

The Role of Social Support in Promoting Resilience and Mental Well-Being

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Abstract

This study was inspired by evidence of a shortage of psychological well-being in society. The purpose of this study is to investigate empirically the relationship between anxiety, social support, and psychological well-being in society. And within the family, the husband and wife play an important role in managing the family to create a *sakinah mawaddah warahmah* family to understand the concepts or principles of mental health hygiene, which function to develop a healthy mentality or prevent the occurrence of mental illness in family members. The purpose of this study is to define and describe mental health, as well as to investigate the relationship between mental health and family well-being. This study employs library research or (library research). Bibliographic research is a type of study that is used to gather detailed information from numerous sources such as literature, books, notes, journals, and other references. Researchers can get information from scientific publications, scientific journals, and theses that are relevant to the subject being examined as a source of data. According to the findings of this study, a healthy mentality has a substantial impact on the success of a family that promotes community life. According to the findings of this study, the construction of a family life that has a personality that grows with a healthy mentality influences the formation of a prosperous family. All of the intended goals in a family can be properly accomplished with a healthy mentality. A healthy and affluent family with effective family functioning and strong relationships is a good beginning point for developing people' and society's mentalities. This is one of the elements that can contribute to the onset of mental diseases and have an impact on society.

Keywords: Mental Well-Being, Resilience, Social Support

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INTRODUCTION

Mental wellbeing is a key concern and the Government prioritizes developing it in society. Mental health issues remain unresolved both globally and nationally, according to Widyawati (2021). Mental health is a state or condition where a person or society has the capacity to appreciate themselves as they are, have positive relationships with others, have autonomy, have a purpose in life, control the environment, cope with social stress, realize their potential, and experience personal growth that gives meaning to life. In terms of both physical and mental well-being, family life plays a crucial role in strengthening

social support and promoting resilience. As this can have a positive impact on the wider community, it is important to ensure that families have good mental resilience.

A marriage creates a family. Marriage between two partners, usually a man and a woman, is widely recognized as the beginning of family life. Marriage aims at establishing a contractual or binding agreement between a man and a woman legitimizing their sexual relationship. Marriage is seen as the beginning of a prosperous and happy family, both physically and spiritually.

The attainment of wealth is a universal aspiration, but it is not an easy task and is the result of many trials and tribulations. The attainment of prosperity is a universal aspiration, but it is not an easy task, and it is the result of many trials and tribulations. It is a universal goal, but it is not an easy task, and it is the result of many trials and tribulations. Achieving prosperity is a universal goal, but it is not an easy task, and prosperity does not happen overnight, but rather comes about through a gradual process. Society often equates wealth with a well-established family, including adequate food and clothing. However, it is important to remember that true happiness within a family does not depend solely on material possessions. Marital discord or lack of communication and attention among parents and children may result from focusing too much on the outside world instead of living together as a family under one roof.

It is of great importance for married couples to understand the principles of mental hygiene in the management of a family, as these principles will help in the development of a healthy mentality and the prevention of mental illness among family members. For the purpose of building a happy family and improving its quality, it is important that a sense of security, peace and hope for a good future is created through the realization of physical prosperity and internal happiness, and that both the husband and the wife have a healthy mental attitude for the performance of their proper roles or functions.

METHOD

Bibliographic research is commonly used by researchers as a means of in-depth information gathering. In bibliography research, information is gathered from various sources like literature, books, notes, magazines, and other sources. Researchers can obtain information from scientific books, scientific journals, and dissertations that are relevant to the problem being studied, as Sari (2020) states.

Researchers use three data collection techniques:

1. Editing is the process of re-examining the data for completeness and clarity; it is important to note that the third technique is the one that is missing from the original text.
2. Organizing is the process of structuring the data that has been collected into a framework.
3. Finding is a further analysis of the results of the organization with the help of given rules, theory, and methodology. The responses generated are solutions to the problem at hand.

Researchers use three data analysis techniques, as described by Sugiyono (2019):

1. Data reduction involves summarizing and selecting the main points that fit the theme or pattern.
2. Data presentation can take the form of charts, short descriptions, relationships between categories, flowcharts, and other similar methods. The researcher presents the data using narrative text.
3. The initial conclusions are tentative and subject to change if no supporting evidence is found during data collection. However, if strong, valid, and consistent evidence is found, the conclusion becomes credible.

RESULT AND DISCUSSION

The term 'Mental Health' originates from the concept of 'mental hygiene' in English. The word "mental" is derived from the Greek word "psyche". Psyche means "soul" or "spirit". According to Ardani and Istiqomah (2020), the term "mental hygiene" is interpreted as "mental health". According to Triastiadi Ardi Ardani and Istiqomah (2020), mental health refers to the development and use of all existing potentials, talents, and characteristics to achieve happiness for oneself and others while avoiding mental disorders and illnesses. It is important to note that this definition excludes subjective evaluations unless they are clearly labeled as such.

According to Professor Abdul Azis El-Qussy (1977), mental health is the perfect harmony or integration of various mental functions, along with the ability to avoid mild mental upsets that usually occur in human beings, as well as positivity, cheerfulness and ability. Mental health is defined as an individual's ability to effectively adapt to his or her environment and self, including happiness, good social behavior, and the ability to face and accept the realities of life, according to Harlord W. Bernard (1970). A person's success in life is often attributed to their religious beliefs and practices. Therefore, mental health practices should not only focus on physical well-being. They should also focus on spiritual efforts.

Religious values are believed to contribute to the development of people with moral as well as academic intelligence. Better than a generation with only academic intelligence. Therefore, it can be concluded that cultivating religious values in mental hygiene plays a significant role in shaping pious, intelligent, and ethical individuals who are capable of leading and developing their families.

Psychological hygiene is the development and application of practical principles for achieving and maintaining psychological well-being while preventing psychological harm and bad decisions. A number of factors are closely related to mental health, including It is a way of thinking, feeling and living, of seeing oneself and others, of evaluating alternatives and making choices.

Mental health plays a critical role at every stage of life, much like physical health. It encompasses efforts to manage stress, establish healthy relationships, and make sound decisions. Mental health encompasses the full range of life experiences, from the positive to the negative. Everyone will experience these at some point. Unfortunately, many people experience problems with their mental health at different points in their lives. The functions of the mind, including thoughts, feelings, attitudes, views, and beliefs, must work together and cooperate to achieve harmony, which helps individuals avoid doubt, anxiety, and inner conflict. This concept has been the subject of expression by a number of different figures:

1. Hadfield stated that mental health involves maintaining a healthy mentality and preventing mental illness.
2. According to Alexander Schneiders, mental health is a practical art that involves developing and using principles related to mental health and adjustment, as well as preventing psychological disorders.
3. Carl Witherington defines mental health as the science of maintaining mental health or a system of principles, methods, and techniques for developing a healthy mentality.

There are four references to healthy mental qualities based on the explanation given:

1. Avoid mental illnesses.

According to Zakiyah Daradjat (1975), the distinction between mental disorders (neuroses) and mental illnesses (psychoses) is as follows:

- a. Neurotics are aware of and feel their troubles, whereas psychotics are not.

- b. His personality neuroses are not distant from reality and, in general, exist in the sphere of reality. Meanwhile, persons suffering from psychosis have a severely unstable personality in all aspects (responses, feelings/emotions, and impulses), no integrity, and live far from reality.
2. Adaptable
Adaptive self-regulation is the process of acquiring and fulfilling needs while overcoming stress, conflict, frustration, and specific challenges.
An individual is considered to be in normal adjustment when he or she is able to satisfy his or her needs and cope with his or her problems in an appropriate manner that is not harmful to himself or herself or to the environment and that is consistent with religious beliefs.
3. Use the full potential
People with mental health problems have the ability to focus their potential on positive and constructive activities that help them grow. These activities may include learning (at home, school, or in the community), working, hobbies, and exercise.
4. Achieving Personal and Others' Happiness
Psychologically healthy people engage in behaviors and reactions that satisfy their needs while positively affecting themselves and/or others, and do not sacrifice the rights of others for their own benefit. Mutual happiness is the goal of all activities.

It is important to note that subjective assessments should be out of the question unless the assessment is clearly labeled as such. Mental development should begin in childhood. It is during this time that an individual's personality is formed. A significant role in determining one's future personality is played by the values acquired from one's environment, especially one's family. These values may be religious, moral, or social in nature. An attitude based solely on changing and unstable social and moral values may lead to emotional unrest when unexpected changes take place. This is a common experience during adolescence and adulthood. This is a time of physical and psychological growth and development.

The avoidance of punishment and the expectation of reward can motivate people to engage in religious behavior. It is important to note, however, that humans are not simply mechanical robots and can exhibit complex behaviors and decision-making processes. A hierarchy of human needs was proposed by Abraham Maslow, a leader in humanistic psychology as follows:

1. Physiological needs, or basic life necessities such as eating, drinking, and resting.
2. The desire for security, which urges people to be free of anxiety and dread.
3. The need for affection, especially the fulfillment of interpersonal connections.
4. The requirement for self-esteem.

In medical science, the term psychosomatics is used to describe the intimate relationship between the close relationship between the mind and body. It is important to maintain a healthy mind in order to have a healthy body, and vice versa, and the phrase "eating heart-embroidered liver" reflects this reciprocal relationship. Religion is often part of the discussion about the factors that have an impact on an individual's life. There are factors who support a mental health as follows:

1. Mental and intellectual development. The critical aspect of religious teachings develops. Aside from that, kids are curious about cultural, social, economic, and other life norms.
2. Emotional development Various emotions have emerged during adolescence. Social, ethical, and aesthetic feelings that urge youth to live in a religious atmosphere tend to inspire them to become more religious.

3. In their religious life, there is a tension between moral and material motives.
4. Feelings of guilt and efforts to seek protection begin the moral development of adolescents. To help teenagers escape from mental turmoil, religion and a genuine belief in God can provide help. When the social, economic, and political conditions are shaken, religion becomes more and more necessary, and a soul that has no religious faith will find it difficult to cope with these shocks.

An individual's attitude of surrender to a higher power influences the relationship between psychology and religion, particularly the relationship between religious belief and mental health. Positive emotions such as happiness, joy, contentment, success, love, and security can result from this resigned attitude. It is commonly believed that religious teachings have a requirement for their adherents to practice their teachings on a regular basis. Forming and performing religious worship can instill sincerity, which can lead to a sense of succeeding as a faithful servant of God. Acts of worship can also provide a sense of meaning to life. Human beings are creatures with an inseparable physical and spiritual unity, and therefore require treatment that can satisfy both aspects.

Welfare comes from the word prosperity. According to the KBBI of the Ministry of National Education, prosperity is a condition that includes a sense of physical and spiritual security and tranquility. The state of relative prosperity varies for each individual and family and is determined by their philosophy of life. Prosperous conditions are not permanent and can change at any time, sooner or later. To attain and sustain prosperity, individuals must continuously strive within an indefinite timeframe, in accordance with the ever-evolving demands of life.

Welfare refers to the level of satisfaction a person derives from consuming their income. However, the level of welfare is relative and depends on the amount of satisfaction obtained from consuming that income. A fulfilling life is one that receives an abundance of blessings from God, both material and spiritual, providing for physical needs and inner peace.

Psychological well-being is highly valued by individuals, societies, and governments alike. Achieving excellent psychological well-being can contribute to the realization of medium-term development goals. As stated by the Director of Mental Health and Substance Abuse Prevention, Khalimah (2020): "The medium-term development goal for 2020-2024 is to create an independent and just Indonesian society by accelerating development in various fields. Therefore, it is crucial to prioritize the development of a robust economic structure founded on excellence, competitiveness, and supported by high-quality human resources. It is essential that human resources are not only physically healthy but also mentally sound.

Although the Indonesian people have yet to achieve their aspirations, there are still many opportunities to pursue them. During the pandemic, the Director General of Public Health reported a 64.3% increase in the prevalence of mental disorders in society, according to Sumiwi (2022). The World Health Organization (WHO, 2017) identifies depression and anxiety as the most common mental disorders, affecting over 200 million people worldwide (3.6% of the population). Depression affects 322 million people worldwide, which is 4.4% of the population. Almost half of those affected reside in the Southeast Asia and West Pacific regions. Depression is a leading cause of suicide, with close to 800,000 suicides attributed to it annually. According to Widyawati (2021), a basic health survey conducted in 2018 revealed that more than 19 million people aged 15 years and older experienced mental and emotional disorders, with more than 12 million experiencing depression.

Mental health problems in Indonesia are primarily caused by the high prevalence of people with mental disorders, according to the Director of Prevention and Control of Mental Health and Drug Problems. A study by Putri (2015) on the interrelationship between physical health and mental health found that physical pain can be the cause of

mental disorders, and vice versa. Matondang (2021) also found a significant relationship between physical activity and adolescent mental health. A significant correlation between the physical condition of martial arts athletes in the PON XI and their individual performance was found by Yusup et al. (2017). This suggests that physical condition has a positive impact on performance. Haryanto (2020) explains that the human brain is closely linked to the endocrine system, which releases hormones that affect mental health. It is important to maintain a clear and objective language, avoiding biased or emotional language and using precise technical vocabulary when necessary. Finally, grammatical correctness and adherence to style guides are essential. Thoughts and feelings can also affect hormones and disrupt the functioning of organ systems in the body. The text should also follow conventional academic structure and format, with clear and concise writing and logical development of ideas.

The social environment can also be affected by these physical and mental health conditions. Putri (2015) explains that health and illness are biopsychosocial conditions that are integrated into human life. The concept of person-in-environment suggests that individuals and their environment have an impact on each other. An individual's presence in a social environment can affect the dynamics of community life, and vice versa. These conditions can directly or indirectly affect an individual's well-being. It is clear from this description that a lack of adaptation to one's environment can lead to mental health disorders. In the long run, such conditions can lead to a lower quality of human resources. This can hinder a nation's development efforts based on Khalimah (2020).

According to Ryff and Keyes (2005) and APA PsycNet (2022), psychological well-being refers to an individual's ability to accept oneself, form positive relationships, be autonomous, have control over one's environment. This understanding suggests that individuals with good psychological well-being are those who are able to accept themselves unconditionally, to form close relationships with others, to manage social pressures independently, and to control their external circumstances. Additionally, they have a sense of purpose and meaning in life and can continuously develop their existing abilities to achieve personal growth.

According to Huppert, Baylis, and Keverne (in Najla & Purwaningsih, 2018), psychological well-being is reflected in positive emotions and behaviors, a view shared by Prabowo (2016). These attitudes and behaviors can be observed through the psychological well-being variable. This study follows the psychological well-being theory of Ryff (1989) and Ryff & Keyes (2005). Ryff and Keyes (2005) and Ryff (1989) outline six aspects of psychological well-being. These aspects are: The six aspects of psychological well-being are: the ability to accept oneself unconditionally, the development of close communication with others, the independent resolution of social pressures, the control of one's external life, the existence of a life structure to achieve goals, and the optimal use of one's abilities.

Meanwhile, according to Ki Hadjar Dewantara, the family's psychological well-being is critical. The term 'family' originates from the word 'kawula', which means 'I', 'servant', or 'servant who is on duty and obliged to serve myself'. 'Citizens' refers to members who have rights, obligations, and responsibilities for all matters related to the interests of their family group. Each family member has the obligation to assist and support one another in achieving the family's goals of *sakinah*, *mawadah*, and *warrahmah*. Each member of the family has the right to express their ideas and opinions, and it is their obligation to listen to and consider each other's viewpoints.

Relationships within the family should be based on sincerity and affection. Marriage is a union of love, tenderness, and understanding between a man and a woman. Its purpose is not solely for physical pleasure, but also for emotional peace and tranquility. In Islam, marriage is considered a sacred bond that leads to the birth of a thriving family.

One of the goals of equipping and guiding children is to meet their physical and spiritual needs, allowing them to develop as a unified whole. It is important to meet the physical needs of the child and the family as a whole in order to achieve a prosperous life and live in a safe and peaceful environment, free from fear or anxiety about the future. Families who can easily meet their daily needs tend to feel more at peace in life compared to those who face educational difficulties, financial struggles, or job loss. Neglect of children due to lack of resources and constant anxiety and worry for the future are common issues faced by such families.

The family is an integral part of community life and has a significant impact on its members. A prosperous family can contribute to the prosperity of the community, while discomfort and poverty within a family can negatively affect the community. Therefore, improving family life is crucial for building a prosperous society.

According to Law Number 10 of 1992, a prosperous family is one that is formed by a valid marriage and is able to fulfill both spiritual and material needs that are worthy of being devoted to Almighty God. Additionally, a prosperous family has harmonious and balanced relationships between its members, as well as with society and its environment.

Social welfare is an integral part of a prosperous family. The formation of a prosperous family is influenced by various factors, both internal and external. Family welfare refers to the fulfillment of physical, spiritual, and social needs within a household. It encompasses basic necessities such as food, clothing, housing, education, and healthcare.

A prosperous family is one that can fulfill the eight functions of a family. To achieve this, efforts must be made to revive and strengthen these functions. Both the husband and wife have obligations to fulfill in order to live up to these functions. The wife's duties include five things:

1. Respect and obey your husband within the bounds set by religion and moral standards.
2. arrange and take care of the household, ensure safety and realize family welfare.
3. Preserve and protect family property and reputation..
4. Nurturing and educating children as a command from Allah, or Almighty God.
5. Accept and respect your husband's gifts and use good thrift, care, and intelligence to provide for the life he provides.

Etymologically, anxiety comes from the Latin word *anxius*, which means 'to strangle.' Anxiety is a negative emotional state characterized by unpleasant symptoms of tension, such as heart palpitations, sweating, and difficulty breathing. Anxiety is characterized by fear of unexpected future danger (Schwartz, 2000), whereas fear is usually a response to an immediate threat. While anxiety is similar to fear, it is less specific.

Therefore, anxiety can be considered a less specific form of fear. Kartono (1989) defines anxiety as a combination of fearlessness and concern about unclear matters. Nevid (2005) describes fear as an emotional state characterized by physiological excitement, nervousness, discomfort, and a negative sense that something bad is about to occur. Stuart (2006) and the APA (in Kusuma & Ardani, 2018) both describe anxiety as an emotional response to ambiguous and pervasive worry, which is associated with feelings of uncertainty and helplessness. It is important to note that this definition does not include subjective evaluations unless it is clearly labeled as such.

Others suggest that fear is a normal human response to being confronted with an issue (Christianto, et al., 2020). Anxiety can appear suddenly and cannot always be controlled. Persistent anxiety can lead to loss of concentration and reduced daily activities, which can negatively impact one's life. Exploring the various aspects of anxiety can help identify it in individuals.

Nevid (in Suharto, 2019) describes three dimensions of anxiety: cognitive, behavioral, and physiological. The cognitive dimension relates to personal thinking activity, specifically thinking about events causing anxiety. The cognitive aspect is related to an individual's thinking activities, specifically thinking about events that make them feel insecure. The behavioral aspect of anxiety disorders is characterized by avoidance behavior, dependency on others, and a preference for avoidance of anxiety-provoking situations. In addition, there are three physical aspects. People with anxiety disorders often experience physical symptoms such as increased sweating, trembling, changes in body temperature, rapid heartbeat, shortness of breath, confusion, weakness, diarrhea, and increased urination.

Meanwhile for social support, Smet (1994) explains that social support is a function of social ties, which describe the quality of interpersonal relationships. Bonds and friendships with others provide emotional satisfaction in an individual's life. When individuals receive support from their environment, everything feels easier. Therefore, social support is crucial in social life. Social support can come from various sources, including parents, relatives, neighbors, coworkers, and friends the individual interacts with. According to Cochran (2009), the social support system consists of people directly related to an individual.

Sarason (in Sarafino 2011) agrees and explains that social support is the attention, appreciation, comfort, and assistance that individuals receive from others. Social support is the help, encouragement, acceptance, and attention that is provided by other people who have respect for and care about an individual. According to Meta and Endang (in Lestari et al., 2011), social support can improve the well-being of individuals.

According to Sarafino and Smith (2011), social support has five aspects: emotional support, appreciation support, instrumental support, informational support, and companionship support. Emotional support can take the form of empathy, care, attention, affection, or listening to individual complaints; informational support involves the provision of advice, suggestions, or information; and companionship support involves the presence of others to engage in shared activities or provide a sense of belonging. Esteem support takes the form of feedback on social roles.

This can make individuals feel valued, receive positive evaluations, and be accepted by others. Instrumental support involves providing tangible assistance, such as financial aid or transportation. Instrumental support involves providing material assistance or services to solve practical problems. In addition, there is informational support in the form of advice, suggestions, or feedback on how to solve a problem. sense of togetherness and friendship when solving problems within certain groups.

CONCLUSIONS

Based on the outcomes of the conversation, it is possible to conclude that a healthy mentality has a substantial impact on a family's prosperity. The construction of a wealthy family is impacted by the formation of a family life with a growing personality and a healthy attitude. All of the intended goals in a family can be properly accomplished with a healthy mentality. People's psychological well-being can be aided by healthy and affluent families. A happy family can foster a mentally healthy social environment.

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