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The Influence of Social Support, Religiosity and Psychological Well-Being on Muslim Nurses

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Abstract:

Psychological welfare conditions experienced by nurses can have a negative impact on nurses' work attitudes by decreasing nurse work productivity, thus becoming an obstacle to providing good health services to patients. Based on the phenomena that occur, nurses need to know the condition of psychological well-being at work so that nurse health services can be optimal. This study aims to determine the effect of social support and religiosity on the psychological well-being of Muslims. The hypothesis proposed in this study is that there is an influence of social support and religiosity on the psychological well-being of Muslim nurses. This research uses quantitative methods. Respondents in this study were 83 Muslim nurses. Methods of data collection used a scale of psychological well-being ($r = 0.921$), a scale of social support ($r = 0.849$), and a scale of religiosity ($r = 0.907$). The results showed there was an influence of social support and religiosity on the psychological well-being of Muslim nurses. Rsquare determination coefficient of 0.362, this value implies that in this study social support and religiosity made an effective contribution of 36.2% while 63.8% was contributed by other factors.

Keywords: Social support, religiosity, psychological well-being

1. Background of the Study

According to the results of preliminary studies, the duties and functions of nurses in Hospital X are collaborating with doctors in terms of providing the best service in accordance with the service standards set by the hospital. Also, nurses are tasked with providing nursing care such as caring for and caring for patients, providing drugs according to time and dosage, as well as providing motivation and attention in terms of caring for patients from assessment to evaluation. Nurses at Hospital X work with a shift system that is divided into 3 shifts every day. The duration of time used in the morning shift is 7 hours, the afternoon shift is 7 hours and the night shift is 10 hours. In one week, nurses get two days off. But for the head of the room and the team leader only gets one day off because every day the room head and team leader get a morning shift schedule.

The duties and functions as well as the work hours of nurses, nurses should be able to have a good relationship with others, a good attitude towards themselves and others, mastering the environment, and so forth. Such behavior can arise when nurses have good psychological well-being. Psychological well-being is a condition in which an individual has a positive attitude towards himself and others, can make his own decisions and regulate his behavior, can create and regulate an environment that suits his needs, has a purpose in life, and makes his life more meaningful and seeks to explore and develop themselves, (Ryff, 1995). Humans can be said to have good psychological well-being is to have acceptance of themselves, have a positive relationship with people around them, and have the ability to develop themselves (Ryff, 1995). Ryff (1995) states that psychological well-being illustrates the extent to which individuals feel comfortable, peaceful, and happy based on subjective judgments and how individuals perceive the achievement of their potential. Psychological well-being is a condition experienced by individuals whether they are happy or unhappy, satisfied or happy felt by themselves both about problems and satisfaction in their lives so that they can help individuals in controlling life and grow to be independent (Dharmastuty and Prihartanti, 2016).

In reality, according to the results of a preliminary study conducted on 20 nurses at Hospital X, 11 nurses felt that the welfare obtained was not worth the risk of work. This states that nurses are less accepting of their achievements. Another thing is also mentioned that the awards or benefits provided are not in accordance with their responsibilities, one of which can be infected by a disease suffered by a patient. The available work environment does not suit their needs. Nurses are also required to be able to divide their time as well as possible because when other people leave the nurse is not necessarily a holiday and vice versa. Nurses feel sad and jealous of other professional friends who can more time to live outside of work.

Nurse working conditions cause nurses who often experience stress, which ultimately results in nurses as medical personnel who are most vulnerable to work fatigue when compared to other medical personnel. The condition of the psychological well-being of nurses to self-actualize at work will be difficult to achieve if nurses feel the conditions of work

fatigue. The Islamic Review recommends that every Muslim work in earnest and this can be realized by the existence of psychological well-being for workers such as nurses. Nurses can actualize all the abilities they have and do not give up on the situation, like what happened in QS An-Nahl (16): 97 (Fourianalisyawati, 2014). Psychological welfare conditions experienced by nurses can have a negative impact on nurses' work attitudes by decreasing nurse work productivity, thus becoming an obstacle to providing good health services to patients. Based on the phenomena that occur, nurses need to know the condition of psychological well-being at work so that nurses' health services can be optimal (Burke, 2010). According to Novita (2015), there are several effects of psychological well-being, namely low self-esteem, negative thinking, negative behavior, and depression.

One of the factors that influence psychological well-being is social support (Ryff, 1989). Social support is information or feedback from others that show that someone is loved and cared for, valued, and respected, and is involved in a network of communication and mutual obligations (King, 2012). According to Apollo and Cahyadi (2012), social support is an act that is helpful which involves emotions, providing information, instrument assistance, and positive assessment of individuals in dealing with problems. Forms of support can be in the form of information, certain behaviors, or even material that can make individuals who receive assistance feel loved, cared for, and valued. Previous research conducted by Dharmastuty and Prihartanti (2016), about the relationship between social support and hardiness with psychological well-being in working women. The results obtained are that there is a very significant positive relationship between social support and hardiness with psychological well-being, where the higher the social support and hardiness, the higher the psychological well-being.

In research conducted by Situmorang and Andriani (2018), religiosity is one of the factors that influence psychological well-being. Religiosity can be interpreted as a whole of the functions of the individual's soul including beliefs, feelings, and behaviors that are directed consciously and truly on the teachings of religion by working on five religious dimensions, namely ideology, rhythmic, intellectual, experience, and consequential (Rachmat, 2013). Mappiare (2006), defines religiosity as diversity owned by individuals or groups of people with a number of dimensions which include beliefs, practices, experiences, knowledge, and consequences. Religiosity is a tool of social control (norms) and is a basic principle possessed by every human being, and is held firmly in life. Without religion, the human soul will be easily shaken by increasingly complex life problems, Sholehah (in Safitrianis, 2010). Previous research conducted by Tjitjik (2019) about the relationship between religiosity and psychological well-being among members of the security guard's derma TNI headquarters, obtained the results of the analysis there was a significant relationship with a positive direction between religiosity and psychological well-being. The results of the analysis of the data obtained are that there is a relationship with a positive direction between religiosity and psychological well-being, indicating the higher the religiosity the higher the psychological well-being.

Based on the description, the purpose of this study is to determine the effect of social support and religiosity on the psychological well-being of Muslim nurses.

2. Literature Review

2.1. Social Support and Psychological Well-being

Psychological well-being will make individuals have a positive view of themselves and others, be quick in making decisions, be able to manage their behavior, have good life goals, and be able to develop themselves. According to Raudatussalamah&Susanti (2014) psychological well-being is a condition in which individuals become prosperous by accepting themselves, having a life purpose, developing positive relationships with others, becoming independent individuals, being able to control the environment, and continuously growing personally. Previous research conducted by Dharmastuty and Prihartanti (2016), on the relationship between social support and psychological well-being in working women. The results obtained are that there is a very significant positive relationship between social support and psychological well-being, where the higher the social support and hardiness, the higher the psychological well-being. The relationship between social support and psychological well-being in nurses also shows that there is a significant positive relationship between social support and psychological well-being (Jayafa, 2018). Social support was claimed to give the individual the ability to overcome with health, decreasing depression, increasing the personal competence in stressful periods, having an overall positive effect and emotional balance, perception of his values, life satisfaction, and psychological well-being (Sorias 1988). Another study conducted by Johnson, Colvin, Hanley, & Flannery (2010) on deception, social support, and psychological well-being, shows that social support affects cognition and psychological well-being.

2.2. Religiosity and Psychological Well-being

Religiosity is the whole function of the individual soul which includes beliefs, feelings, and behaviors that are directed consciously and truly on religious teachings by carrying out five religious dimensions, namely ideology, spirituality, intellectuality, experience, and observation (Rakhmat, 2013). Religiosity can predict psychological well-being, that is, the more religious a person is, the more likely the individual is to have more psychological well-being (Sharma and Singh, 2018). Other studies have also found that religiosity affects psychological well-being, meaning that religiosity is an important factor in improving individual psychological well-being (Ivtzan et al, 2013). Religiosity is able to reduce negative attitudes which result in functions and problems in psychological well-being (Short, Kasper and Wetterneck 2014)

3. Research Methodology

The sample in this study was 83 Muslim nurses. Data collection was carried out using three scales namely the psychological welfare scale (42 items with Cronbach's Alpha = 0.921), social support scale (42 items with Cronbach's Alpha = 0.849), and the scale of religiosity (40 items Cronbach's Alpha = 0.907). The psychological welfare scale was modified based on the 'The Ryff scales of psychological well-being' scale. The scale is the original copyright scale from Ryff and has been translated. There are 6 aspects in this research, namely self-acceptance, positive relationships with others, autonomy, mastery of the environment, goals in life, and personal growth. The scale of social support was modified from the dimensions of social support Cutrona and Russell (1987), namely affection or attachment, social integration, appreciation or recognition, reliable ties or relationships, guidance, and the possibility of helping. The scale of religiosity is modified from the religious dimension of Glock& Stark (Ancok&Suroso, 2001), namely the dimensions of belief, religious practice, practice, knowledge, and appreciation. The data analysis technique used is multiple linear regression analysis using the SPSS program version 24.0 for windows.

4. Results

This study aims to determine the effect of social support and religiosity on the psychological well-being of Muslim nurses. The research scheme is described as follows:

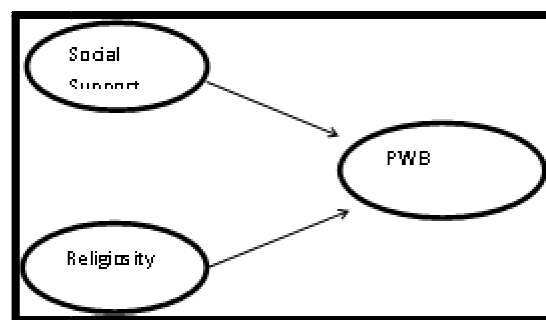


Figure 1: Research Scheme

The results of the study are summarized in the following table:

Variable	F	T	P	R ²	
SS > PWB	23,929	4,892	0,000		Sig
Rg > PWB	37,587	6,131	0,000		Sig
SS, Rg > PWB	22,695	4,098	0,000	.362	Sig

Table 1: Analysis Results

Based on the results of data analysis (table 1) shows: (1) there is a significant influence of social support on psychological well-being (Fhit = 23,929 and Thit = 4,892; p = 0,000); (2) there is a significant influence of religiosity on psychological well-being (Fhit = 37,587 and Thit = 6,131; p = 0,000); (3) there is a significant influence of social and religious support on psychological well-being (Fhit = 22,695 and Thit = 4,098; p = 0,000). The analysis conducted obtained the results of the Rsquare determination coefficient of 0.362. This value implies that in this study social support and religiosity made an effective contribution of 36.2% while 63.8% was contributed by other factors.

5. Discussion

The results showed there was a significant influence of social support on psychological well-being. The results of the study are in line with research conducted by Utami (2018), concerning the effect of perception of social stigma and social support on the psychological well-being of prisoners. The results showed that the perception of social stigma with psychological well-being had a negative and significant effect, social support had a positive influence on psychological well-being, the perception of social stigma and social support together influenced psychological well-being.

Another study conducted by Rahman (2017), about the relationship of social support with the psychological well-being of employees of PT. Lembah Bhakti Astra Agro Lestari Kab. Aceh Singkil. The results of the product-moment analysis have a significant relationship between social support and psychological well-being of employees. Also, another study was conducted by Indriani (2015), regarding the relationship between social support and dual role conflict on the psychological well-being of PT. SC Enterprises Semarang. Hypothesis testing conducted showed a significant relationship between social support and dual role conflict with the psychological well-being of PT. SC Enterprises Semarang. Previous research conducted by Jayafa (2018) about the relationship of social support with the psychological well-being of nurses showed that there was a significant positive relationship between social support and psychological well-being. Millisani&Handayani (2020) conducted a study of the relationship between gratitude and social support with psychological well-being for honorary teachers of Primary Schools at UPT DisdikporaPamotan District, Rembang Regency. The results of the research hypothesis test showed that there was a significant relationship between gratitude and social support with the psychological well-being of elementary school honorary teachers at UPT DisdikporaPamotanRembang District. Indriani&Sugiasih (2018) conducted research on social support and dual role conflict on the psychological well-

being of PT. SC Enterprises Semarang. Hypothesis testing shows that there is a significant relationship between social support and dual role conflict with the psychological well-being of PT. SC Enterprises Semarang. Other research was conducted by Johnson, Colvin, Hanley, & Flannery (2010) on deception, social support, and psychological well-being: a study of newly released prisoners. This research shows that social support affects cognition and psychological well-being but social support does not provide a moderate effect.

The results showed that there was a significant influence of religiosity on psychological well-being. The results of the hypothesis test are in line with research conducted by Hadjam&Nasiruddin (2003), on the role of economic difficulties, job satisfaction, and religiosity on psychological well-being. Based on the results of the regression analysis it can be stated that economic difficulties, job satisfaction, and religiosity together significantly influence psychological well-being. Another study was conducted by Situmorang&Andriani (2018), about the effect of religiosity on the psychological well-being of retired Toba Bataks. The main results of the study indicate that religiosity influences psychological well-being. Next Wijaya (2019) conducted a study on religiosity and the psychological well-being of PNS Salafi Congregation Members. The results showed that the hypothesis that 'there is a positive relationship between religiosity and psychological well-being' was accepted. Amrini (2018) conducted a study of the relationship between Islamic religiosity and the psychological well-being of ESQ Alumni. The results of the data analysis show that there is no very significant relationship between Islamic religiosity and psychological well-being.

The results showed that there was a significant influence on social and religious support on psychological well-being. The results of data analysis are in line with research conducted by Khaerani (2015) on the role of perception of social support and religiosity on the psychological well-being of paraplegia patients. The results showed that there was no significant quantitative relationship. While the results of descriptive analysis showed that social support and religious factors had a positive role in the psychological well-being of paraplegia patients. The results of the analysis in table 1 obtain the results of the R-square determination coefficient of 0.362. This value implies that in this study social support and religiosity made an effective contribution of 36.2% while 64.8% was contributed by other factors (which were not examined). Ryff (1989) explains factors that can affect a person's psychological well-being, among others: demographic factors, social support, evaluation of life experiences, and Locus of Control (LOC). Utami (2018) explained that the perception of social stigma and social support together had an influence on the psychological well-being of 42.5%. The results of Situmorang&Andriani's (2018) study showed that religiosity affected Psychological Well Being, with a contribution of 21.3%, of which 78.7% was explained by other factors. The results of the R-square determination coefficient in this study indicate that religiosity has a greater contribution than social support. These results are in line with research conducted by Eva and Bisri (2018) which shows that religiosity has more influence on the psychological well-being of special intelligent students compared to social support.

6. The Implication to Research and Practice

Social support has been shown to affect the psychological well-being of Muslim nurses. So that it is hoped that the hospital leadership will pay attention to the fulfillment of social support, both the support of leaders and coworkers. Task demands from nurses can be perceived positively if the nurse feels that they have received support from various parties so that the nurse thinks that the difficult situation faced will be lighter because it has the support of the leadership and coworkers.

In current conditions, the emergence of various crises in personal, family, and community life, the fading of traditional values and religious values, and the emergence of various terrible and difficult to cure diseases have resulted in an increasing psychological burden on nurses. So that meeting the needs that support nurse religiosity is very important. Hospital leadership is expected to continue to motivate religious activities carried out by nurses so that the psychological well-being of nurses can also be better fulfilled.

7. Conclusions

Based on the results of data analysis and discussion of the influence of social support and religiosity on the psychological well-being of Muslim nurses it can be concluded that there is an influence of social support on the psychological well-being of Muslim nurses, there is an influence of religiosity on the psychological well-being of Muslim nurses, and there is an influence of social and religious support towards psychological well-being of Muslim nurses. The limitations of this study are that the researcher cannot directly monitor data retrieval and the difficulty of finding respondents due to the Covid-19 pandemic. For further researchers can research with respondents within the scope of one hospital so that results can be more specific. The next researcher is expected to be able to do a descriptive study to make a picture before the research is conducted. Related to variables, researchers can then conduct research using other variables that can affect psychological well-being such as social stigma, demographic factors, evaluation of life experiences, or Locus of Control (LOC).

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