

The Relationship Between Social Support and Life Satisfaction in Indonesian Migrant Workers

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ABSTRACT

In reality, many migrant workers experience mistreatment in the workplace. This is evidenced by the number of complaints filed by Indonesian migrant workers. The interview results show that migrant workers are not satisfied with their lives. One of the supporting factors to increase life satisfaction is social support. The purpose of this study is to determine the correlation between social support and life satisfaction in Indonesian migrant workers. The hypothesis of this study is that there is a positive relationship between social support and life satisfaction in Indonesian migrant workers. The subjects of this study were 118 Indonesian migrant workers, aged 18-40 years, 39 men and 79 women, from West Java, Central Java and East Java. Subjects were selected using purposive sampling method. The measuring instruments used were Multidimensionnal Scale of Perceived Social Support and Satisfaction with Life Saule (SWLS). The results of the correlation analysis of the product moment (pearson correlation) of the research data obtained the results of the correlation coefficient (r_{xy}) 0.582 ($p < 0.05$) means that there is a positive relationship with a significant level of moderate correlation strength between social support variables and life satisfaction, so that the hypothesis in the study is accepted. The data also shows (R^2) 0.338, which shows that the social support variable affects life satisfaction by 33.8%.

Keywords : Indonesian Migrant Workers, Life Satisfaction, Social Support

Introduction

Diener and Biswas-Diener define life satisfaction as an individual's evaluation of various important aspects of life, such as interpersonal relationships, health, work, income, spirituality, and leisure activities. This evaluation is carried out cognitively and thoroughly regarding the extent to which the things that have been lived can be considered good and satisfying (Wahyuni & Maulida, 2019). An individual's assessment of his or her life can affect how satisfied the individual is with his or her life. If the individual has positive thoughts about his life, then his level of life satisfaction will be higher. Conversely, if the individual has a negative view of his life, then his level of life satisfaction will be lower (Raharjo & Sumargi, 2018).

Life satisfaction consists of five aspects, namely the desire to change life, satisfaction with current life, satisfaction with past life, satisfaction with future life, and other people's judgement

of one's life (Diener & Biswas-Diener, 2008). Life satisfaction is closely related to important events in life, such as when someone moves to a new environment. If a person can adapt well to the new environment, then a sense of satisfaction will arise (Raharjo & Sumargi, 2018). Indonesian migrant workers also experience the adaptation process in their placement countries. Indonesian migrant workers try to adapt to the new environment because they are encouraged to fulfil their needs (Sabariman et al., 2020).

According to Law number 18 of 2017, Indonesian Migrant Workers (PMI) is every Indonesian citizen who will, is or has worked for wages outside the territory of the Republic of Indonesia. Sourced from the Indonesian Migrant Workers Protection Agency (BP2MI), in 2020 the number of Indonesian migrant workers placed was 113,436, then decreased in 2021 to 72,624 and in 2022 PMI increased significantly to 200,761. In the period January to December 2023, the total number of placements was 274,965. In the period from the beginning of the year to April 2024, there was an increase of 3,792 (30.17%) from 16,362 in April 2023 to 29,803 in April 2024. This data shows that every year many Indonesians work abroad.

According to Iqbal and Gusman (2015), there are factors that underlie a person's decision to work abroad. These factors consist of push factors that come from within the country and pull factors that come from outside the country. Unemployment, poverty, natural disasters, wars, and cultural differences are push factors that generally encourage labour migration. Of the many factors mentioned, there are problems or obstacles that are often experienced by migrant workers.

According to Anjara et al., (2017), migrant workers not only experience the threat of stress and psychological disorders caused by work situations, but also from other factors. Differences in environment, culture and work situations as well as concerns for families at home will cause stress in individuals. The government has enacted Law No. 18/2017 on the protection of Indonesian migrant workers to protect Indonesian migrant workers and their families, with BNP2TKI as the implementing and observing body. It is hoped that the existence of laws governing PMI can protect the rights of Indonesian migrant workers and their families. So that Indonesian migrant workers can achieve the expected goals. Ideally, every Indonesian migrant worker achieves satisfaction in his or her life, especially in terms of income.

In reality, many Indonesian migrant workers experience mistreatment in their workplaces abroad (Tamba, 2019). This is evidenced by the large number of complaints filed by Indonesian migrant workers. Based on the complaint report of the Crisis Centre of the Indonesian Migrant Workers Protection Agency (BP2MI) in 2022, there were several problems faced by PMI between 2019-2021, such as unpaid salaries, failure to depart, human trafficking, work not according to contract, violence from employers, depression or mental disorders, fraudulent employment opportunities, and so on. The BP2MI Data and Information Centre in 2024 showed an increase in complaints in April 2024 compared to April 2023 by 53 cases (from 85 to 138 complaints) or an increase of 62.35%.

Researchers also provide the fact that Indonesian migrant workers are not quite satisfied with their lives. This was proven through interviews on 4 and 5 May 2024 using WhatsApp media with 1 subject working in Korea and 4 in Japan. The interviews were conducted using aspects of

Diener and Biswas-Diener's life satisfaction in 2008. Subjects were asked to give their level of life satisfaction from a range of 1-10. The results of the interview showed that there were 2 interviewees who gave a number 5 for their level of life satisfaction and the other 3 subjects gave numbers 3 and 4, which means that the subject is not quite satisfied with his life.

According to Onyishi and Okongwu (2013), there are factors that influence the level of life satisfaction, such as social support, religiosity level, income, occupation, education level, personality, gender, and age. One of the supporting factors to increase life satisfaction is social support. Pavot and Diener say that there are other factors that can affect life satisfaction, namely social relationships and social support (Fathurrahman, 2020).

According to Zimet, social support is an amplifier aimed at individuals who are experiencing difficulties which can make the individual's resistance weak in overcoming the situation (Laksana & Virlia, 2019). There are three dimensions of social support based on support, including family support, friend support, and support from people around (Zimet et al, in Muflihah & Savira, 2021).

Sintiawati and Sari's (2017) research with the same title and the subject of adolescents living in orphanages in Yogyakarta. The results showed that social support can affect life satisfaction. So it can be concluded that social support can help individuals to increase their life satisfaction.

Based on the description above, this study aims to determine the relationship between social support and life satisfaction of Indonesian migrant workers. The hypothesis of this study is that there is a positive relationship between social support and life satisfaction in Indonesian migrant workers. The higher the level of social support that Indonesian migrant workers have, the higher the life satisfaction that Indonesian migrant workers have. Conversely, the lower the level of social support owned by Indonesian migrant workers, the lower the level of life satisfaction of Indonesian migrant workers.

Methods

This type of research is correlational research using quantitative methods. Quantitative data is a type of data that produces numbers or numbers that can be calculated and also measured (Nashrullah et al., 2023). The variables in this study consist of independent variables, namely social support, while the dependent variable is life satisfaction. The subjects of this study were 118 Indonesian migrant workers with an age range of 18-40 years, male and female, from West Java, Central Java and East Java. Subjects were selected using purposive sampling technique.

Research data were collected using two scales, namely the Multidimensional Scale of Perceived Social Support (Zimet et.al 1988 in Sulistiani et al., 2022). This measuring instrument consists of 12 favourable items and has been tested for reliability ($\alpha = 0.85$). The life satisfaction scale used is the Satisfaction with Life Scale (SWLS) (Diener et al., in Natanael & Novanto, 2021). This scale consists of 5 favourable items and has been tested for reliability (α

= 0.85). Both measuring instruments are presented in the form of a Likert scale consisting of 7 alternative answers “Strongly Disagree” to “Agree”.

This research uses a questionnaire in the form of statements using Google forms and is distributed through various social media platforms such as WhatsApp, Instagram, Telegram, and Facebook. The data that has been collected is then analysed using IBM SPSS Statistics 29.0.2.0.

Results

Based on data obtained from research subjects derived from the social support and life satisfaction scales. The data obtained is the basis for hypothesis testing with the calculation of hypothetical and empirical scores. Note the table below to see a description of the data scores of the two variables:

Table 1. Description of Research Data

Variables	N	Hypothetical Score					Empirical Score				
		Min	Max	Mean	SD	Variance	Min	Max	Mean	SD	Variance
Life Satisfaction	118	5	35	20	5	30	12	35	24.93	5.769	33.277
Social Support	118	12	84	48	12	72	39	84	65.59	11.259	126.756

The results of categorisation on life satisfaction variables show that there are 56% (64 subjects) who have a high level of life satisfaction, 40% (47 subjects) have a moderate level of life satisfaction, and 4% (5 subjects) have a low level of life satisfaction. It can be concluded that the majority of subjects in the study had a high level of life satisfaction. The results of the categorisation of life satisfaction variables, namely there are 74% (87 subjects) who have a high level of social support, and 26% (31 subjects) have a moderate level of social support. It can be concluded that the majority of subjects in the study had a high level of social support.

In the Kolmogorov-Smirnov Test, the data is said to be normally distributed residuals if the significance is > 0.05 ($\alpha = 5\%$). The results of the normality test calculation can be seen in the following table:

Table 2. Normality Test

Variables	KS-Z value	Sig. (p)	Description
Life Satisfaction	0,099	0,007	Not Normal
Social Support	0,123	<0,001	Not Normal

The normality test has the rule that if the KS-Z significance value > 0.05 then the data is normally distributed, but if the KS-Z significance value ≤ 0.05 then the data is not normally distributed (Hadi, 2017). From the results of the Kolmogorov-Smirnov test for the life satisfaction variable, it was obtained KS-Z = 0.099 with $p = 0.007$ ($p < 0.05$), which means that the life satisfaction variable data was not normally distributed. Meanwhile, for the social support variable, the normality test results obtained KS-Z = 0.123 with $p = <0.001$ ($p < 0.05$), which

means that the social support variable data is not normally distributed because the significance level $p < 0.05$ or not in accordance with the normality test guidelines.

According to Hadi (2017), if in research the number of subjects $N \geq 30$, then the data is still said to be normally distributed regardless of the initial form of distribution. Therefore, the variables of social support and life satisfaction can continue the calculation to the next step, namely the linearity test stage and hypothesis testing because the number of subjects used in this study was $N = 118$ ($N \geq 30$).

Based on the results of the linearity test between the variables of social support and life satisfaction, the value of $F = 55.218$ was obtained with $p = < 0.001$ ($p < 0.05$), which means that the relationship between social support and life satisfaction in Indonesian migrant workers is a linear relationship.

Table 3. Linearty

TestANOVA Table

			Sum of Squares	df	Mean Square	F	Sig.
Life Satisfaction * Social Support	Between Groups	(Combined)	2055.886	40	51.397	2.154	.002
		Linearity	1317.759	1	1317.759	55.218	<.001
		Deviation from Linearity	738.127	39	18.926	.793	.785
	Within Groups		1837.571	77	23.865		
	Total		3893.458	117			

The results of the correlation analysis of the product moment (pearson correlation) of the research data obtained the results of the correlation coefficient (r_{xy}) = 0.582 with ($p < 0.05$), meaning that there is a positive relationship between social support and life satisfaction in Indonesian migrant workers. The higher the social support experienced, the higher the life satisfaction felt. In addition, the results of data analysis also show (R^2) = 0.338, which indicates that the social support variable affects life satisfaction by 33.8%.

Table 4. Correlation of

variableMeasures of

Association

	R	R Squared	Eta	Eta Squared
Life Satisfaction * Social Support	.582	.338	.727	.528

Discussions

The purpose of this study was to determine the relationship between social support and life satisfaction in Indonesian migrant workers. Researchers managed to collect 118 respondents with 39 male subjects and 79 female subjects with the majority aged 23 years. Based on the results of the study using product moment correlation analysis, the correlation coefficient value of the correlation coefficient (r_{xy}) = 0.582 with ($p < 0.05$), which shows that there is a positive

and relevant relationship between social support variables and life satisfaction in Indonesian migrant workers.

The higher the level of social support that Indonesian migrant workers have, the higher the life satisfaction that Indonesian migrant workers have. Conversely, the lower the level of social support owned by Indonesian migrant workers, the lower the level of life satisfaction of Indonesian migrant workers. The acceptance of the hypothesis in this study shows that social support has an important role in influencing life satisfaction in Indonesian migrant workers.

Life satisfaction is a person's ability to enjoy their experiences with a level of happiness. In addition, the level of individual success in solving important problems in their lives also has an impact on the individual's happiness and life satisfaction (Hurlock in Wahyuni & Maulida, 2019).

The level of life satisfaction can affect a person's life. Peterson et al., in Novianti and Alfiasari (2017), state that individuals who feel dissatisfied with their lives have a higher risk of experiencing psychological problems such as depression. One factor that can increase life satisfaction is social support. In previous research, it has also been found that there is a significant relationship between social support and life satisfaction (Sintiawati, 2017).

The results of the categorisation analysis of social support variables from 118 Indonesian migrant workers showed that 74% (87 subjects) had a level of social support in the high category and 26% (31 subjects) had a level of social support in the medium category and there were no subjects who had a low level of social support. Subjects in the high category can be interpreted that the subject has good social support from family, friends and significant others, while subjects in the moderate category can be interpreted that the subject has quite good social support from family, friends and significant others.

The results of other statistical tests (assumption and correlation tests) can also state that the hypothesis is proven. This is in line with the results of the analysis obtained, namely determination (R^2) of 0.338, meaning that social support effectively affects the life satisfaction of Indonesian workers by 33.8%. Life satisfaction is not only influenced by social support because there are still 66.2% influenced by other factors such as religiosity level, income, occupation, education level, personality, gender, and age.

Conclusion

Based on the results of the study, it can be concluded that the hypothesis is accepted or there is a relevant positive relationship between social support and life satisfaction in Indonesian migrant workers. The higher the level of social support that Indonesian migrant workers have, the higher the life satisfaction of Indonesian migrant workers. Conversely, the lower the level of social support owned by Indonesian migrant workers, the lower the level of life satisfaction of Indonesian migrant workers.

Suggestions for Indonesian migrant workers, especially those who feel dissatisfied with their lives, are expected to be able to increase social support by getting closer to family, friends and significant others. Subjects who have a low level of life satisfaction and feel unhappy are

expected to try to come to psychological services so that they can find the root of the problem and overcome these problems. For future research, it is hoped that this research can be developed by using other variables that affect satisfaction, such as level of religiosity, income, occupation, level of education, personality, gender, and age.

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