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## Teenagers' Well-Being through Family Leisure Activities

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**Abstract.** *The rise in mental health issues and suicide rates among adolescents in Indonesia emphasizes the significance of prioritizing adolescent mental health. One key contributor to mental health issues and suicide among adolescents is the family unit. The psychological well-being of adolescents is linked to the dynamics of dual-earner families. The study seeks the correlation between family engagement in leisure activities and adolescents' psychological well-being from dual-income households in Indonesia. The research method employed is correlational. The study cohort comprises 173 adolescents from dual-income households selected through accidental sampling. Family Leisure Activity Profile (FLAP) and Ryff's Psychological Well-being Scale (RPWBS) measured family participation in leisure activities and subsequent psychological well-being. The results of the Spearman-rank correlation test revealed a significant positive association between family engagement in leisure activities and psychological well-being dimensions such as autonomy, environmental mastery, positive relationships with others, purpose in life, and self-acceptance ( $r_s = 0.237-0.294$ ,  $p < 0.01$ ). The results also showed no correlation between family involvement in leisure activities and personal growth ( $r_s = 0.880$ ,  $p = 0.295$ ). Therefore, increased family involvement in leisure time corresponds to enhanced psychological well-being for adolescents in dual-earner families. Parents who work should organize routine activities and leisure time with their teenagers, which promote self-expression, values transfer, and improved family members' psychological well-being.*

**Keywords:** *dual-earner family; adolescent's mental health; family leisure time*

### INTRODUCTION

The dual-earner family phenomenon is increasingly common in various countries, including Indonesia (Rustham, 2019). This can be seen from the national labor force survey in August 2023, which shows that out of Indonesia's 212.59 million population, 139.85 million people of working age have jobs. The ratio of workers compared to the working-age population is 79.69, while the ratio of women is 51.71. Based on their employment status, most people who work have the status of workers/employees/employees, with a percentage of 40.06% men and 33.96% women (Badan Pusat Statistik, 2023). Thus, it can be said that the number of male and female workers is almost equal.

This phenomenon where both parents have jobs has its positive and negative sides. The positive side is that family income increases. Meanwhile, the negative side is the lack of time between parents and children due to work (Rustham, 2019; Smit, 2002; Tisdale & Pitt-Catsuphes, 2012). In

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addition, working parents can have high work pressure, and this can harm their psychological well-being, such as being easily triggered into conflict and lacking attachment to their teenage children (Ransford et al., 2008). This conflict can also reduce the psychological well-being of teenagers (Crouter et al., 1999), as previous studies reported them to have symptoms of depression (Ransford et al., 2008).

Other research states that during the pandemic, working parents experienced challenges in balancing childcare and work, making them vulnerable to experiencing mental health disorders. This can harm adolescent well-being (Wang et al., 2022). Research by Li et al. (2017), conducted in China stated that work stress on parents (especially work stress on mothers) was closely related to teenagers' suicidal ideation. Other research also explains that dual-earner families in Indonesia can also harm children, such as bad mood swings, depression, irritability, and aggression (Rustham, 2019).

The negative impacts of the condition of both working parents that mentioned indicate a threat to teenagers' mental health. Currently, mental health has become a hot issue due to the increase in cases of mental disorders. The results of the Indonesia National Adolescent Mental Health Survey (I-NAMHS) showed that 1 in 3 (34.9%) teenagers aged 10-17 years experienced mental disorders in the last 12 months, equivalent to 15.5 million teenagers in Indonesia (Center for Reproductive Health UGM et al., 2022).

Without proper and quick intervention, mental disorders will harm teenagers and can even lead to suicide. The research results show that depression significantly affects suicidal ideation (Mandasari & Tobing, 2020). Suicide is the fourth leading cause of death among teenagers aged 15-19 years. Every year, nearly 46,000 children aged 10-19 years end their lives (UNICEF, 2021). Apart from that, teenagers are also vulnerable to nonsuicidal self-injury (NSSI), the cases of which have tended to increase since the pandemic (Du et al., 2021). Based on survey results from the Indonesian Association for Suicide Prevention (INASP), it found that one of the main factors of suicide in Indonesia is problematic family dynamics, and those who attempt suicide usually receive less recognition or support from the family (Onie et al., 2022).

Mental health is considered important at every stage of individual development. Poor mental health conditions not only interfere with an individual's performance at school or work but can also affect an individual's relationships with family, friends, and the community (Rozali et al., 2021). Good mental health can be interpreted as a condition when an individual can overcome the pressure or stress they are experiencing and carry out activities productively (Fusar-Poli et al., 2020). Mental health consists of several components: emotional well-being, psychological well-being, and social well-being (Keyes et al., 2010). If individuals have good mental health, then this will lead to psychological well-being. On the other hand, psychological well-being is also an indicator (Eva et al., 2020) and contributes to improving mental health (Johal & Pooja, 2016). In their research, Mulawarman et al. (2022) said that psychological well-being is crucial for individuals in carrying out their daily activities. The author chose psychological well-being in this research because it is an important aspect of fulfilling the developmental tasks of adolescents in maximizing their potential.

According to Ryff (1989), psychological well-being is an individual's optimal functioning as a human being, characterized by six dimensions: self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth. Self-acceptance is a person's attitude about themselves, understanding and accepting various aspects of themselves, good and bad, and past experiences. Positive relations with others are an individual's ability to establish warm and trusting relationships, showing empathy and compassion for others and reciprocity in these relationships. Autonomy is a person's ability to determine themselves based on their standards,

not be fixated on worrying about social rejection, and be able to manage themselves internally. Environmental mastery is a person's ability to manage their environment creatively according to their physical and mental conditions so that they can develop in that environment. Purpose in life is a belief that a person has and provides a sense of direction and meaning to past, present, and future circumstances. Personal growth is an individual's desire to continue developing his or her potential as a human (Ryff & Keyes, 1995).

Various individual and family factors can generally influence psychological well-being. Previous research shows that there are factors that are positively correlated with psychological well-being, including emotional intelligence (Adeyemo & Adeleye, 2008; Wahyuni, 2021), social problem-solving (Aburezeq & Kasik, 2021), support social (Fauziah et al., 2018), religiosity (Aflakseir, 2012), and optimism (Khoirunnisa & Ratnaningsih, 2016; Pasyola et al., 2021). As for the family sphere, factors positively correlate with psychological well-being, including the family environment (Talukdar & Goswami, 2013) and family functioning (Desrianty et al., 2021; Djabumir, 2016). The various studies above show that family functioning is widely discussed in the scope of psychological well-being.

Tillman and Miller (2017) explained that there is a correlation between adolescents' psychological well-being and the quality of family relationships. A previous study found that the quality of adolescents' attachment to their parents is associated with their psychological well-being, which can foster self-confidence and reduce depression (Armsden & Greenberg, 1987). The results of other studies also show that the attachment between parents and adolescents contributes positively to the psychological well-being of adolescents (Abubakar et al., 2013; Raja et al., 1992). Several studies have proven that suitable attachment between parents and adolescents is important for the well-being of adolescents (Kocayörük, 2010). Ryff (2013) also concluded in her review that family connectedness and family ritual activities are related to psychological well-being for both parents and adolescent children.

Based on the explanation above, it can be concluded that with both parents working, interaction time between parents and children will be reduced. Work stress factors can also influence the quantity and quality of communication between parents and their children. These things can affect the psychological well-being of teenagers. Therefore, the relationship between parents and children can be improved by doing relaxing activities with the family.

Family involvement in leisure activities is an experience that involves the participation of two or more family members in leisure activities together (Townsend et al., 2017). This family involvement uses the core and balance model of family leisure functioning. In this model, it is explained that there are core and balance dimensions that are used to meet the needs for stability and change in a family. Core family leisure can support family closeness, while balanced family leisure can support the family's need for change by providing new experiences. A balance in fulfilling core and balance will increase family cohesion, flexibility, and adaptability (Zabriskie & McCormick, 2001).

Previous studies show that family involvement in leisure activities positively correlates with adolescents' emotional well-being (Offer, 2013). Other research also states that the more often teenagers are involved in leisure activities with the family, the higher the subjective well-being of the teenager (Chen et al., 2019). Then eating with the family, which is included in the core family leisure dimension, was also found to reduce symptoms of depression and increase emotional well-being (Utter et al., 2017). These studies consistently show that family involvement in leisure activities positively correlates with emotional and subjective well-being in adolescents. Therefore, the authors hypothesize that family involvement in leisure activities is also related to adolescents'

psychological well-being from dual-earner families in Indonesia.

The research on family involvement in leisure activities was conducted on teenagers in America, Australia, and New Zealand, so it would be better if there was future research regarding family involvement in leisure activities in non-western countries. This is because Western concepts regarding family, leisure activities, satisfaction, communication, and family functioning may not be the same as those in countries with Eastern cultures. These studies in eastern countries will help determine the relevance of theories and measurements regarding the family (Townsend et al., 2017). Research regarding family involvement in leisure activities has also not been widely conducted in Indonesia, so this research can be a reference for research in Eastern countries. This research differs from previous research that linked family involvement with emotional and subjective well-being. In this study, family involvement was associated with psychological well-being. Well-being in adolescents is seen from subjective well-being, which focuses on achieving happiness or pleasure, and psychological well-being, which focuses on self-realization, is also crucial for adolescents (Ring et al., 2007). Therefore, the author aims to determine the relationship between family involvement in leisure activities and psychological well-being in adolescents who have dual-earner families in Indonesia.

## METHOD

This research used a quantitative correlational method. The variables in this study are family involvement in leisure activities and adolescents' psychological well-being. The population of this research is Indonesian teenagers who come from dual-earner families. The sample was selected based on the criteria of being teenagers between 11 and 22 years old, unmarried, and living with their nuclear family. The sample was selected using a nonprobability sampling technique using the accidental sampling method.

The Family Leisure Activity Profile (FLAP) measured family involvement in leisure activities. FLAP consists of 16 items divided into two dimensions, namely core activity and balance activity. Core activities are relaxing activities that families can do regularly and without the need for money and planning, for example, "Do you have time to eat together with your family at home? (morning/afternoon/evening)", etc. Balance activity is a leisure activity with the family that requires planning and costs and is usually done outside the home; for example, "Do you do activities in open spaces (for example, camping, mountain climbing, hunting, fishing, etc.) with family members (Agate, 2007). Responses are provided in frequency options (how often) and duration (when the activity is conducted). The FLAP score shows the ratio of the frequency and time duration of all activities, so the more significant the total score, the more it can be said that the family has a good involvement in leisure activities (Melton & Ellis, 2019). FLAP has been used and adapted in several countries, including Turkey (Aslan, 2009; Zabriskie et al., 2018), Russia (Williamson et al., 2019), China (Chen et al., 2019), and Samoa (Fotu, 2007).

Psychological well-being was measured using Ryff's Psychological Well-Being Scale (RPWBS), which consists of 42 items covering six dimensions, namely, autonomy (for example, "I am not afraid to express my personal opinion even if it conflicts with other people's opinions"), environmental mastery (for example, "in general I feel involved with my life situation"), personal growth (e.g., "For me, life is a continuous process of learning, changing and growing"), positive relations with others (e.g., "Most people think I am a good person. loving and warm"), purpose in life (e.g., "I have a sense of direction and purpose in life"), self-acceptance (e.g., "When I review my life journey, I feel happy with what has happened"). Responses are in the form of a Likert scale

from strongly disagree (1) to strongly agree (6) (Abbott et al., 2006; Ryff & Keyes, 1995). This measuring instrument has been translated into local languages in several countries, including the Netherlands (Dierendonck, 2004), Japan (Kitamura et al., 2004), Sweden (Lindfors et al., 2006), Italy and Belarus (Sirigatti et al., 2013), and Indonesia (Brebahama & Listyandini, 2016).

The researchers translated and back translated the measuring instruments through sworn translators. The translation results were then reviewed by psychology lecturers in developmental psychology and social psychology appointed by the Center for Research and Applied Health Psychology (P3TPK) Faculty of Psychology, YARSI University. The expert judgment results show the need for several adjustments to terms and examples of leisure activities following the culture or habits of Indonesian society in general. After completing the review and improvement process, the researchers conducted readability tests on five teenagers. Based on the readability test, the author adjusted the instructions in FLAP and used terms that need to be easier for teenagers to understand. Furthermore, scale trials were carried out on 37 teenagers. They showed the need for item adjustments, especially on the FLAP scale, because Cronbach's alpha reliability index was  $<0.7$ , with item rest correlation values ranging from 0.001 - 0.639. After the items were corrected, the scale was assessed again on 30 different people, and Cronbach's alpha reliability index became 0.872, so it can be said that FLAP reliability was at a proper level with item rest correlation ranging from 0.262 - 0.933. The reliability value of the PWBS measuring instrument is 0.295 - 0.724 for six dimensions with item rest correlation -0.009 - 0.724. The analysis did not include items with a value of  $<0.2$ , so the PWBS used was 34 items. PWBS was not assessed again because it had already been adapted (Brebahama & Listyandini, 2016). This research has received ethical approval from the YARSI University Ethics Committee.

The data in this study will be analyzed using the Pearson correlation test if the data meets the assumption of normality. If the data is not normally distributed, the Spearman rho correlation test is used to analyze the data. Data will be processed using JASP 17.1 for Windows software.

## RESULTS AND DISCUSSION

This study aims to determine the correlation between family involvement in leisure activities and adolescents' psychological well-being from dual-earner families in Indonesia. There were 173 participants in this study ( $M= 19$  years). The majority of participants were women (90.1%), their highest education was senior high school (SMA/MA/equivalent) (76.8%), the majority lived in Jabodetabek (39.8%), and the majority came from families with a total income of around IDR 3,500,000. – 5,000,000 (25.4%).

**Table 1.**

Demographic Data

Categories	n	%
Ages ( $M=19$ )		
11 - 17 years (early adolescents)	23	13.3%
18 - 22 years (late adolescents)	150	86.7%
Gender		
Male	17	9.8%
Female	156	90.2%
Latest Education		



Categories	n	%
Elementary School	3	1.7%
Middle School/ equiv.	11	6.3%
High School/ equiv.	133	76.8%
Diploma	7	4.0%
Graduate	19	10.9%
Origin		
Sumatera	16	9.2%
Jabodetabek	69	39.8%
Java	63	36.4%
Others	25	14.6%
Total Family Income		
<Rp 2.500.000	22	12.7%
Rp 2.500.000 – 3.500.000	29	16.7%
Rp 3.500.000 – 5.000.000	44	25.4%
Rp 5.000.000 – 10.000.000	36	20.8%
Rp 10.000.000 – 20.000.000	27	15.6%
Rp 20.000.000 – 30.000.000	9	5.2%
>Rp 30.000.000	6	3.4%

The normality test using Saphiro-Wilk showed that the variables of family involvement in leisure activities, autonomy, and self-acceptance dimensions were not normally distributed ( $p < 0.05$ ). Therefore, Spearman rho is used to test the research hypothesis. The Spearman rho test shows that there is a significant and positive correlation between family involvement in leisure activities and the dimensions of autonomy ( $r_s = 0.242$ ,  $p = 0.001$ ), environmental mastery ( $r_s = 0.294$ ,  $p < 0.001$ ), positive relations with others ( $r_s = 0.286$ ,  $p < 0.001$ ), purpose in life ( $r_s = 0.237$ ,  $p < 0.001$ ), and self-acceptance ( $r_s = 0.393$ ,  $p < 0.001$ ). The results of the correlation test also show that there is no significant correlation between family involvement in leisure activities and the dimensions of personal growth ( $r_s = 0.080$ ,  $p = 0.295$ ).

**Table 2.**

Spearman Correlation Test Results

Variable	FLAP	A	EM	PG	PR	PL	SA
FLAP	-						
A	0.242**	-					
EM	0.294***	0.551***	-				
PG	0.080	0.412***	0.543***	-			
PR	0.286***	0.461***	0.461***	0.461***	-		
PL	0.237**	0.354***	0.354***	0.354***	0.354***	-	
SA	0.393***	0.527***	0.527***	0.527***	0.527***	0.527***	-

\* $p < 0.05$ , \*\* $p < 0.01$ , \*\*\* $p < 0.001$

FLAP = family leisure activity involvement profile; A = autonomy; EM = environmental mastery;

PG = personal growth; PR = positive relations with others; PL= purpose in life; SA=self-acceptance

The research found that family involvement in leisure activities positively and significantly

correlated with the autonomy dimension. This is in line with research by Wang and Cai (2017), which explains that doing leisure activities with family is the best way to get involved in teenagers' lives and is related to the development of teenagers' self-regulation. According to researchers, when family members agree to do leisure activities together, they will directly arrange other personal activities to achieve these joint leisure activities. Apart from that, in determining what leisure activities to do, families usually discuss it first so that communication discussion and sharing support occur. This is as explained by Ritpanitchajchaval et al. (2023) that when someone wants to engage in a relaxing activity, especially in the open or challenging nature, a person needs to evaluate the opportunities and abilities they have, in addition to receiving information from various sources regarding the chosen activity. This is the characteristic of good autonomy, namely being able to make decisions and regulate oneself internally (Ryff, 2013).

This research found that family involvement in leisure activities was positively and significantly correlated with the environmental mastery dimension with a low correlation value. Individuals can adapt to various situations and environments in this environmental mastery dimension (Ryff, 2013). In previous research by Ritpanitchajchaval et al. (2023), the way to adapt is to prepare yourself as best as possible before engaging or participating in certain activities. For example, individuals who want to fulfill their leisure activities with trekking will certainly prepare themselves well and be able to adapt to the natural environment. Doing relaxing activities with the family can provide opportunities for teenagers to do new things, learn from family members, and adapt to the surrounding environment. This aligns with research stating that more time spent with parents can predict better adolescent adaptive abilities (Boele et al., 2020). The family's ability to engage each other in these leisure activities increases family cohesiveness, which also plays a role in adolescents' ability to manage stress (Mahensa et al., 2022). When teenagers can manage stress, it means they can also control the environment or situation they face.

Furthermore, this research also found that family involvement in leisure activities was not significantly correlated with the dimensions of personal growth. These results do not align with several studies that explain that family involvement in leisure activities can support individual development (McGovern et al., 2014; Pomfret & Varley, 2019). Personal growth is a condition where a person knows himself and utilizes his potential and abilities (Ryff, 2013). The insignificant correlation between family involvement in leisure activities and personal growth in this study could occur if the participants did not sufficiently understand and develop their potential. As is known, the task of adolescent development is to form self-identity (Papalia et al., 2013), so they may still be exploring interests and abilities. Apart from that, there is also the possibility that when teenagers do leisure activities with their families, especially leisure activities that are productive or related to school extracurriculars, teenagers feel worried that their abilities do not match their parents' expectations or that their parents make comments and judgments that they do not like (Offer, 2013).

This study also found that family involvement in leisure activities was positively and significantly correlated with the dimension of positive relations with others with a low correlation value. Ryff & Keyes (1995) said that positive relations with others are an individual's ability to empathize, build warm relationships, and understand the principles of giving and receiving. Doing leisure activities with family members allows each member to develop this skill. This aligns with research by Pomfret and Varley, (2019), which states that doing leisure activities with family can strengthen closeness between family members. Family involvement in leisure activities provides opportunities for family members, such as parents and children, to communicate, understand each other better, and create positive relationships. A study states that

one way to create positive relationships is to understand each other and create the principle of giving and receiving (Ritpanitchajchaval et al., 2023). Thus, when families do leisure activities together, they also provide space to foster good relationships between family members.

Further results in this study found that family involvement in leisure activities was positively and significantly correlated with the purpose in life dimension with a low correlation value. This research aligns with research that explains that leisure activities such as worship and walking in nature can promote a life full of hope (Iwasaki et al., 2018). Purpose is a sense of direction and meaning in life (Ryff, 2013). The correlation between family involvement in leisure activities and the dimension of purpose in life can occur because seeing value in activities carried out with the family can provide meaning so that the individual has a clear purpose in life. In addition, Ritpanitchajchaval et al. (2023) explained that in relaxing activities together in open spaces, such as tracking, the members involved can learn to be open to each other, accept opinions, and focus on personal safety, the path is taken, focus on internal and external conditions to train growth within oneself. Apart from that, doing leisure activities with family can facilitate close relationships within the family, which also correlates with forming adolescents' self-identity. This is because parents who are warm and involved with their children facilitate support, assistance, and opportunities for adolescents to understand values, ideas, and future orientation (Muttaqin et al., 2022).

Further results in this study found that family involvement in leisure activities had a positive and significant correlation with the self-acceptance dimension with a low correlation value. Self-acceptance is a positive attitude toward oneself by knowing and accepting all aspects of oneself, both positive and negative (Ryff, 2013). In their research, Ritpanitchajchaval et al. (2023) explained that self-acceptance can develop when someone engages in challenging activities or makes someone aware of and able to overcome challenges and achieve the goals set by themselves. In their research, Williamson et al. (2019) explained that in modern Russian families where drastic socio-economic changes have occurred, relaxing time with the family seems complicated but still necessary for family functioning. This research shows that the higher the family's involvement in leisure activities, the higher the family's functioning, as seen in closeness, communication, and family adaptability. Furthermore, Williamson et al., (2019) explained that this aspect of family functioning is activated when the family determines and chooses joint leisure activities among the busy daily activities of each family member. In families with little opportunity to enjoy leisure activities together, core leisure activities become very important because families increase participation in routine activities that are easy to carry out at home. Nisa and Sari (2019) stated in their research that high family functioning would increase self-acceptance in adolescents because, in a well-functioning family, there are efforts to fulfill the needs of each member, communication, and support, which makes the members have good self-acceptance. In addition, family involvement in leisure activities can also increase family members' self-confidence (Agate et al., 2009). Offer (2013), in his research results, also stated that leisure activities with family are positively correlated with teenagers' emotional well-being as seen from how happy teenagers feel, evaluate themselves well, and feel involved in their activities. Therefore, the correlation between family involvement in leisure activities and the dimension of self-acceptance can occur because increasing family involvement in leisure activities will further optimize the roles of each family member to support teenagers in recognizing their strengths and weaknesses and increase self-confidence.

The significant and low correlation between family involvement in leisure activities and adolescents' psychological well-being in its dimensions can be seen in adolescents still in an early stage of personal development. Ryff (2013) said that changes in development and the more mature a person's ego strength is, the better psychological well-being they will have. This means that many



other factors can still be developed to explain adolescents' psychological well-being, especially within the scope of research on working parents and children's psychological well-being. However, at the very least, from the results of this research, it is known that working parents should create a daily routine of togetherness and make time to spend together as a restorative activity so that it can support the psychological well-being of teenagers.

This research has several limitations. In the data collection process, the questionnaire was distributed online via various social media, so 130 pieces of data could not be used because they needed to match the existing criteria. The existing data is not normally distributed. The difference in numbers is quite significant, namely that women take the most positions, so they cannot represent the existing population. Therefore, it is hoped that future research can make the distribution more even to represent the population and obtain more comprehensive results. Apart from that, another limitation is that in the trial out of the measuring instrument, there were still several negative items before item elimination was carried out for data analysis. This research was conducted to determine the correlation between family involvement in leisure activities and psychological well-being. Thus, this research cannot explain the magnitude of the contribution of family involvement in leisure activities to adolescents' psychological well-being.

## CONCLUSION

This research proves the author's hypothesis that there is a positive and significant correlation between family involvement in leisure activities and adolescents' psychological well-being from dual-earner families regarding autonomy, environmental mastery, positive relationships with others, purpose in life, and self-acceptance. Working parents still need to pay attention to spending time with their teenage children with leisure activities that suit the needs of family members so that they can support the psychological well-being of teenagers. This activity can be simple routines that can be done every day at home and activities that need to be planned together at certain times, such as holidays, celebrations of particular days, etc.

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