

## The study of self adjustment, hope and satisfaction with life of ethnic groups in Indonesia

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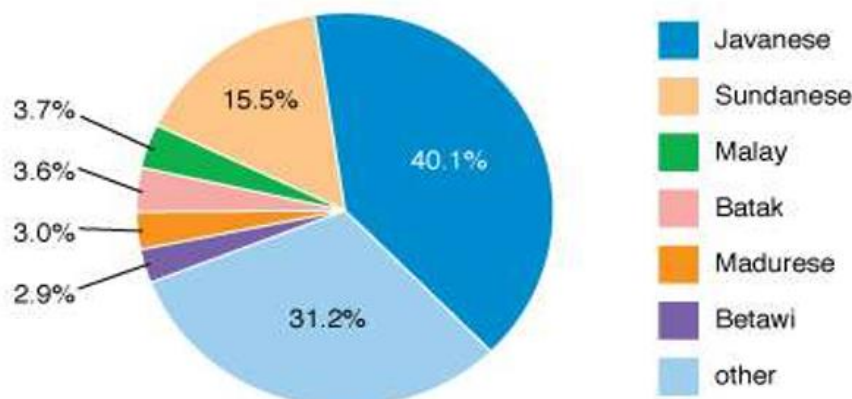
**Abstract:** This study aims to evaluate the relationship between self-adjustment, hope, and life satisfaction among ethnic groups in Indonesia. The study utilizes the Self-Adjustment Scale, the Adult Hope Scale, and the Satisfaction with Life Scale among 200 participants (156 males, 44 females) currently enrolled in an internship program at an electronics company in Jakarta. The participants represent ten ethnic groups in Indonesia: Madurese (2%), Javanese (20%), Sundanese (38%), Batak (13%), Betawi (9%), Bugis (1.5%), Gorontaloan (2.5%), Minangkabau (5.5%), Malay (0.5%), and Bantenese (8%). The research presents two main findings. First, self-adjustment is influenced by life satisfaction and hope, with four predictors—ethnic group, gender, life satisfaction, and hope—contributing 5.8% to self-adjustment. Second, predictors such as ethnic group and gender contribute 0.9% to self-adjustment, while life satisfaction accounts for 1.3%, and hope (agency) contributes 3.4% to self-adjustment.

**Keywords:** *Ethnic, Hope, Migrant, Satisfaction with Life, Self adjustment.*

### 1. Introduction

Indonesia is the 14th largest country as well as the largest archipelagic country in the world with an area of 1,910,931 km<sup>2</sup>, and the 6th most island country in the world, with a total of 17,504 islands. The alternative name used for the Indonesian archipelago is called Nusantara. According to the data from The Directorate General of Occupation and Civil Registry of the Ministry of Home Affairs, in 2022, Indonesia's total population was recorded at 275,361,267 people.

Indonesia is a multiracial, multi-ethnic and multicultural country in the world. There are over 300 ethnic groups in Indonesia. Javanese is the largest ethnic group in Indonesia that about 40.1% from population. Javanese tribes do not only live on the island of Java, but they are also spread throughout the islands of Indonesia. There are millions of Javanese have migrated to all over the island in Indonesia because of the transmigration program. Besides the Javanese, there are also other tribes such as the Sundanese, Batak, Malay, Madurese, Betawi. In Jakarta as a capital city of Indonesia, the population consists of various tribes. Some reasons, they live in Jakarta as a migrant because of their jobs.

**Ethnic composition (2010)**

**Figure 1.**  
Ethnic Composition of Indonesia Based on 2010 Data.

Migration is the process of moving a person or group from one area or city to settle in another area. In terms of the length of time a person has lived, migration focuses on individuals who move either semi-permanently or permanently to another place [1]. They also mentioned that someone who migrates is faced with various pressures that can affect mental well-being, such as loss of cultural norms, religious customs, and social support. This is because they have adapted to changes in culture, identity and self-concept.

Pressures of life perceived by migrants are not be ignored. Reviewing their goal to move there must be hope and desire to achieve. Human being has hope and desire for their survival in the present and future. They can have confidence in something in the future that needs to be prepared early on. According to Pine [2] hope is a complex thing where the idea that is owned focuses on one's imagination capacity based on time and progress, the desire to believe in a better future or the possibility of something that can change to some extent. For a migrant, hope becomes a motivation to achieve what they want through the efforts, hard work and self-commitment. Hope can excite people to pursue what their dreams.

However, there are not all migrants can accept if their expectations are not be realized. Failure and disappointment faced will affect the condition of their life. There are some of conditions that can affect a person when the expectation is unrealized. The first physical condition that will arise fatigue in some of its time. Physical fatigue can cause a physically healthy to become sick. The second condition is the psychological condition. The psychological condition is a result of unfulfilled hopes and desires can make one's mind drift. So that it shows worry, sad that passion to pursue your dreams and goals become extinct or extinguishing to Wijanarko and Syafiq [3] found that students from Papua face many difficulties in adapting to the local community due to differences in both physical, language and cultural habits. On the other hand, study from Andani [4] found that in order to deal with culture shock, it is necessary to adjust oneself and the interaction process varies greatly. The majority of South Sulawesi students, although their cultural life is different, are able to adjust to life in their new place. Heinitz, et al. [5] they explored relationship among optimism, hope, and self-efficacy with subjective well-being and ill-being. The German panel data set and tested the mediating effect, found that there was a correlation between optimism, hope, and self-efficacy with flexible adjustment of goals. Problem arising from physical and psychological conditions will affect the satisfaction of one's life. This makes the expected conditions of life to be close to ideal standards, changing into dissatisfaction with life. Dissatisfaction with life can also change a person's perception of the life he lives today. Dissatisfaction, a

sense of failure, a sense of hopelessness penetrates into the mind that will see dissatisfaction with life. Study from Otrachshenkoy and Popova [6] that the empirical results accept the theoretical model and show that dissatisfaction with life can make a person's intention to migrate stronger. They found that a person's socio-economic factors either directly or indirectly influence the decision to migrate through life satisfaction.

Hope has a relationship with life satisfaction. The study conducted by Chang [7] on 211 students regarding to interpersonal satisfaction and hope found that hope as a predictor is an important factor of academic and interpersonal life satisfaction. In line with O'Sullivan [8] where the results of his research show that there is a relationship between expectations, stress, self-efficacy, and life satisfaction among college students. This research shows that hope is the best predictor of life satisfaction. Another study by Raats, et al. [9] found that there was a significant relationship between hope and satisfaction of life in people of low and middle socioeconomic status.

This study is to discover the answer of two questions about self-adjustment, hope, and satisfaction with life in migrants. First, do hope and satisfaction with life influence self-adjustment? Second, does the relationship between self-adjustment, hope and satisfaction with life differ on ethnic groups and gender?

### *1.1. Self-Adjustment, Hope and Satisfaction with Life*

Self-adjustment is a dynamic process for changes individual behavior. This change proposes to adjust between the individual and environment. To fulfill the demands of life could face problems of health. Self-adjustment is as a change that occurs in a person and the environment to gain satisfaction in relationships with others [10]. Self-adjustment is a balanced state and the absence of pressure that can interfere with a dimension of life [11]. Everyone has differences in how to adapt to a situation. Self-adjustment is a life-long process and individuals have different experiences in achieving their goals [5].

Distinguish self-adjustment into two categories: (1) Adjustment as adaptation. Adaptive adjustment forms are more physical or biological; meaning it because of changes in the physical process, such as sweating is the body's attempt to cool the body from the hot temperature. In cold regions on the contrary, people should be dressed thickly to warm the body. Thus, sweating and dressed are a form of adaptation to the environment. (2) Adjustment as an adjustment. A form of adjustment that related to the human psychic life and behavior [11].

Several factors influence the self-adjustment according to Maslow, Spock and Hurlock, Rovie, and Schneiders [12]. The first is sex. Physically there are very striking difference between men and women. This will also create psychological and social differences. Families and communities generally provide different treatment between men and women. Men are higher in ability and independent than women. Conversely, women are more dependent on the environment. Men are more opportunities to standalone and bear the risks and many are required to realize the initiative than women. Second is culture. Psychosocial changes support the change of both personal and social. Those are inseparable from the local culture and norms that exist in society. Third is environment. Individuals as social beings will not be able to meet their needs without any help from others. This means that people depend on the environment. The environment is the place where they life and interact with others, such as family environment, society.

Hope as a one of the dimensions of psychological functioning, is an element integrating psychical life and a source of strength in existential challenges health and illness [13]. There is a combination of hope, namely agency and pathway. Both are very important to be able to have positive mental health. Individuals who have hope come from personal and interpersonal which aims to help achieve hope and overcome obstacles. To achieve goals, positive feedback is needed so that individuals feel more confident in planning and implementing current and future lives. In addition, positive emotions become a challenge to achieve successful goals, so people need to create a more optimistic and future-oriented perspective. It can be used to withstand the effects of negative life events [14].

Understanding hope as a learned form of thinking patterns, as well as a set of beliefs and thoughts, which involve two relatively different ways of thinking about a goal. Thought agency involves one's

successful determination to achieve a goal. Hope is important for the recovery of various health conditions including mental health and substance use [15]. Hope is a person's belief in his ability to pursue the goals he wants to achieve [14]. These beliefs are intended to lead directly to expected and appropriate behavior, thereby reinforcing hopeful thinking [16]. There are three things to engage in such thinking. First of all is necessary to establish goals. The second is hopeful thinking. This requires an approach with an effective path to achieve the desired goal. Third is the need for motivation. Motivation is needed to use the path that will lead us to the goal. Hope has both a general and a specific nature. The nature of hope in general is not burdened by time or specific goals. Meanwhile, hope is specific in terms of time and purpose [17].

The theory of hope globally represents complex, challenging, creative, and sometimes dangerous scientific constructs. This can trigger individuals to become vulnerable in reaching unattainable expectations [18]. Hope will be so personal or interpersonal that it requires and demands help from others. Sensible hope would refrigeration that one takes not, as hope does, feelings one may or not be able to endeavor. A person who acts expressively from a reasonable hope of being able to act with others. Whereas hope is most often thought of as individual attributes, reasonable hope can be the actions of one or many people [19]. Study McDermott, et al. [20] found that hope can mediate the relationship between attachment security, student anxiety and depressive symptoms in adults. Researchers concluded that students with a more secure attachment orientation would be less likely to experience anxiety and depression. This suggests an increased tendency to think hopefully and the positive effects associated with successful goal attainment.

Satisfaction with life refers to an individual's personal judgment of well-being and quality of life based on his or her own criteria. In other words, how much the person likes the life he or she leads [21]. Satisfaction with life [22] is a cognitive evaluation where a person compares her or his present condition with her or his ideal standard. Satisfaction with life [23] life is based on individual trust or attitude in evaluation her or his life. There is a positive relationship between life satisfaction and many personal characteristics and resilience protective factors [16]. Life satisfaction is an overall attitude consisting of various components in a person's life domain that are important for life satisfaction [24].

## 2. Method

### 2.1. Participants and Procedures

Participants in this study included 200 respondents (ages 17-24). Eligibility to participate was limited to individuals who currently enrolled in internship program at company in Jakarta. Participants were predominantly male 78% and 22% female. Respondents are from 10 ethnic groups in Indonesia (Madurese = 2%, Javanese = 20%, Sundanese = 38%, Batak = 13%, Betawi = 9%, Bugis = 1.5%, Gorontalo = 2.5%, Minangkabau = 5.5%, Malay = 0.5%, and Banten = 8%). The instruments approximately took time to complete around 25 minutes.

In this study, the procedure began with collecting some information about the phenomenon and topic about the research. There are three phases that it to be done for this research. First phase is a preliminary interview with two person who enrolled in internship. Second phase is to use and to adapt questionnaires as a measurement for the research. These questionnaires were checked for content validity by two expert judgment to see the conformity of the measuring instrument. Third is collecting data from participants. Participants were chosen with the same with the characteristics the population. Data collected used the technique of non-probability sampling dan purposive sampling. Participants in this study were divided into two groups such as group for pilot study and group for field study.

### 2.2. Measures

This study used three scales. The first is the *Self-Adjustment Scale* by Heinitz, et al. [5]. This scale contains 39 items (Cronbach Alpha = .779) which measures five characteristics of self-adjustment. The second scale is the *Adult Hope Scale (AHS)* was developed by Snyder, et al. [14]. This scale of hope measures the cognitive model which defines hope as a positive motivational. This is based on an

interactively derived sense of successful (a) agency (goal-directed energy), and (b) pathways (planning to meet goals). The adult hope scale contains 12 items (Cronbach's alpha = .80). Third scale is *The Satisfaction with Life Scale* by Libman-Sokołowska and Nasierowski [13]. This scale contains five items (Cronbach Alpha .707). The Scale was developed to assess satisfaction with the respondent's life as a whole.

### 3. Results

The aim of this study is to examine the relationship among self-adjustment, satisfaction with life and hope for the ethnic groups and gender. There are two primary analyses conducted.

First is to assess the correlations among self-adjustment and satisfaction with life and hope (agency and pathways). Table 1 presents, the means and standard deviation of the ethnic groups, gender, self-adjustment, satisfaction with life and hope. Self-adjustment is a dependent variable, furthermore, satisfaction with life and hope are an independent variable. The result of the research show that there is a correlation among Self-adjustment and hope (agency and pathways)

**Table 1.**  
Correlation between variables.

	Mean	St. Dev.	Self-adjustment	Satisfaction with life	Hope (Agency)	Hope (Pathways)
Self-adjustment	152.81	11.798	1			
Satisfaction with life	16.64	4.656	-0.122	1		
Hope (Agency)	3.45	1.176	-0.202**	0.208**	1	
Hope (Pathways)	5.68	1.673	-0.149**	0.256**	0.483**	1

*Second*, multiple regression attested whether self-adjustment was affected by satisfaction with life and hope. Table 2 shows the research result through hierarchical regression where the data entry one by one. It shows that (1) there is no significant effect of satisfaction with life through self-adjustment. The score of  $p > 0.05$  ( $p = 0.103$ ), (2) There is significant effect of hope (Agency) through self-adjustment. The  $p$  value  $p < 0.05$  ( $p = 0.009$ ). (3) There is no significant effect of hope (pathways) through self-adjustment. The  $p$  value  $p > 0.05$  ( $p = 0.549$ ). Furthermore, based on the four predictors: ethnic groups, gender, satisfaction with life and hope contributed 5.8% to self-adjustment. For predictors such as ethnic groups and gender contributed 0.9% to self-adjustment. Meanwhile, ethnic groups, gender, satisfaction with life contributed 1.3% to self-adjustment. For predictors such as ethnic groups and gender contributed 0.9% to self-adjustment. Meanwhile, ethnic groups, gender, satisfaction with life contributed 1.3% to self-adjustment.

**Table 2.**  
Analysis Hierarchical Regression.

	F value	P	Beta	Sig.	R <sup>2</sup>
Model	2.658	.034	-	-	0.058
Ethnic Groups	-	-	-0.079	0.266	0.009
Gender	-	-	0.035	0.621	
Satisfaction with life	-	-	-0.117	0.103	0.013
Hope (Agency)	-	-	-0.189	0.009	0.034
Hope (Pathways)	-	-	-0.049	0.549	0.002

### 4. Discussion

There are at least two interesting conclusions regarding purpose on ethnic groups. First, this research identified a self-adjustment is correlated with hope in ethnics groups. Everyone needs to adjust in order to survive in this world. Adjustment to the outside world (including other people and the environment) follows self-adjustment. These adjustments don't happen in a vacuum since people interact with their surroundings in a variety of ways [11]. Self-adjustment also is a person's ability to

live and socialize independently reasonably to the environment, so that a person feels satisfied with himself and to the environment [25].

The result of this research shows that self-adjustment which is the ability to create harmonious relationships can satisfy individual and environment. Besides that, individuals are also expected to be able to make adjustment in social life and able to meet age-appropriate social hope. Hope as an important factor has a role in demonstrating one's belief in knowing how to achieve one's goals (pathways). In addition, it is also the belief that someone who has motivation can use the pathways to achieve his goals [18].

In addition, ethnicity has a role in adaptation, so that they can adapt well. This is related to the interaction between the attitudes and characteristics of immigrants and the ways of the receiving society, support from that is moderated by the special circumstances of the immigrant group in interacting with the new society [26]. In line with Mahmoudi [10] showing that there is increasing interest regarding the effect of gender on adolescent adjustment and academic achievement. Based on contemporary theory and research, there is a shift in gender as a static and relative indicator of adolescent adjustment that is more process-oriented and integrative. Important factors in the transition to work are hard work, workplace support, scientific specialists, individual determination, and job availability. Another important thing is the existence of support which must be flexible, personal, continuous, and intensive [27]. Satisfaction with life becomes important in interventions to increase a person's satisfaction on psychological factors, readiness to change, because many of them are not ready to allow themselves to change.

Based on knowledge of the research conducted on self-adjustment, satisfaction with life and hope formulated two hypotheses. First, the author hypothesized that the present study's conception of satisfaction with life affect self-adjustment. Nevertheless, the present study found that satisfaction with life was not affect self-adjustment among respondent from ten ethnic groups whom life in Jakarta. In the process of adaptation is not an easy thing to go through. In life a person will face various good things in the form of pressure, shock and mental tension many kinds of. Someone who is able to deal with these difficulties in a way objective and through it by enjoying life will feel serenity, stable, happy, and interested in working, and achieving.

Second, self-adjustment was affected by satisfaction with life and hope. Self-adjustment is as a change that occurs in a person and the environment to gain satisfaction in relationships with others. A person's level of satisfaction with life is determined by how highly they regard the overall quality of their life. Having such satisfaction with life could help people to be optimistic and positive of their life. As a positive motivational, hope, could derive sense of successful agency and pathways planning to meet goals. In line with Ali and Ansori [28] who saw that one of the elements that influence a person's adjustment process is willingness and ability to change (modifiability). This ability is personality characteristics that dynamic and sustainable so that a person can change in the form of will, behavior, attitudes, and other similar characteristics. This self-adjustment is necessary in order to play a role for a person to be able to realize one's hopes which will later become a source of strength in facing challenges in the future. Hope that someone wishes to be able to fulfill life satisfaction. Sugiyono [23] states that life satisfaction is psychological well-being in general or satisfaction with life as a whole. Satisfaction life as an index of psychological well-being in adults and the elderly. One more thing, that one's hope need to get social support in order to fulfill life satisfaction. Cui [29] shows that social support, hope, and life satisfaction positively related to each other. Social support can increase life satisfaction by increasing the level of hope.

## 5. Conclusion

This research identified a self-adjustment is associated with hope in ethnics groups. First, the author hypothesized that the present study's conception of satisfaction with life affect self-adjustment. Nevertheless, the present study found that satisfaction with life was not affect self-adjustment among respondent from ten ethnic groups whom life in Jakarta. Second, self-adjustment was affected by



satisfaction with life and hope. Self-adjustment is as a change that occurs in a person and the environment to gain satisfaction in relationships with others. Satisfaction with life is the degree to which a person positively evaluates the overall quality of his/her life as-a-whole. Having such a satisfaction with life could help people to be optimistic and positive of their life. As a positive motivational, hope, could derive sense of successful agency and pathways planning to meet goals.

### Transparency:

The author confirms that the manuscript is an honest, accurate, and transparent account of the study; that no vital features of the study have been omitted; and that any discrepancies from the study as planned have been explained. This study followed all ethical practices during writing.

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