
NEGATIVE ADOLESCENT EXPERIENCES AND THEIR INFLUENCE ON PSYCHOLOGICAL WELL-BEING IN EARLY ADULTHOOD

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Abstract

Experience negative during adolescence, such as verbal abuse, neglect emotional, and conflict family, often has an impact on well-being psychological individual in adulthood early. Research This aiming For analyze influence experience negative in adolescence to welfare psychological. This study use approach qualitative with method studies case, involving five individuals mature the beginning ever experience experience negative between ages 13 to 17 years. Data obtained through interview in-depth, observation, and review literature. Research results show that dimensions objective life and acceptance self is most affected aspects, with a number of individual show difficulty in reach welfare optimal psychological findings. This emphasize importance intervention early and support social For help individual processing experience traumatic they. Research This give contribution to a greater understanding in about influence experience negative teenager to welfare psychological as well as implications for rehabilitation programs psychology and policy mental health.

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INTRODUCTION

Welfare psychological is one of indicator important from quality life man. In a global framework, issues about welfare psychological the more get attention, especially Because increasing prevalence mental disorders reported by the organization such as the World Health Organization (WHO). The phenomenon This relevant to all stage life, including adolescence, which often becomes period critical in development humans. Ryff, (1989) stated that welfare psychological covers more dimensions wide than just happiness, including reception self, relationship positive, and mastery environment. However, experience negative during adolescence, such as violence, neglect, and conflict family, often leaving profound impact to welfare psychology in adulthood beginning.

In level specific, various studies show that teenage trauma contribute to the disorder psychological like anxiety, depression, and stress post -traumatic. For example, Lazarus, (1984) explain that individual with experience traumatic tend experience difficulty in overcome stress and assessment cognitive negative to self alone. Anggadewi, (2020) in his research highlight that childhood trauma can influence ability individual For to weave connection healthy social in the future day. Research This to emphasize importance understand impact experience negative teenager to welfare psychology in adulthood beginning.

Urgency study This the more increase along with the amount case mental health that is not handled, especially in the generation young. Schneider, (2016) emphasize that welfare psychological No only affect health individual, but also on performance social and professional. Therefore that, the right intervention at the stage beginning life is very necessary For prevent impact term long from experience negative teenager.

A number of theory support study this, like hierarchy Maslow's (1954) needs, which places need will feel safe and love as base For reach welfare psychological. In the context of trauma, Schultz, (2008) added that personality the individual that is formed during

adolescence is greatly influenced by experience negative experiences. More Furthermore, Steinberg, (2005) explains that teenager is at in phase search identity, so that exposure to violence or neglect can hinder development healthy identity.

Study empirical also supports view This. For example, Damayanti, (2021) found that trauma due to violence in House domestic violence (domestic violence) during adolescence own strong correlation with low welfare psychology in adulthood beginning. In addition, Fahmi, (2022) showed that abusive parental behavior to child can lowers psychological well-being, especially in matter autonomy and control environment.

Study This make an effort give contribution new with explore connection between experience negative youth and well-being psychology of adulthood beginning in context Indonesian culture research previously, as done by Herawati, (2020), more focuses on the quarterlife crisis in early adulthood without discuss in a way deep root the problem that originated from experience negative in adolescence. With Thus, research This expected can enrich understanding about dynamics development psychology in Indonesia and provide relevant recommendations in a way culture.

Study This aiming For Identifying type experience negative the most influential teenager welfare psychology of adulthood beginning. Analyze mechanism How experience negative This impact on the dimensions welfare psychological as stated by Ryff (1989). Give recommendation intervention based proof For increase welfare psychological generation young.

RESEARCH METHODS

Study This use approach qualitative with method studies case. This method chosen Because in accordance For explore experience deep individuals who have experience experience negative during adolescence and its impact on well- being psychology in adulthood early. Research This referring to the theory welfare psychology proposed by Ryff (1989).

The approach used in study This nature descriptive and exploratory. Research This aiming For understand and describe How experience negative in adolescence influence dimensions welfare psychological, such as reception self, relationship positive with others, autonomy, mastery environment, goals life, and growth personal.

Population study is individual mature early age between 25 to 28 years old who have experience negative during adolescence, such as verbal abuse. emotional trauma, or neglect. Research sample chosen purposively, with criteria main that is individuals who have ever experience experience negative between aged 13 to 17 years. A total of five participants chosen as subject study For give deep perspective.

Data collected through interview in-depth interviews with participants main and individual near they, like Friend or member family. This technique used For get a comprehensive overview about impact experience negative to welfare psychological. In addition, additional data obtained through observation and review literature related For enrich analysis.

Data analyzed use approach analysis thematic. Analysis process covering data reduction, data presentation, and extraction conclusion. Analysis done with identify themes main thing that appears from interviews and observations, which are then compared to with theory welfare Ryff's psychology (1989). With approach this, researcher can understand How dimensions welfare psychological influenced by experience negative in adolescence.

Research methods This designed For give deep insight about connection between experience negative youth and well-being psychology in adulthood beginning With combine interview in-depth, observation, and analysis thematic, research This make an effort give contribution significant for understanding and intervention in field psychology development.

RESULTS AND DISCUSSION

Self Acceptance

Self-acceptance is a key dimension of psychological well-being described by Ryff (1989), which refers to how individuals view and accept themselves, both their strengths and

weaknesses. Most of the study subjects, such as AS, BR, and CS, showed good levels of self-acceptance despite their negative experiences. According to Ryff's theory, individuals who have high self-acceptance tend to have a stable sense of self-esteem despite facing life difficulties. Good self-acceptance allows individuals to remain positive about themselves even if they have experienced trauma or violence in childhood.

However, DH and EF subjects showed difficulty in accepting themselves. Maslow's (1954) theory of the hierarchy of needs suggests that without the fulfillment of basic psychological needs such as safety and appreciation from others, individuals may struggle to achieve positive self-acceptance. DH and EF may have been hindered in their development because they did not feel safe or appreciated, which is a barrier to development. welfare psychological they.

Positive Relationships with Others

The dimension of positive relationships with others describes the quality and depth of social relationships built by individuals. According to Ryff (1989), good relationships with others are an important indicator of psychological well-being, which can provide emotional support and increase a sense of connectedness. Most of the study subjects, such as AS, BR, and CS, had positive relationships with their families and close friends. They felt accepted and supported, despite childhood trauma. This confirms that strong social support can protect individuals from the adverse effects of negative experiences and support them in building healthy relationships (Lazarus & Folkman, 1984).

However, DH and EF subjects showed difficulties in building healthy relationships. Lazarus & Folkman's (1984) stress and coping theory suggests that individuals who have experienced emotional trauma tend to develop defense mechanisms, such as anxiety or distrust of others, that can hinder them from building positive relationships. This is seen in DH and EF, who despite having social relationships, often feel isolated and have difficulty trusting others, creating barriers to building more positive relationships in.

Purpose of life

The purpose of life dimension is the area most affected by negative childhood experiences. Most of the study subjects, such as AS, BR, and CS, felt confused about the direction of their lives and did not have a strong commitment to one main goal. According to Ryff (1989), purpose of life is a very important dimension in supporting psychological well-being. Individuals who have clear and meaningful life goals tend to have a better quality of life. However, childhood trauma can interfere with this process of finding life goals. Experiences of violence or neglect can cause confusion or feelings of helplessness, which hinders the individual's ability to set clear goals.

In contrast, DH and EF demonstrated clarity in their life purpose, although their motivations were more focused on the struggle to protect themselves or fight for certain rights. Maslow's (1954) humanistic psychological theory states that individuals at the self-actualization level will strive to achieve higher life goals. DH and EF, who had developed clarity about their life purpose, exemplify that despite their trauma, they were able to find meaningful life goals in response to their negative experiences.

Autonomy, Environmental Mastery, and Personal Growth

The dimensions of autonomy, environmental mastery, and personal growth describe the extent to which individuals feel able to control their lives and overcome challenges. Ryff (1989) stated that healthy autonomy allows individuals to make decisions independently without the influence of the environment or others. All of the study subjects showed a good level of autonomy in making their life decisions, even though they still faced uncertainty about their future. AS, BR, and CS, although feeling confused about their life goals, were able to make decisions that supported welfare they.

Lazarus & Folkman's (1984) stress and coping theory states that individuals who experience trauma often develop better coping skills to deal with stress. EFs who have good coping skills in managing stress can cope with challenges more effectively than other subjects.

However, DH who sometimes feels trapped in a cycle of trauma shows difficulty in using coping skills to deal with life challenges. This suggests that although autonomy and environmental mastery are important, individuals who experience emotional trauma may need additional support to develop more effective coping skills.

CONCLUSION

Experience negative during adolescence, such as verbal abuse, emotional trauma, and neglect, have impact significant to welfare psychological individual in adulthood beginning. Dimensions welfare the most affected psychologically covering reception self, purpose life, and relationships positive with other people. Even though a number of individual show ability For develop effective coping strategies, many experience difficulty in reach welfare optimal psychology.

Study This underline importance intervention early For handle impact negative from teenage experiences. Support strong social and rehabilitation programs psychological can help individual processing experience traumatic them and improve quality life them in adulthood, Findings This also strengthens theory welfare Ryff's (1989) psychology and provides outlook new about How factor culture influence development psychological individual. In overall, research This give contribution significant to understanding about importance overcome experience negative teenager For reach welfare more psychological good in the future.

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