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The Theoretical Model of the Influence of Extraversion Personality and Optimism on Subjective Well-Being by Coping as a Mediator

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Abstract

Subjective welfare is one measure of the quality of life of individuals and communities, in addition to economic and social indicators. The hope is that mothers who have children with intellectual disabilities can achieve subjective well-being, so that in accompanying children can optimally meet their needs. But the reality shows that mothers who have children with intellectual disabilities feel disappointed with life in general, the mother feels that the child is a burden on the family. This study aims to examine theoretical model of effect extraversion personality and optimism with coping as mediator to subjective well-being. Subjects in the study were mothers who had children with intellectual disability with the last minimum education junior high school. The data collection instrument consists of subjective well-being scale, coping scale, extroversion personality scale, optimism scale. Structural Equation Model with LISREL program was used as the analysis of research data. The results of the data analysis show that theoretical model of effect extraversion personality, optimism with coping as mediator to subjective well-being is a fit model with the empirical data. The result of hypothesis test shows that there is effect of extroversion personality, optimism with mediation of coping to subjective well-being.

Keywords: *Subjective Well-Being, Coping, Extroversion Personality, Optimism.*

Introduction

Subjective well-being is a cognitive and affective evaluation of an individual's life¹. According to² there are two basic components of subjective well-being: life satisfaction as cognitive component and happiness as an affective component. As with mothers with intellectually disabled children, every mother expects to have a healthy and happy child to be able to enjoy life fully without the conditions of disability. The mother who accepts the diagnosis of childhood disability experience difficult emotion³.

The term of intellectual disability in some references is referred as mental retardation, mental deficiency, weak memory, intellectual impairment, subnormal

mental, mental disability, mind disability, weak seizure, or idiot. Ref.⁴ uses terms such as mental retardation, mental deficiency, mental defective, feebleminded. In recent developments to give a more humane appellation, the term intellectual disability is then used.

For parents of children with disabilities, the experience of caring varies based on a number of factors, including the type and severity of disability and whether or not the obstacles are visible to others⁵. Williams & Wright states that many parents have negative thoughts when they know their children have deficiencies/disabilities, such as guilt and fear of the future. A mother is closest figure to the child, so it is very big responsibility to be a mother with intellectually disabled children³.

The results of interviews with four mothers with intellectually disabled children showed was various problems faced by mothers, ranging from the burden and the responsibility of raising children, feelings of self-blame, anger and anxiety about the future of children, difficulties to control emotions when facing children,

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feelings of desperate, being tired of parenting, keeping all deep inside their heart⁸.

The results of interviews indicate that mothers with intellectually disabled children are unhappy, ² call happiness as subjective well-being that is said to be one measure of the quality of life of individuals and communities, as well as economic and social indicators, but the quality of life is also determined by one's feelings towards pleasure and displeasure, satisfaction and dissatisfaction. Ref. ⁹ state that individuals who have high subjective well-being often experience life satisfaction, feel joy, but rarely feel unpleasant emotions.

In order to be prosperous, individuals also need to have a positive attribution to themselves and their lives ²⁸⁻³⁰; therefore the individual needs a way to be able to deal with various events in his life effectively. Some characters of extroversion personality are individual pleasure in establishing relationships with the people around him, being friendly and open and enjoying the relationship. Extroversion personality was found to have a positive relationship with life satisfaction as well as a subjective well-being index ¹².

Based on the description above, then the problem formulation is "Is the theoretical model of effect extraversion personality and optimism with coping as mediator to subjective well-being a fit model with empirical data?"

Method

Research subject: Research subjects in this study are mothers who have intellectual disabled children, biological mother of children who go to SLB (Primary School for Exceptional Children) type C Banyumas and SLB C Purbalingga, Central Java, Indonesia. The number of research subjects was 210 mothers with intellectually disabled children. Research subjects were mothers of students who studied at SLB C Yakut Purwokerto, SLB Kuncup Mas Banyumas, SLB Negeri Purbalingga and SLB Purba Adhi Suta Purbalingga ⁸.

Research Instruments: There are four instruments used in the research namely; subjective well-being scale, coping scale, extroversion personality scale and optimism scale. The estimation of reliability for coping scale, extroversion personality scale and optimism scale used Alpha Cronbach coefficient while subjective well-being scale used Alpha Stratified coefficient because the scale of subjective well being is multidimensional⁸. The

coefficient of alpha stratified reliability introduced by Cronbach & McKie is useful for estimating instrument reliability consisting of several subtests¹³.

The subjective well-being scale is adapted by researchers from SWLS from ¹⁴ and SPANE from ¹⁵. In this research, a test tool that shows the reliability value was 0.81. Coping is measured using Ways of Coping Scale from ¹⁶ that was adapted by researcher. In this research, a test tool that shows the reliability value is 0.863. Extroversion personality was measured using¹⁷ which was adapted by researchers. In this research, a tool test showing reliability value was 0.764. The optimistic scales were compiled by researchers based on the optimism component of ¹⁸ which includes indicators of permanence, personalization and pervasiveness. In this research, a test tool that shows the reliability value is 0.697⁸.

Data analysis technique: The data analysis technique used in this research is SEM. The processing is done using Lisrel 8.80 to test the suitability of the measurement model with the available data in the field, whether or not it fits and to test the hypothesis proposed by the researcher. SEM has two main objectives in its analysis, namely to determine whether or not the model fits based on the data held and to test the various pre-built hypotheses ¹⁹.

Results and Discussion

The result of the model test is obtained by chi square = 48.67, df = 56, p-value = 0,75, RMSEA = 0,00, and CFI = 1.00, NFI = 0,99, NNFI = 1.00, GFI = 0.97, AGFI = 0.94. This means "Theoretical model of effect extraversion personality and optimism with coping as mediator to subjective well-being is a fit model with empirical data. Extroversion personality and optimism play a direct, positive significant coping, also play an indirect, positive and significant effect to subjective well-being through coping. This means that there is a effect of coping as a mediator of extroversion and optimism toward subjective well-being. The theoretical model in this study can be seen in Fig. 1.

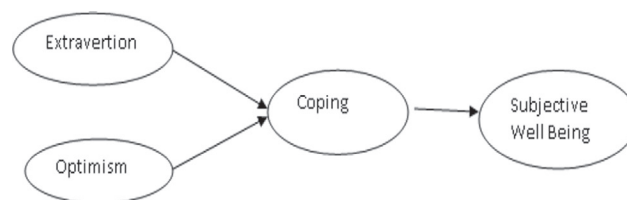


Fig. 1 The theoretical model

The next stage is to test the hypothesis among variables to see the relationship among variables. Hypothesis test results relation among variables both direct and indirect can be seen in Table 1.

Table I: Test results of structural relationships among variables

Hipotesis	Direct	Indirect	Value	t Description
Effect of coping to subjective well being	0,24	-	3,52	Significant
Effect of extravertion to coping	0,29	-	4,08	Significant
Effect of optimism to coping	0,26	-	3,84	Significant
Effect of extravertion personality to subjective well being	0,23	-	3,42	Significant
Effect of optimism to subjective well being	0,25	-	3,71	Significant
Effect of extravertion personality as coping mediator to subjective well being	-	0,07	2,72	Significant
Effect of optimism as coping mediator to subjective well being	-	0,07	2,62	Significant

Based on the results of model tests and hypothesis testing, it can be summarized to hypothesis test results in Table 2. The model test results show that the proposed research model is fit with empirical data.

Table II: Hypothesis test result

No.	Hypothesis	Description
1	Theoretical model of effect extravertion personality and optimism with coping as mediator to subjective well-being is a fit model with empirical data.	Fit
2	There is a direct effect of coping toward subjective well-being	significant
3	There is a direct role of extroversion personality towards the coping	significant
4	There is a direct effect of optimism towards coping	significant
5	There is a direct effect of extroversion personality towards subjective well-being	significant
6	There is a direct effect of optimism to subjective well-being	significant
7	There is a effect of extroversion personality to subjective well-being mediated by the coping	significant
8	There is an optimism effect for subjective well-being mediated by the coping	significant

The results of this study are in line with the opinion of²⁰ who states that coping behavior is related to personality, where extroversion personality is positively correlated with coping to face the situation. This means that the more individuals have the tendency of extroversion personality, the easier he/she faces the problem or the easier he/she uses the coping. The findings of Goldberg, Costa & McCrae²¹⁻²², states that people with open personality or extroversion easily and quickly reject or accept the pressure faced, therefore they overcome the problem easily.

Coping used by mothers who have intellectually disabled children allows mothers to be able to adjust to the environment so as to facilitate in achieving subjective well-being characterized by the existence of life satisfaction in general that is accepting the child with intellectual disability sincere and having life satisfaction of seeing the child can be independent.

Another very important finding is coping that serves as a mediator of the extroversion personality

towards Subjective well-being. The results showed that extroversion personality has both direct and indirect role to Subjective well-being. It means that the relationship between variables is partial mediation. because the direct effect of extroversion personality to subjective well-being of mothers is greater than coping mediation.

The results showed that mothers who have intellectually disabled children mostly have a tendency of extroversion personality characterized by gregarious, open to others and friendly and easy to socialize use better coping, such as seeking social support in the form of information and support from the family when facing problems or solving problems and considering all the events that occur is a gift given by Him, so that mothers can achieve subjective well-being more easily.

The optimism in this research has a direct effect to coping, it means that optimism has a direct, positive and significant effect to coping. The results showed that mothers with intellectually disabled children who have optimism on their children’s ability is characterized

by the belief in the autonomy and the talent possessed by their child, these will affect the coping used by the mothers when facing the problem.

The results are in line with²⁴, it is suggested that individuals with high optimism can enjoy critical situations and take advantage of a variety of conditions and become stronger to face challenges. In line with Risinger's et al. findings,²⁵ he states that optimism is negatively correlated with denial and escaping trial from problems. The research findings are in line with the findings of²⁶, stated that there is a high positive and significant relationship between optimism and coping stress.

Optimism in research has an effect to subjective well-being, it means that optimism play directly, positively and significantly to subjective well-being. The results of this study indicate that if mothers with intellectually disabled children have optimism characterized by positive response to recent success, they will experience subjective well-being more easily in the future.

A very important finding is coping that serves as a mediator of optimism toward Subjective well-being. The results of this study indicate that there is an effect of optimism towards subjective well-being with coping mediation. This means that optimism can take an effect on subjective well-being indirectly with the mediator of coping. The result of the research shows that optimism have both direct effect and indirect effect to subjective well-being, so it can be stated that the relationship between variables is partial mediation, because the direct effect of optimism toward Subjective well-being of mothers who have children with intellectual disability is greater than if mediated by coping.

The results show that the effect of optimism to subjective well-being is through coping mediator, because individuals who have high optimism will evaluate themselves positively and finally can control the important aspects of life, so they can get along with the social environment well and see the future with positive expectations and hopes. Individuals are able to deal with various conditions, physically and mentally have strong energy. The findings of²⁷ stated that optimism can be a positive influence in very powerful situations to influence coping in pressing situations and the overall aspect is needed in achieving Subjective well-being.

The results showed that mothers had optimism characterized by the belief of self-reliance, talent

possessed by children using social support coping which was characterized by finding sources of support. The optimistic mother also uses positive reappraisal coping which is characterized by creating positive things happening to her by connecting to the belief that everything that is granted to her is a form of God's trust. Both coping used by mothers who have intellectually disabled children make them easy to achieve Subjective well-being that is characterized by the satisfaction of life in general.

Conclusions

1. Model test is accepted, it means that coping as mediator of extroversion personality effect and optimism to subjective well-being of mother fits with empirical data.
2. This study also confirmed that coping becomes a partial mediator in the results of research and that the extroversion personality take an effect directly and indirectly to subjective well-being and optimism play directly and indirectly to subjective well-being.
3. Optimism is the variable that significantly takes the greatest effect and contributes to subjective well-being, it is followed by extroversion personality and the least is coping.

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