

The Effect of Social Support on Mental Health in Married Individuals

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Abstract

This research aims to determine the influence of social support on the mental health of married individuals. As is known, marriage is a sacred bond between husband and wife, which cannot be avoided from conflict. Conflicts that occur in marriage may have an impact on the mental health of the individuals involved. Mental health is known to be influenced by various factors, one of which is social support from the people around the individual. This research used quantitative methods with a sample of 244 married individuals. Purposive sampling technique was used in this research. Social support was measured using the Multidimensional Scale of Perceived Social Support from Zimet et al (1988) which consists of 12 items with an alpha value of 0.870, while the mental health variable was measured using the mental health scale based on the mental health aspect from Veit & Ware (1989) consisting of items with an alpha value of 0.830. Data analysis was carried out using simple regression analysis with a significance value of 0.000 ($p < 0.01$). This research shows that social support has a very significant influence on mental health. The correlation coefficient between social support and mental health is 0.372, which means that social support has a positive relationship with mental health. Apart from that, the R^2 value of 0.138 shows that social support has an effect on mental health by 13.8%.

Keywords: Social support, mental health; married individuals

Introduction

Marriage is a sacred bond between husband and wife, based on mutually agreed values, or certain rules that the couple hopes will prevent them from conflict, although along the way, problems are unavoidable. Marriage is not only a means of building bonds, but also a natural basis for the development of conflict (Sadarjoen, 2005). Various problems that may occur in marriage range from small to large mistakes. There is even a saying that the people who are most likely to hurt us are the people closest to us. The most common problem that occurs is poor communication, which causes misunderstandings, or one party, either the wife or the husband, is easily provoked emotionally, thereby hurting their partner both verbally and physically. One of the problems that often arises in marriage and can lead to conflict is problems related to a partner's dishonesty, namely infidelity (Sari, 2012). According to data from the Ministry of Religion of the Republic of Indonesia, in Indonesia the divorce rate from 2017 to 2021 tends to increase. In 2017 there were 374,516 cases, in 2018 there were 408,202 cases, in 2019 there were 439,002 cases, in 2020 it decreased to 291,677 cases and increased 53.50% in 2021 with a total of 447,743 cases. According to the Indonesian Statistics report, the number of divorce cases in Indonesia will reach 516,334 cases in 2022. This figure has increased by 15.31% compared to 2021 which reached 447,743 cases. The causes of the highest number of divorce cases, based on Ministry of Religion data sources in 2021, came from disputes and quarrels in relationships (279,205 cases), economic problems (113,343 cases), leaving a partner (42,387 cases) and domestic violence

(4779 cases).

However, many couples decide to stay in their marriage even though they often encounter conflicts. Although it cannot be denied that a marriage filled with conflict can affect the quality of the marriage and the mental health of the individuals involved. According to WHO (World Health Organization, 2013), mental health is a condition that individuals are aware of, in which they are able to manage stress and overcome the pressures of life. When mental health is disturbed, the ability to adapt to the environment becomes difficult. The quarrels that occur generally trigger domestic violence which makes people feel depressed, uncomfortable and feel regret which leads to the decision to divorce (Rosyidah & Listya, 2019).

Talking about mental health, the degree of an individual's mental health can be thought of as being within a certain range. This range is characterized by good or healthy function on one side and negative or poor function on the other side (Delphis, 2019). This is reinforced by Dewi (2012) who states that the degree of mental health and unhealthy in humans can be described on a continuum. Mental health is also believed to be a combination of various factors that come together to describe a mental health condition. This is what underlies the use of the word "degree of mental health" as a term to understand the situation and condition of an individual's mental health. Therefore, it is important to remember that mental health is a condition that is more than the absence of mental disorders, because it is subjective to each individual (World Health Organization, 2018). Several factors that can influence an individual's level of mental health include special experiences, family relationships and conditions, as well as the wider community in the location where they live (Delphis, 2019).

Social support is described as "support that an individual can access through social ties with other individuals, groups, and the larger community." Although social support can be measured in many ways, perceived social support is the most commonly measured index of social support, given its ease of measurement and evidence that social support is a better predictor of mental health than other measures. Many studies have demonstrated the protective effects of perceived social support on mental health in stressful situations. In addition, received social support (acceptance of supportive behavior) is also an important sub-construct of social support. Although there is a difference between perceived social support and received social support, from the perspective of stress and social support coping, it is believed that the relationship between perceived and received social support should be relatively high, especially when the support is demanding. appropriate to the type of support provided. Likewise, some authors suggest that perceived support can be assessed through memories of supportive behavior provided (Li, F., Luo, S., Mu, W. et al, 2021).

Previous research on mental health was usually conducted on individuals with certain mental conditions and not much was conducted on married individuals. It is interesting to try to understand how the social support received by married individuals is related to their mental health conditions. Therefore, the aim of this research is to determine the influence of social support on mental health.

Research Methods

This research was conducted using a quantitative research design. Sampling was carried out online using a purposive sampling technique with the sample criteria being married men and women. The number of samples obtained was 37 men (15.2%) and 207 women (84.8%). A total of 176 people live in the Jabodetabek area (72.1%) and 68 people live outside Jabotabek (27.9%). And the sample age was under 31 years as many as 78 people (32%), aged between 31-37 years as many as 98 people (40.2%) and aged over 37 years as many as 68 people (27.9%).

The instrument used in this research used a Likert type survey questionnaire. There are two scales in this questionnaire, namely the mental health scale and social support. The series of answers on mental health consists of five series, while the social support scale consists of six series. Mental health was measured using the mental health scale from Veit and Ware (1989) which consists of 5 items arranged based on general

positive affect (2 items), anxiety (1 item), depression (1 item) and behavioral or emotional control (1 item). . The Cronbach's alpha for these items was valued at 0.870 which means the reliability of the instrument was good. Meanwhile, social support was measured using a Multidimensional Scale of Perceived Social Support from Zimet (1988) consisting of 12 items including family (4 items), friends (4 items) and significant others (4 items). The reliability of this items value of 0.830 in Cronbach's alpha.

Results and Discussion

This study aim was to empirically examine the influence of social support on mental health among married individual. Before conducting a hypothesis test, the researcher first conducts a correlation test as a prerequisite for conducting a regression test and to find out whether there is a relationship between social support variables and mental health.

Table 1. Correlation Test with Product Moment Pearson

Variable	R	Sig.	P
Social Support towards mental health	0.372	0.000	< 0.01

Based on the data collected, it is known that the correlation coefficient between social support and mental health is 0.372 with a significance level of 0.000 ($p < 0.01$). This shows that there is a very significant relationship between social support and mental health which means that the higher social support, the high mental health. The correlation coefficient between social support variables and mental health also shows that the two variables have a close relationship.

Table 2. Simple Regression Test

Model	Coefficients ^a		t	Sig.
	Unstandardized Coefficients	Standardized Coefficients		
	B	Std. Error	Beta	
(Constant)	9.361	0.820		11.419 0.000
Social Support	0.091	0.015	0.372	6.237 0.000

From hypothesis testing using simple regression analysis techniques, it is known that the results of the analysis $t_{\text{calculate}}$ of 6.237 is greater than t_{table} which is 1.97, with a significance level of 0.00 ($p < 0.01$). This shows that social support has a very significant influence on mental health, so the hypothesis of this study which states that there is an influence of social support for mental health on married individuals is acceptable. The influence of social support on mental health can be known through R^2 which is 0.138 which means that social support affects mental health by 13.8% and the rest is caused by other factors not tested in this study.

Table 3. Contribution of Social Support on Mental Health

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.372 ^a	.138	.135	2.017

a. Predictors: (Constant), Social Support

b. Dependent Variable: Mental Health

This study is in accordance with the results of Li, F., Luo, S., Mu, W. et al (2021) which show the protective effect of perceived social support on mental health in stressful situations. The participants in this research, namely married individuals, those who feel they receive social support from the surrounding environment tend to have good mental health so they are able to face various conflict situations in marriage.

Moos (2002) provides an overview of the environmental system or external aspects, one of which consists of the social climate which includes social support. Individuals who receive social support believe that the individual is loved and cared for, noble and appreciated, and is part of a social network, for example a family or community organization. Individuals do not feel alone and quickly give up when facing the problems they face because there are people around them who help and provide support.

The existence of a significant positive correlation between family social support and mental health is in line with the results of research by Rohman, Prihartanti, and Rosyid (1997) which found that there was a negative relationship between social support and burnout in female nurses. The higher the social support, the lower the burnout symptoms experienced. The lower the social support, the higher the burnout. Prisoners live in residential rooms for quite a long time, maybe several years, sometimes up to decades or even a lifetime. In a correctional institution, a prisoner will experience various problems and suffering. In such conditions, prisoners need social support. Social support is a helpful, beneficial relationship obtained from the people closest to you, one of which is the family.

From the results of the data analysis in this study, it is also known that mental health in the research respondents was included in the high category. This means that on average the respondents of the study had high mental health. There are compelling reasons why marriage may be good for a person's mental health. First, marriage is an important source of friendship, intimacy and social support (Waite & Gallagher, 2001). Marriage also connects couples to each other's social networks, expanding the number of people they can turn to for help. Second, society benefits from the institutional nature of marriage (Cherlin, 2004). Marriage involves social norms and expectations that clarify partners' rights and responsibilities toward each other and reduce relationship ambiguity. In addition, through marriage, people achieve positive social status so that they are respected and supported by other people. And because marriage is institutionalized, couples gain many legal benefits.

Social support in research respondents included in the high category. This means that the average research's respondents have a high social support. Individuals with higher levels of social support will feel less stress than those who receive less support (Wright, 2016). Sources of social support can be support from friends, family support, husband's support or support from colleagues and community organizations (Sarafino, 2002). This shows a high form of social support as the results of the study indicate that the research respondents had a high level of social support. Judging from gender, both husbands and wives tend to have mental health in the high category even though the average mental health score is higher for husbands than wives. Recent research finds few gender differences in estimates of the impact of marriage on mental health and general psychological well-being (Musick & Bumpass, 2012).

Judging from the number of children, married individuals without children have higher mental health compared to those who have 1, 2, 3 or more than 3 children. Previous research from McLanahan and Adams (1989) showed that children usually degrade their parents' mental health. The negative impact of children is usually explained with the "role strain" argument, that is, parents with children may have difficulty balancing work and family roles.

Conclusion and Recommendation

This study show that social support significantly affects mental health on married individuals, which means the research hypotheses is accepted. The results of the analysis show that there is a very significant relationship between social support and mental health, so the higher the social support, the higher mental health of married individuals. Conversely, the lower the social support, the lower mental health of married individuals. In addition, social support affected mental health by 13.8%. This study also show participant's social support is in the high category and mental health also in the high category. This shows that participants in this study involved social support as a factor associated with mental health .

For further researchers it is recommended to conduct research with other variables related to mental health in married individuals. Previous research could also use other types of research such as qualitative to dig deeper into mental health in married individuals, or using mixed methods.

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