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SUBJECTIVE WELL-BEING OF ADOLESCENTS WITH PARENTS AS INDONESIAN MIGRANT WORKERS IN DAREK PRAYA VILLAGE, CENTRAL LOMBOK

MAULIDA JUNIAR SHAHARA & SARAPUDIN

Universitas Islam Negeri Mataram

 dindamaulida742@gmail.com

 sarapudin@uinmataram.ac.id

Abstract: In children of migrant workers, they will face a number of developments without the complete presence of their parents, even though they need guidance, support and supervision from their parents so that these adolescents will feel a lack of happiness and satisfaction with their lives such as low subjective well-being. This study uses a qualitative approach, which aims to find out (1) How is the dynamics of subjective well-being in adolescents with parents as Indonesian migrant workers in Darek Village. And (2) how is the subjective well-being strategy carried out by adolescents with their parents as migrant workers in Darek Village. The data collection techniques in this study used interview, observation and documentation techniques with adolescents whose parents lived as migrant workers, adolescents aged 10-19 years and people who lived with the subject, as the primary data source. The results of this study indicate that: (1) The dynamics of subjective well-being in adolescents with parents as migrant workers in Darek Village, Praya District, Central Lombok Regency include self-acceptance, positive relations with others, autonomy, environmental mastery, goals in life and personal growth and includes elements of subjective well-being Affective and Cognitive. (2) The subjective well-being strategy carried out by adolescents with parents as migrant workers in Darek Village, Praya District, Central Lombok Regency can change negative affection into positive effects so as to get life satisfaction.

Keywords: Indonesian Migrant Workers, subjective well-being

Abstrak: Pada anak pekerja migran, mereka akan menghadapi sejumlah perkembangan tanpa didampingi oleh kehadiran orang tua secara lengkap, padahal mereka membutuhkan bimbingan, dukungan dan pengawasan dari orang tua sehingga remaja tersebut akan merasakan kurangnya kebahagiaan dan kepuasaan akan hidupnya seperti kesejahteraan subjektif rendah. Penelitian ini menggunakan pendekatan kualitatif, yang bertujuan untuk mengetahui (1) Bagaimana dinamika kesejahteraan subjektif pada remaja dengan orang tua sebagai pekerja migran Indonesia di Desa Darek. Dan (2) bagaimana strategi kesejahteraan subjektif yang dilakukan remaja

dengan orang tua sebagai pekerja migran di Desa Darek. Adapun teknik pengumpulan data dalam penelitian ini menggunakan teknik wawancara, observasi dan dokumentasi dengan remaja yang di tinggal oleh orang tua sebagai pekerja migran, remaja yang berusia 10-19 tahun dan orang yang tinggal bersama subjek, sebagai sumber data primer. Hasil Penelitian ini menunjukkan bahwa: (1)) Dinamika kesejahteraan subjektif pada remaja dengan orangtua sebagai pekerja migran di Desa Darek Kecamatan Praya Kabupaten Lombok Tengah diantaranya Penerimaan diri, Relasi positif dengan orang lain, Otonomi, Penguasaan lingkungan, Tujuan dalam hidup dan Pertumbuhan personal dan meliputi unsur-unsur kesejahteraan subjektif Afeksi dan Kongnitif. (2) Strategi kesejahteraan subjektif yang dilakukan remaja dengan orangtua sebagai pekerja migran di Desa Darek Kecamatan Praya Kabupaten Lombok Tengah dapat mengubah afeksi negatif menjadi efeksi positif sehingga mendapatkan kepuasaan hidup.

Kata Kunci: Pekerja Migran Indonesia, Kesejahteraan Subjektif

A. Introduction

In meeting the needs of life, a person must make efforts in his life such as work, work is a basic need for humans to fulfill life in him. So that in the context of improving the economy, many people in Indonesia choose to become migrant workers or Indonesian Migrant Workers (PMI). According to the International Labor Organization (ILO), the definition of a migrant worker is someone who has immigrated or has migrated from one country to another who will be employed by anyone other than himself. So that a migrant worker can be interpreted as someone who is going, is going, or has gone to a country with the aim of working and receiving wages abroad.¹ Formally, Indonesian citizens who work in other countries are called Indonesian Migrant Workers (PMI), as the name of Law No. 18 of 2017 concerning Protection of Indonesian Migrant Workers. In Law no. 18/2017 emphasized, Indonesian Migrant Workers are every Indonesian citizen who will, is doing, or has done work for receiving wages outside the territory of the Republic of Indonesia.²

The number of Indonesian migrant workers is 3.25 million people in 2021. This number has increased by 1.88% compared to the previous year of 3.19 million people. (Source: Bank Indonesia - BNP2TKI) Bank Indonesia noted that the number of Indonesian migrant workers was 3.25 million people in 2021. The number increased by 1.88% compared to the previous year of 3.19 million people. Even though it has increased, the number is still lower than before the pre-Covid-19 pandemic. In 2019, the number of Indonesian migrant workers was recorded at 3.74 million people. According to the country of placement, the largest number of Indonesian migrant workers are in Malaysia, namely 1.63 million people. After

¹Dr. Ira Patriani, S.PI.,M.Si, optimalitas layanan terpadu satu atap (LTSA)-P2TKI pekerja migran Indonesia di masa pandemi covid-19 (Surabaya: scopindo 2022), hal

²Ricky Johanes Sepang, Butje Tampi dan Marthin Doodoh, " Jurnal Lex Administratum". Perlindungan Hukum Terhadap Pekerja Migran Dalam Tindak Pidana Kekerasan Di Tinjau Dari Undang-Undang Nomor 18 Tahun 2017, Vol. IX No. 2, Mar 2021.

that, there is Saudi Arabia with a total of 833,000 domestic migrant workers. Then, as many as 290,000 Indonesian migrant workers are in Taiwan. There are also 281,000 Indonesian migrant workers located in Hong Kong. There are 91,000 Indonesian migrant workers in Singapore and Jordan and 43,000 people respectively.³

In West Nusa Tenggara alone, the number of migrant workers from 2007 to 30 June 2022, 537,497 thousand NTB residents became PMI abroad. This figure represents 16.62 percent of the total NTB workforce of 2,739,900 people. This is based on data from the NTB Indonesian Migrant Worker Protection Agency (BP2MI). From this data, PMI from NTB were dominated by 426,676 men and 110,821 women.⁴ In this case, Central Lombok is also a pioneer in driving the economy by trying his luck working abroad. Darek Village includes mobility data from the 2021-2022 range from the year of departure to return of 30 people with destination countries 50% Malaysia 35% Saudi Arabia and 15% Southeast Asian countries such as Brunei Darussalam, Hong Kong, Taiwan and Singapore.

Darek Village is one of the villages that has a Migrant Worker Care Village Institute (DESBUM) which is a village institution that handles or serves the community regarding the issue of Indonesian Migrant Workers (PMI) originating from Darek Village both for data documentation services and as a forum for community empowerment after completion as Indonesian migrant workers. The agency was assisted by Migrant Care NTB, as a non-governmental organization and Migran Care NTB itself assisted four villages and one sub-district, out of the four villages and one sub-district Darek village had the most migrant workers. With data on the age of migrant workers in Darek Village, the average age is 30-50 years and some of them have children who are still teenagers or children.

Many parents who decide to become migrant workers will usually leave their children who are still young or who are teenagers. Even though adolescence is a period of transition from children to teenagers. The term teenager is basically someone who wants to find their identity and wants to know who they really are so that teenagers often see anxiety, confusion and conflict in themselves, they want freedom, but on the other hand they are afraid of responsibility that will harm themselves.

A child will achieve optimal growth and development if his basic needs are met, for example psychological needs in the form of support, attention and affection from parents. From the description of the child's relationship with the parents, teenagers really need it. However, not all teenagers will feel this way, with an optimal parent-child relationship, as experienced by children of Indonesian Migrant Workers (PMI). In children of migrant workers, they will face a number of developments without being accompanied by the complete presence of their parents, even though they need guidance, support and supervision from their parents so that these adolescents will feel a lack of happiness and satisfaction with their lives such as low subjective well-being or subjective well-being low.

According to Diener, subjective well-being (SWB) is a cognitive and affective assessment carried out by a person in his life. The subjective well-being component includes life

³<https://dataindonesia.id/sektor-riil/detail/jumlah-pekerja-migran-indonesia-capai-325-juta-pada-2021>, diakses tanggal 25 November 2022, pukul 19.28.

⁴ <https://www.tribunnews.com/regional/2022/07/08/ntb-jadi-provinsi-ke-4-di-indonesia-untuk-jumlah-pekerja-migran-malaysia-jadi-tujuan-favorit>, diakses tanggal 25 November 2022, pukul 19.14



satisfaction (life rating as a whole), high positive affect, and low negative affect. Subjective wellbeing is one of the things that children need when facing developments or changes in adolescence, because teenagers who have happiness and satisfaction in life can have positive thinking patterns and a more meaningful life. Happiness and life satisfaction also make adolescents avoid negative feelings which can later result in actions that can harm themselves and others.⁵

A study conducted by Intan Ayu Lasmana Firdauza and Farah Farida Tantiani on "Regulation of Adolescent Emotions from Mothers of Migrant and Non-Migrant Workers" Emotion regulation is an individual's ability to manage or control emotions. Many teenagers are unable to manage their emotions effectively so they are prone to depression. The results showed that there was a significant difference in expressive suppression but no difference in cognitive reappraisal. The implications of this research show the importance of mothers who become migrant workers to maintain interactions with their children. Factors of quality and quantity of interaction between mother and child can be the subject of further research.⁶

Furthermore, there is also research conducted by Elzza Priscania Raissachelva and Eko Handayani concerning, "Relationship between Attachment to Parents and Friends to Subjective Well-being of Adolescents Left by Their Parents to Work as Migrant Workers." Long-term separation experienced by adolescents and parents who are migrant workers can make the quality of the relationships that exist change and are no longer close. The results showed that there was a significant positive relationship between attachment to father and life satisfaction and happiness and a significant negative relationship between attachment to father and negative affect.⁷ Based on the background above, the researcher is interested in conducting research entitled Subjective Well-being in Adolescents with Parents as Indonesian Migrant Workers in Darek Praya Village, Central Lombok.

B. Method

This study uses a qualitative approach. A qualitative approach can be used if you want to see and express a situation or an object in its context; find meaning (meaning) or a deep understanding of a problem encountered, which appears in the form of qualitative data, both in the form of pictures, words, and events as well as in "natural settings".⁸

This study intends to understand existing social events using theory and data collection. Therefore, to be able to collect qualitative data well, researchers must know what they are looking for, its origin, and its relationship with others, which cannot be separated from the context. All of that must be reached thoroughly and precisely, even though it will take a

⁵Elzza Priscania Raissachelva dan Eko Handayani, "Jurnal Psikologi Sains dan Profesi". Hubungan antara Kelekatan pada Orang Tua dan Teman Terhadap Subjective Well-being Remaja yang Ditinggalkan Orang Tua Bekerja Sebagai Pekerja Migran, ". Vol. 4, No. 1, April 2020

⁶Intan Ayu Lasmana Firdauza dan Farah Farida Tantiani, "Jurnal Penelitian Psikolog" Regulasi Emosi Remaja dari Ibu Pekerja Migran dan Non Migran. Vol 12 No 1 April 2021.

⁷Elzza Priscania Raissachelva dan Eko Handayani, "Jurnal Psikologi Sains dan Profesi". Hubungan antara Kelekatan pada Orang Tua dan Teman Terhadap Subjective Well-being Remaja yang Ditinggalkan Orang Tua Bekerja Sebagai Pekerja Migran, . Vol. 4, No. 1, April 2020

⁸Prof. Dr. A. Muri Yusuf, M.Pd. "Metode Penelitian: Kuantitatif, Kualitatif, Dan Penelitian Gabungan", (Jakarta : Perpustakaan Nasional 2017) hlm 33.

relatively longer time.⁹ With the subject of research discussion regarding "subjective well-being in adolescents with parents as Indonesian migrant workers in Darek Village"

The type of research used is natural setting. Qualitative research topics are generally directed at the original conditions as they are, according to where and when the research subjects are. Thus the objective of qualitative research is in the position of the original condition as it is naturally without the researcher's engineering. In qualitative research, researchers use their time to collect data directly. Research data collected directly is information obtained based on the perspectives of the subjects studied in a natural context (natural setting). The natural context or natural setting shows that research tends to direct its studies on everyday human behavior in routine situations as it is as before.¹⁰

This research was conducted in Darek Village, Praya District, Central Lombok Regency. The reason for choosing the research location was because the number of migrant workers was quite large according to the migrant care data from 2020-2022 of 30 people so that many children and adolescents were left behind by their parents as migrant workers. The data sources used in this research are primary data and secondary data. The resulting data is in the form of words obtained through observation, interviews and documentation. In this case the data source used by the researcher is taken directly to the respondent without any intercession. Sourced from several teenagers whose parents live as migrant workers, teenagers aged 10-19 years and people who live with the subject.

C. Discussion and Results

1. Dynamics of Subjective Well-being in Adolescents with Parents as Indonesian Migrant Workers in Darek Village

Subjective well-being can be interpreted as a condition in which a person evaluates and evaluates life with positive feelings. A person with positive feelings is able to create happiness, comfort and satisfaction with activities that are felt in daily life. This condition of subjective well-being is needed by adolescents when experiencing the development of adolescence. This is in line with Herawaty in Erylimaz's book, stating that Subjective well-being is one of the things children need when facing developments or changes in adolescence, because teenagers who have happiness and satisfaction in life can have positive thinking patterns and a more meaningful life.¹¹

a. From the results of observations and interviews researchers with adolescents who are lived by their parents as migrant workers. As it is known that the findings of researchers in the field of adolescents who are left behind by their parents as migrant workers also have high subjective well-being. There are several aspects of a person's subjective well-being that can be said to have high subjective well-being, including.

1) Accepting yourself

⁹Ibid., hlm 35

¹⁰Dr. faridanugrahani, M.hum, Metode Penelitian Kualitat (Solo: Cakra books) hlm 92-95

¹¹Elzza Priscania Raissachelva dan Eko Handayani, "Jurnal Psikologi Sains dan Profesi". Hubungan antara Kelekatan pada Orang Tua dan Teman Terhadap Subjective Well-being Remaja yang Ditinggalkan Orang Tua Bekerja Sebagai Pekerja Migran., Vol. 4, No. 1, April 2020.

Based on the findings in the field that children of parents as migrant workers in Darek Village, Praya District, Central Lombok Regency, have almost the same self-acceptance and in the daily life of adolescents who are left behind by their parents as migrant workers, they are able to accept themselves and behave positive even though parents choose to go as migrant workers and stay away from them, because they realize that the situation they are facing must be treated with a positive attitude.

Adolescents who have been abandoned by their parents since they were in elementary school and junior high school until now, until they are used to situations where there are no parents present, they are able to control themselves with the situation they feel, even though the feelings they feel are to be reunited with their families. And basically it is self-acceptance felt by adolescents that makes them have high subjective well-being. Individuals with high subjective well-being can better control their emotions and deal with various events in life, whereas individuals with low subjective well-being tend to look down on their lives and consider events that occur as unpleasant.¹²

2) Positive relations with others

Based on the findings of researchers in the field, teenagers who were left behind by their parents as migrant workers in Darek Village, Praya District, Central Lombok Regency, of the four subjects, one of whom was Nanda, indeed had quite positive relationships with other people. But not with parents who are far from him, Nanda does accept the departure of his parents as a migrant worker, because he is used to the absence of parents sometimes causing him to be reluctant to talk to his parents on the phone because Nanda feels confused about what to talk about and what to express when talking with parents. These adolescents find it difficult to have a good relationship with their parents because they are used to the absence of their parents beside them since they were small. In line with the opinion of Zhao et al.,¹³.

3) Autonomy

Even though they are children of migrant workers whose parents are far away from these teenagers, they are able to take responsibility for themselves. Based on the findings of researchers in the field, adolescents who were left behind by their parents as migrant workers in Darek Village, Praya District, Central Lombok Regency, of the four subjects, one of whom, namely Nanda, has not been able to take responsibility for herself, she is still cool to play with her peers so that even to regulate play and study It's hard for teenagers

¹²Balqis Andini Putri dan Hedi Wahyudi, “jurnal riset psikologi (Universitas Islam Bandung, Indonesia)”. Hubungan antara Problematic Internet Use dengan Subjective Well Being Anak dan Remaja, Volume 2, No. 1, Juli 2022

¹³Ezza Priscania Raissachelva dan Eko Handayani, “Jurnal Psikologi Sains dan Profesi (Fakultas Psikologi, Universitas Indonesia)”. Hubungan antara Kelekatan pada Orang Tua dan Teman Terhadap Subjective Well-being Remaja yang Ditinggalkan Orang Tua Bekerja Sebagai Pekerja Migran., Vol. 4, No. 1, April 2020..

to take responsibility for themselves. The same thing was said by Ryff who stated that individuals with positive dimensions of autonomy are individuals who are free to make choices, able to withstand social pressure, and able to control themselves.¹⁴

4) Environmental mastery

Based on the findings of researchers in the field, there were four teenagers who were left behind by their parents as migrant workers in Darek Village, Praya District, Central Lombok Regency, as many as four of these teenagers, one of whom, namely Nanda, could not be competent in managing the environment, preferring to play rather than study, lack of social support and the first attachment of the family to the child results in the teenager not being able to manage the environment properly. In accordance with family functions according to Berns Emotional support / maintenance. The family provides the first experience of social interaction for children. The interactions that occur are deep, nurturing and enduring so as to provide a sense of security for the child as well as other members of the family.¹⁵

5) Goals in life

Understanding in life makes teenagers understand the purpose of life they are living, remembering their parents who are far away from them, as a benchmark for them to understand the purpose of life they are living. feel that there is meaning in life in the future and in the past.¹⁶ Based on the findings of researchers in the field, the four teenagers who were abandoned by their parents as migrant workers in Darek Village, Praya District, Central Lombok Regency, also have goals in their own lives. The departure of their parents as migrant workers gives them a goal which later is how they can be able to make their parents happy who are willing to go far away to work and leave them. According to what Ryff said, individuals with positive dimensions of life goals are individuals who have goals and meaning in life and have direction and goals in life.¹⁷

6) Personal growth

Based on the findings of researchers in the field, the four teenagers who were left behind by their parents as migrant workers in Darek Village, Praya District, Central Lombok Regency, have activities that are able to develop themselves, such as being open to new experiences.¹⁸ Environmental mastery

¹⁴Yoga Achmad Ramadhan, "Jurnal Psikologika (Universitas Muhamadiyah Malang). Kesejahteraan Psikologis Pada Remaja Santri Penghafal Al-Quran, volume 17 nomor 1 tahun 2018

¹⁵Dra. Faizah Noer Laela, M.Si, Bimbingan Konseling Keluarga Dan Remaja Edisi Revisi (Surabaya: Uin Sunan Ampel) hlm 37

¹⁶Nur Rachmat, Optimasi Performa Kualitas Hidup Pada Pasien Post Amputasi Transfemoral (Ponorogo: Gracias Logis Kreatif 2021) hlm 74

¹⁷Yoga Achmad Ramadhan, "Jurnal Psikologika (Universitas Muhamadiyah Malang). Kesejahteraan Psikologis Pada Remaja Santri Penghafal Al-Quran, volume 17 nomor 1 tahun 2018

¹⁸Nur Rachmat, Optimasi Performa Kualitas Hidup Pada Pasien Post Amputasi Transfemoral (Ponorogo: Gracias Logis Kreatif 2021) hlm 74



possessed by adolescents is related to personal growth, with good environmental mastery adolescents can make better use of everyday life.

The results of this study are directed to find out about problems related to what are the dynamics of subjective well-being in adolescents with parents as migrant workers. This research was conducted by researchers by obtaining field data by interviews and observations. Based on the results of research conducted by researchers on children of migrant workers are as follows.

- b. From the results of observations it is known that children who are left behind by their parents as migrant workers tend to have high subjective well-being, this is because when these adolescents experience negative affect or an unpleasant mood (stress, disappointment, and sadness) on themselves they are able to maintain it with positive affection or mood which includes positive emotions (satisfaction, happiness and tranquility) in him. And feel cognitive (life satisfaction) even though far from parents. From the element of subjective well-being it has several elements including.

- 1) positive affect

Based on the findings of researchers in the field, adolescents with parents as migrant workers in Darek Village, Praya District, Central Lombok Regency, when left by their parents as migrant workers, are able to feel positive moods, each of them has activities that make them always feel positive. When someone has happiness in them then they will have a positive mindset. In accordance with the theory put forward by Herawaty in the book Erylimaz, said that teenagers who have happiness and satisfaction in life can have positive thinking patterns and a more meaningful life. Happiness and life satisfaction also make adolescents avoid negative feelings which can later result in actions that can harm themselves and others.¹⁹

- 2) Negative affect

Based on the findings of researchers in the field, some adolescents with parents as migrant workers in Darek Village, Praya Subdistrict, Central Lombok Regency, do feel in a bad mood, but they have ways or strategies so as not to make the adolescents dissolve in this negative affection and keep her happy. In accordance with Seligman's opinion, interpreting happiness as a concept that refers to positive emotions felt by individuals and positive activities that do not have a negative feeling component.²⁰

- 3) cognitive

Based on the findings of researchers in the field, teenagers with parents as migrant workers in Darek Village, Praya District, Central Lombok Regency,

¹⁹Elzza Priscania Raissachelva dan Eko Handayani, "Jurnal Psikologi Sains dan Profesi". Hubungan antara Kelekatan pada Orang Tua dan Teman Terhadap Subjective Well-being Remaja yang Ditinggalkan Orang Tua Bekerja Sebagai Pekerja Migran., Vol. 4, No. 1, April 2020.

²⁰Theresia Claudia Rienneke dan Margaretta Erna Setianingrum, "jurnal psikologi Indonesia(Fakultas Psikologi, Universitas Kristen Satya Wacana)". Hubungan Antara Forgiveness dengan Kebahagiaan Pada Remaja yang Tinggal Di Panti Asuhan, Volume 7, No. 1, Juni 2018

from the four teenagers from each of these teenagers, they have life satisfaction within themselves. Refers to an individual's thoughts on his life satisfaction as a whole and also specifically and in certain parts, such as his work life or his relationship with other individuals (relationships).²¹

2. The Subjective Well-being Strategy of Adolescents and Parents as Migrant Workers in Darek Village

From the data that the researchers described in the previous chapter, the researcher can find out that when adolescents are experiencing affective and cognitive evaluations, they have their own strategies when feeling stressed, anxious or disappointed. When they feel these feelings they carry out activities that will later make them maintain positive affect on themselves.

Of the four teenagers left by their parents as migrant workers in Darek Village, Praya District, Central Lombok Regency, some of the strategies they adopted included. Like Permas Aulia, when he felt worried about his parents who were far away from him, he prayed more and believed that God would be with him. A number of studies have found that people who have strong religious beliefs and interests in their lives and attend religious services more frequently also have better well-being. Of course one of the reasons for this finding is that religion provides a sense of meaningfulness to people. In addition, religion provides social support and increases self-esteem through a process of self-verification when the person associates with other people who share life values.²²

In contrast to Hilmia when she felt stressed thinking about her parents who were far away from her, Hilmia carried out activities by reading novels. The things that teenagers do can add to personal growth in themselves. have a change in the way that reflects more self-knowledge and effectiveness.²³ However, when Lulu feels disappointed because her parents have left her for a long time, Lulu does activities in ways such as taking a walk and refreshing. Luluk can be said to be able to master the environment according to what Refly said that individuals who have good environmental mastery are individuals who are able to manage a complex environment, choose and create a community that suits the person. However, it is different from Nanda, who has not felt the task of adolescent development in himself, in line with Hurlock's opinion, namely that the task of development during adolescence is focused on efforts to leave childish attitudes and behavior and trying to achieve the ability to behave and behave in an adult way.²⁴

²¹Ibid hlm 74-75

²²Khoirul Dwi Wijayanto, "Dinamika Subjective Well-Being Pada Anggota Kelompok Punak", (Skripsi, Fakultas Psikologi Universitas Semarang Semarang ,2020).

²³Nur Rachmat, Optimasi Performa Kualitas Hidup Pada Pasien Post Amputasi Transfemoral (Ponorogo: Gracias Logis Kreatif 2021) hlm 72-74

²⁴Prof. Dr. Mohammad Ali dan Prof Mohammad ansori, psikologi remaja perkembangan peserta didik (Jakarta: Sinar Grafika Offset), hlm 10



Based on the research findings with the four adolescents whose parents left them as migrant workers, three of them can be said to have high quality of subjective well-being and one of them has quite low subjective well-being. In adolescents such as age and low self-control and external factors include lack of social support and poor quality of relationships with parents. In line with Chen's opinion, the quality of the parent-child relationship reflects the level of warmth, security, trust, positive affect, and responsiveness in their relationship. Warmth is a fundamental component in the parent-child relationship that makes children feel loved and develops self-confidence. They have trust and enjoy participating in activities with their parents. Happiness provides a context for positive affectivity, which enhances the mood to care for and be responsive to one another.²⁵ So it can be concluded that the subjective well-being strategy carried out by adolescents in this case is able to change negative affection into positive affection so as to get life satisfaction.

D. Conclusion

1. The dynamics of subjective well-being in adolescents with parents as migrant workers in Darek Village, Praya District, Central Lombok Regency include aspects of subjective well-being such as self-acceptance, positive relations with others, autonomy, environmental mastery, goals in life and personal growth and includes elements of subjective well-being Affective and Cognitive.

Based on the discussion and findings in the research that has been carried out, the results of this study describe:

- a. Aspects of subjective well-being
 - 1) Self-acceptance, in this case the four subjects have high self-acceptance.
 - 2) Positive Relationships with Other People, of the four subjects, one of them, Nanda, had positive relations with other people but did not have positive relations with her parents because Nanda was used to being away from her parents since she was small, so she did not want to talk on the phone.
 - 3) Autonomy, of the four subjects, one of them was that Nanda was not yet able to take responsibility for himself. He was still fun to play with his peers, so even to manage between playing and studying, it was difficult for Nanda to be responsible for herself.
 - 4) Environmental Mastery, one of the four subjects, namely Nanda, was not yet competent in managing the environment, preferring to play rather than study, the lack of social support and first family attachment to children resulted in Nanda not being able to manage the environment properly.
 - 5) Purpose in Life, the four subjects have goals in life.
 - 6) Personal Growth, the four subjects have activities that are able to develop themselves such as being open to new experiences
- b. Elements of subjective well-being

²⁵Sri lestari, psikologi keluarga (Jakarta: Kencana 2013), hlm 18.

- 1) Positive affect, of the four subjects were able to feel positive moods, each of them had activities that made them always feel positive.
- 2) Negative Affect, the four subjects did feel in a bad mood, but they had ways or strategies so as not to make the subject dissolve in the negative affect and maintain happiness in themselves.
- 3) Cognitive, the four subjects each subject has life satisfaction within him.

2. The subjective well-being strategy carried out by adolescents with parents as migrant workers in Darek Village, Praya District, Central Lombok Regency can change negative affect into positive effect so as to get life satisfaction.

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