relationships that teenagers build with other people will have an impact on the teenager's social changes, which will give rise to various situations and problems that they will face (Wahyuni, 2017).

The problems faced by teenagers are that they often experience rejection or feelings of neglect, usually having problems adjusting and having little interaction with other people, so they feel lonely and often cause conflict because they cannot adapt well (Santrock, 2007). Apart from that, teenagers also have problems in needing to feel confident in themselves and others, so teenagers need someone who is useful and trustworthy for them. However, fear of committing and trusting other people makes it difficult for teenagers to achieve this (Erikson, 1968). Teenagers also need freedom like adults, but sometimes they are still forced to carry out activities that they do not want to do, especially in front of other people and their friends because they are considered to have no purpose in life (Erikson, 1968). Problems such as difficulty establishing positive relationships with other people, lack of self-confidence so that it is difficult to develop and adapt well, and not having a purpose in life indicate that adolescents have low psychological well-being (Ryff & Keyes, 1995).

According to Ryff and Keyes (1995), psychological well-being is the condition of an individual who is not only free from mental problems, but also has the ability to accept oneself, find meaning and purpose in life, develop oneself, independently manage life and the surrounding environment and build relationships with others. other people so that they put more effort into realizing themselves to become better. There are six aspects of psychological well-being. The first aspect, self-acceptance which refers to a positive attitude towards oneself in carrying out an action. The second aspect, positive relationships with other people, refers to mastery in communicating well and positively with other people. The third aspect, autonomy, refers to the individual's potential to make decisions and dare to reject something that is not appropriate. The fourth aspect, environmental mastery, refers to an individual's potential to adapt to their environment. The fifth aspect, life purpose, refers to an individual's potential to show the meaning and direction of an individual's life. The sixth aspect, personal growth, refers to individual potential that is possessed and can be developed continuously (Ryff and Keyes (1995).

From the research results of Ramadhani, Djunaedi, & Sismiati (2016), the data obtained were 42.42% or 14 students belonging to the high level of psychological well-being group, 6.06% or 2 students belonging to the moderate level of psychological well-being group, and the most 51.52% or 17 students belonged to the low level of psychological well-being group. In line with research conducted by Anindya and Trihastuti (2022) on students from the class of 2020 and 2021, namely 2% or 1 student belonged to the very high level of psychological well-being group, 26% or 13 students belonged to the high level of psychological well-being group, 54% or 27 students belonged to the low level of psychological well-being group, and 18% or 9 students belonged to the very low level of psychological well-being group.

Adolescents with high psychological well-being will have a positive impact on themselves because they can live their lives feeling happy (Mami and Suharman in Deviana, Umari, & Khadijah, 2023). On the other hand, teenagers with low psychological well-being will have a negative impact on themselves both cognitively, emotionally, physiologically, or from behavior that makes their lives feel unhappy (Safaria in Deviana, Umari, & Khadijah, 2023).

There are several factors that influence psychological well-being, namely age, gender, personality, socio-economic status, and social support (Ryff, 2008). Within the social support factor there are six components and one of these components is attachment or attachment which is usually obtained from parents in either secure or insecure form (Cutrona, et al in Rahama & Izzati,

2021). This is in line with research conducted by Abubakar, et al (2013) that one of the factors that influences psychological well-being is the secure attachment of parents.

Attachment is an emotional bond that persists and has a strong intensity between two individuals (Armsden & Greenberg, 1987). Attachment that is based on a sense of security between teenagers and their parents is called secure attachment, which is characterized by the parents' warm behavior and consistent provision of affection within the family (Rice & Dolgin in Marheni, et al, 2018). There are three aspects to secure parental attachment. The first aspect, communication, refers to the sense of mutual understanding that individuals have with other individuals. The second aspect, trust, refers to the sense of trust that individuals have with other individuals. The third aspect, alienation, refers to the rejection that individuals feel towards other individuals (Armsden & Greenberg, 1987).

Adolescents who have a secure attachment to their parents have high levels of self-esteem and social support or high psychological well-being. In contrast, adolescents who have weak attachments or have unresolved problems with their parents show greater negative behavioral problems or have lower psychological well-being (Aksarapak & Chamrathitong 2018). Individuals have a psychological tendency to seek closeness with other people, they feel safe when that person is next to them and conversely feel anxious when that person is not next to them. Attachment must be built between parents and adolescents, especially during their development period so that adolescents obtain high psychological well-being (Pearson & Child in Minasochah, 2018).

According to Kamkar, Doyle, & Markiewicz (2012) said that low or insecure attachment from parents can cause depression in adolescents, especially in mothers to adolescent girls. Parents play an important role in adolescent attachment, adolescents need more closeness and support from parents so that adolescents who have insecure attachments or poor relationships with parents, especially mothers, tend to experience depression and adolescents who have secure attachments to parents tend to experience psychological well-being. higher. This is in line with Amani's opinion in Minasochah (2018), adolescents with secure attachment seek comfort from parents because parental warmth can foster an independent attitude towards adolescents and increase their psychological well-being. Based on the description above, the formulation of the problem in this research is how is the relationship between secure parental attachment and psychological well-being in adolescents?

Methods

The subjects in this research were teenagers aged 12-21 years who still had their parents. The number of subjects in this study was 150 subjects, of which 50 were early adolescents, 50 middle adolescents, and 50 late adolescents. Researchers used a non-probability sampling technique, namely purposive sampling. This technique is used because the researcher sets certain criteria in accordance with the research objectives to answer the research problem so that in collecting data the researcher uses subjects that match the predetermined criteria (Sugiyono, 2018).

The data collection method in this research uses two scales, namely the psychological well-being scale (The Ryff Scales of Psychological Well-Being) which was developed by Ryff & Keyes (1995) and then modified by researchers. The secure attachment scale for parents uses the IPPA scale (Inventory of Parent and Peer Attachment) which consists of 2 scale forms, namely the

Mother scale and the Father scale and was developed by Armsden & Greenberg (1987) and then modified by researchers. The reliability of the psychological well-being scale obtained in this study was 0.885 with a range of different power test results of 0.304-0.570 and for the secure attachment scale for parents, the reliability was 0.930 for the mother's scale with a range of different item test results of 0.311-0.682 and 0.939 for fathers. scale with a range of item differentiating power results of 0.318-0.852. In the analysis of parental secure attachment data, it was obtained from the sum of the mother's and father's secure attachment Z-Scores. Then data analysis was carried out between the two variables using the product moment correlation analysis method proposed by Karl Pearson.

Results

Descriptive Statistic

Table 1. Descriptive Statistic

	N	Minimum	Maximum	Mean	Std. Deviation
Psychological Well-Being	150	58	117	91.29	11.722
Secure Attachment to Mother	150	44	106	78.93	13.023
Secure Attachment to Father	150	23	110	76.83	16.493
Valid N (listwise)	150				

The data in this study were obtained from the Psychological Well-Being Scale (The Ryff Scales of Psychological Well-Being) and the Parent's Secure Attachment Scale (Inventory of Parent and Peer Attachment) which consists of the Mother Scale and Father Scale. From the results of the statistical description, for the psychological well-being variable, the empirical data obtained was 58 for the minimum score and 117 for the maximum score with an empirical mean of 91.29 and a standard deviation of 11.722. Meanwhile, on the secure parental attachment variable, different scores were obtained, where for maternal attachment the minimum score was 44, the maximum score was 106, the empirical mean was 78.93, and the standard deviation was 13.023. As for paternal attachment, the minimum score was 23, the maximum score was 110, the empirical mean was 76.83, and the standard deviation was 16.493.

Categorization

Table 2. Categorization of Psychological Well-Being

Category	Frequency	Percentages
High	61	40.67
Moderate	86	57.33
Low	3	2.00

Based on the categorization results above, a total of 61 subjects were obtained (40.67%) had a high level of psychological well-being, 86 subjects (57.33%) had a moderate level of psychological well-being, and 3 subjects (2%) with low levels of psychological well-being. So that it can be concluded that most of the teenagers were the subjects This study had a moderate level of psychological well-being.

Table 3. Categorization of Secure Attachment to Mother

Category	Frequency	Percentages
High	85	56.67
Moderate	59	39.33
Low	6	4.00

Based on the categorization results above, 85 subjects were obtained (56.67%) have a high level of secure attachment to their mother, 59 subjects (39.33%) with a moderate level of secure attachment to mother, and as many as 6 subjects (4%) had a secure level of attachment to their mother the low one. So it can be concluded that the majority of teenagers The subjects of this research have a secure level of attachment to high mother.

Table 4. Categorization of Secure Attachment to Father

Category	Frequency	Percentages
High	72	48.00
Moderate	65	43.33
Low	13	8.67

Based on the categorization results above, 72 subjects were obtained (48%) had a high level of secure attachment to their father, 65 subjects (43.33%) with a moderate level of secure attachment to their father, and as many as 13 subjects (8.67%) had a secure level of attachment to their father the low one. So it can be concluded that the majority of teenagers who were the subjects of this research had a high level of secure attachment to their fathers so that the majority of subjects in this study had a high level of secure attachment to their parents.

Assumption Test

Table 5. Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Psychological Well-Being	.070	150	.066	.983	150	.067
Secure Parental Attachment	.068	150	.082	.989	150	.264

Based on the results of the Kolmogorov-Smirnov test for variables psychological well-being obtained K-S Z = 0.066 (p > 0.050), meaning the data distribution for the psychological well-being variable follows the data distribution normally distributed. Next, the Kolmogorov-Smirnov test results for the secure parental attachment variable was obtained using the total z score from the mother and father's attachment scores, obtained K-S Z = 0.082 (p > 0.050), so that the distribution of data on the variable parental secure attachment also follows normally distributed data distribution. Based on these data, it can be concluded that psychological well-being variable and secure parental attachment variable follows a normally distributed distribution of data.

Table 6. Tests of Linearity

			Sum of Squares	df	Mean Square	F	Sig.
(Combined)			20075,840	140	143,399	3,252	,029
Psychological Well-Being *	Between Groups	Linearity	5716,743	1	5716,743	129,653	,000
		Deviation from Linearity	14359,097	139	103,303	2,343	,081
Secure Parental Attachment	Within Groups		396,833	9	44,093		
	Total		20472,673	149			

Based on the results of the linearity test on the secure parental attachment variable with psychological well-being, the linear coefficient value $F = 129.653$ was obtained with $p = 0.000$ ($p < 0.050$), meaning there is a linear relationship between secure parental attachment (independent variable) with well-being psychological (dependent variable).

Hypothesis Test

Table 7. Tests of Correlations

		Kesejahteraan Psikologis	Kelekatan Aman Orang Tua
Psychological Well-Being	Pearson Correlation	1	.528**
	Sig. (2-tailed)		.000
	N	150	150
Secure Parental Attachment	Pearson Correlation	.528**	1
	Sig. (2-tailed)	.000	
	N	150	150

** . Correlation is significant at the 0.01 level (2-tailed).

Based on the assumption tests that have been carried out, data is found normally distributed and there is a linear relationship between the two variables So the researchers used Karl's product moment correlation analysis Pearson. The results of the correlation test between attachment safe parents with psychological well-being, researchers obtained a value correlation coefficient (r_{xy}) = 0.528 with $p = 0.000$ ($p < 0.001$) which indicates that there is a positive correlation between secure parental attachment and psychological well-being. The higher the secure attachment of parents to adolescents the higher the psychological well-being, conversely the lower it is the more secure attachment people have to teenagers, the lower their well-being psychological.

Table 8. Tests of Measures of Association

	R	R Squared	Eta	Eta Squared
Psychological Well-Being * Secure Parental Attachment	.528	.279	.990	.981

Based on the results of this data analysis, it can be concluded that there is positive relationship between secure parental attachment and well-being psychological so that the hypothesis proposed by researchers in this research accepted. Furthermore, from the results of this analysis, values are also obtained effective contribution obtained between the two variables. Obtained coefficient determination (R^2) of 0.279 which indicates that the attachment variable safe parents have a contribution of 27.9% to welfare psychological and the remaining 72.1% is influenced by other factors.

Discussions

This study aims to determine the relationship between secure parental attachment and psychological well-being in adolescents. The results of the product moment analysis are the correlation coefficient (r_{xy}) = 0.528 with $p = 0.000$ ($p < 0.001$) which shows that the hypothesis proposed in this research is accepted, namely that there is a positive relationship between secure parental attachment and psychological well-being in adolescents. This positive relationship is shown by the higher the secure attachment of parents to adolescents, the higher their psychological well-being, conversely, the lower the secure attachment of parents to adolescents, the lower their psychological well-being.

The results of this research are in line with the results of research conducted by Aksarapak & Chamrathitong (2018) that parental secure attachment has a significant positive relationship with psychological well-being in adolescents. In research, Mendoza, et al (2019) stated that one of the factors that causes teenagers to have low levels of psychological well-being is having an insecure attachment to their parents. In addition, Hartanti (2021) suggests that parents' secure attachment produces very important support for adolescents' psychological well-being in forming perceptions of a positive social environment and helping adolescents face various life problems. This statement is in accordance with research conducted by Sari and Wulan (2019) that there is a positive relationship between secure parental attachment and psychological well-being in adolescents, namely that the higher the secure attachment of parents to adolescents, the higher their psychological well-being.

Rismawati, et all (2022) explained that teenagers who have a secure attachment to their parents tend to have life satisfaction and will feel happy. This is because secure attachment to parents during adolescence can help teenagers to have emotional adjustments and always believe that they are loved and appreciated by other people because they assess attachment figures as positively responsive so that this will improve their psychological well-being (Purnama and Wahyuni, 2017). Adolescents who do not receive a secure attachment from their parents will feel isolated, less able to socialize and resolve interpersonal conflicts, thus becoming a barrier to achieving psychological well-being for themselves (Joel in Hartanti, 2021).

The relationship between secure parental attachment and psychological well-being in adolescents can be described through aspects of attachment by Armsden & Greenberg (1987), namely communication, trust and alienation. Communication is a sense of mutual understanding that individuals have with other individuals in the form of a strong emotional relationship (Bela & Ambarwati, 2021). Based on the research results, most of the teenagers who were subjects felt that their parents understood when they were worried about something, were upset about something, helped them understand everything so that they felt that their parents could be relied on in various situations. This has a positive impact on the psychological well-being of adolescents because they will have the ability to accept all positive and negative aspects of themselves, be able to make decisions independently, be able to solve problems encountered in everyday life, and be able to continue to determine the direction and goals of life (Ryff & Keyes, 1995).

Furthermore, trust is the feeling of trust that individuals have in other individuals to fulfill their needs (Bela and Ambarwati, 2021). Based on the research results, the majority of teenagers who were subjects felt appreciated, felt listened to, felt understood, and felt trust in their parents. This has a positive impact on the psychological well-being of adolescents because it will be easy

for them to establish warm relationships with other people and be able to adapt to the environment wherever they are (Ryff & Keyes, 1995).

Alienation is the rejection felt by individuals towards other individuals in attachment figures such as children who are not close to their parents (Bela and Ambarwati, 2021). Based on the research results, only a few subjects felt that talking to their parents made them feel embarrassed, being around their parents made them feel angry, felt ignored, and felt not understood. This has a positive impact on the subject because he will not feel he is incapable of facing difficulties, will not find it difficult to accept himself well, will not find it difficult to communicate with other people, and will not feel that he has no purpose in life (Ryff & Keyes, 1995).

This research used 150 subjects, of which there were 50 early adolescent subjects, 50 middle adolescent subjects, and 50 late adolescent subjects. Based on the analysis of the research results obtained, the category of teenagers who have the most high psychological well-being is in the late teens and the category of teenagers who have the most low psychological well-being is in the early teens. Furthermore, for the attachment variable, the category of adolescents who receive the most secure attachment from their parents is in late adolescence and the category of adolescents who receive the least secure attachment from their parents is in early adolescence.

Judging from this statement, the early adolescent category has low psychological well-being because they are less attached to their parents. This is because early adolescence is actually a period that requires special attention from parental figures (Natalia and Lestari, 2015). However, in an effort to find their identity, they are required to build as many relationships as possible with other people so that it has an impact on social change. and emotions so that various problems will arise and make him distant from his parents if his parents cannot build a sense of security towards their children (Purnama and Wahyuni, 2017).

In the late adolescent category, they have high psychological well-being because they have developed a secure attachment with their parents. This is because in late adolescence, usually late adolescents are able to develop their potential and have control to utilize their environment and are enthusiastic about achieving their life goals because they have faced various problems (Aulia and Panjaitan, 2019). Apart from that, he is also able to face all pressure situations originating from his family environment, thus creating a secure attachment with his parents because he is able to communicate and establish good trust with his parents (Deviana, Umari, & Khadijah, 2023).

Overall, this research shows that there is a positive relationship between secure parental attachment and psychological well-being in adolescents. Meanwhile, the results of the correlation analysis show that the coefficient of determination (R^2) is 0.279, which indicates that the secure parental attachment variable has a contribution of 27.9% to psychological well-being and the remaining 72.1% is influenced by other factors not examined in this research. These factors include, among others, age, gender, marital status, level of education, and religiosity.

Conclusion

Based on the research results, the hypothesis in this study is accepted so it can be concluded that there is a positive relationship between secure parental attachment and psychological well-being in adolescents. This interprets that the higher the secure attachment of parents to adolescents, the higher their psychological well-being, conversely, the lower the secure attachment of parents to adolescents, the lower their psychological well-being. In addition, based on the categorization

results, it can be concluded that the majority of adolescents who were research subjects had a moderate level of psychological well-being and a high level of secure parental attachment.

Based on the research results, the researchers provide suggestions for research subjects who have high and moderate levels of psychological well-being to maintain a positive relationship with their parents and continue to develop positively wherever they are. Meanwhile, subjects with low psychological well-being are expected to be able to establish a better relationship with their parents so that they can feel a secure attachment to their parents. Parents are expected to pay more attention to the psychological well-being experienced by their children, especially in the teenage age range, so that children will feel safe being around their parents. And for future researchers, it is hoped that they can consider research on other factors that have a greater contribution to psychological well-being, provide assistance in filling out the scale so that the data obtained is accurate and more convincing.

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