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## Psychological Well-Being of Maritime Communities: An Analysis Based on Social Support, Self-Esteem, and Resilience

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9

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### ABSTRACT

This study aims to examine the relationship between social support, self-esteem, and resilience on psychological well-being in maritime communities. This study used a correlational design involving 87 respondents with the criteria of maritime communities, living in coastal areas, male or female, and aged 18-65 years old, measured through a modified scale of the Social Support scale, Rosenberg's Self Esteem Scale (RSES), resilience scale, and Ryff's Psychological Well-Being Scale (RPWBS). The results of the analysis showed that social support, self-esteem, and resilience together were predictors of psychological well-being in maritime communities. Partially, social support significantly influenced psychological well-being. This result demonstrates that maritime communities are part of a community that promotes well-being in the psychological, family, and social spheres. Social support, self-esteem, and resilience influence a person's psychological well-being, with social support, resilience, and self-esteem being important indicators of positive mental health. These support helps individuals cope with adverse situations and stressors, while self-esteem fosters self-acceptance, self-responsibility, and self-care.

### ABSTRAK

Penelitian ini bertujuan untuk menguji keterkaitan dukungan sosial, harga diri dan resiliensi terhadap kesejahteraan psikologis pada masyarakat maritim. Penelitian ini menggunakan desain korelasional yang melibatkan 87 responden dengan kriteria masyarakat maritim, tinggal di wilayah pesisir pantai, laki-laki atau perempuan dan berusia 18 - 65 tahun yang diukur melalui Skala yang dimodifikasi dari skala Dukungan Sosial, Rosenberg's Self Esteem Scale (RSES), skala resiliensi dan Ryff's Psychological Well-Being Scale (RPWBS). Hasil analisis menunjukkan bahwa dukungan sosial, harga diri dan resiliensi secara bersama-sama merupakan predictor terhadap kesejahteraan psikologis pada masyarakat maritim. Secara parsial, dukungan sosial secara signifikan berpengaruh pada kesejahteraan psikologis. Hal ini menunjukkan bahwa masyarakat maritim merupakan bagian dari elemen masyarakat yang mewujudkan kesejahteraan dalam ranah psikologis, keluarga dan sosial. Adanya dukungan sosial, harga diri, resiliensi berpengaruh terhadap kesejahteraan psikologis seseorang, dimana dukungan sosial, resiliensi dan harga diri merupakan indikator penting dari kesehatan mental yang positif. Hal ini membantu individu untuk mengatasi situasi dan tekanan yang merugikan, sementara harga diri mendorong penerimaan diri, tanggung jawab diri, dan pemeliharaan diri.

## Introduction

Indonesia is a country with a vast maritime territory. This maritime territory can be considered a maritime region, which holds significant socio-economic and biophysical value for the Indonesian people. Socio-economically, maritime areas are crucial because 50% of Indonesia's population lives in maritime areas, with an average annual growth rate of 2% (Sriadi, Parmadean, & Nurisnaeny, 2022). Communities living in maritime areas, or maritime communities, are stigmatized by high poverty rates. Poverty is included in the welfare index, with various issues such as limited education, health conditions, environmental cleanliness, access to health care, and other public services. Previous studies have shown that in maritime areas, the extreme poverty rate reaches 4.19%. This figure is higher than the national extreme poverty rate of 4%. Of the total national poverty rate, approximately 12.5% is found in maritime areas (Indraswari, 2023; Apriliana, Prawita, & Sulistiono, 2023). This stigma arises because maritime communities are perceived as marginalized groups living outside the city, although this is not the case. Some maritime cities are also located close to the capital, but uneven development impacts the well-being of these communities. Based on preliminary research conducted by researchers on 42 respondents in Trisik Hamlet, Banaran Village, it was shown that 43% found it difficult to express their condition, 23% felt that interaction was limited due to minimal interaction with other people, 20% felt confident about the future if they had support from their family, and 14% felt that they accepted their condition whatever it was. Well-being is not only about social well-being but also relates to physical and psychological well-being. Communities without psychological well-being will find it difficult to interact with the outside world. In maritime communities, the isolation from the outside world and the unwillingness to adapt to change reflect the difficulty of opening up to the outside world. This will impact the psychological well-being of these communities.

To maintain the condition of Indonesia's maritime territory, the government is participating in creating prosperity in this region, namely by involving the Indonesian Navy (TNI AL) to address problems and as an effort to improve the quality of life of maritime communities through the Kampung Bahari Nusantara program. The Kampung Bahari Nusantara program is a breakthrough in developing maritime regional resilience (Bintahwilmar) by the Indonesian Navy in supporting the development of maritime potential (Binpotmar) which aims to help solve economic, health and education problems in order to help improve the welfare and standard of living of the community (Sahid, Condrowibowo, & Putri, 2022). One of the Kampung Bahari Nusantara is located in Banaran Village, Kulon Progo. The village boasts sufficient natural resources on land and sea, as well as a large human population of productive age. The Banaran community exhibits a strong desire to work productively. Self-esteem, in relation to their work, breaks down the negative stigma surrounding maritime communities. A sense of self-worth reflects an individual's ability to accept themselves in any situation. A positive self-perception indicates an individual's ability to accept and value themselves positively (Ayodya & Jayanti, 2023). Social interactions among individuals in Banaran Village are reflected in the mutual motivation and assistance of fellow farmers to advance their farming practices. The Banaran community sets aside competition and focuses on shared well-being. Positive relationships formed with others can improve psychological well-being (Kurniasari, Rusmana, & Budiman, 2019).

Well-being is a multidimensional concept encompassing physical, social, and psychological aspects. Psychological well-being (PWB) reflects individuals' ability to accept themselves, establish positive relationships, develop personal potential, manage their environment, and find meaning and purpose in life (Ryff & Keyes, 1995; Ryff, Keyes, & Hughes, 2005). Communities with low levels of psychological well-being may experience difficulties in social interaction, adaptation to change, and participation in broader social and economic systems. Several studies conducted in coastal and rural contexts suggest that limited resources, social isolation, and environmental vulnerability are associated with lower levels of happiness, life satisfaction, and mental well-being, which implicitly

104 Yuliasari et al., *Psychological Well-Being of Maritime Communities ...*

indicate compromised psychological well-being (Liu, Jiang, Li, & Yang, 2021; Kurudirek, Arikan, & Ekici, 2022). However, empirical data specifically addressing psychological well-being among Indonesian maritime communities remain limited, highlighting an important research gap. The stigma attached to maritime communities as marginalized and resistant to change further reinforces the assumption of poor psychological conditions. In reality, many maritime areas are located near urban centers, yet unequal development and limited social support systems continue to affect community well-being. Research has shown that individuals living in isolated or underserved environments are more vulnerable to psychological distress due to reduced access to social resources and adaptive opportunities (Dong et al., 2024). Therefore, understanding psychological well-being within maritime communities is essential for developing holistic welfare interventions that go beyond economic indicators.

Various factors influence people's ability to achieve psychological well-being, including internal and external factors. Internal factors include self-assessment, including self-esteem (Surana, Yuliasari, & Sulistiono, 2023), resilience (Smith & Yang, 2017; Yuliasari & Nirmalasari, 2024), and personality (Febriyanti, Eva, & Andayani, 2022), while external factors include social support (Yara, Yuliasari, & Sulistiono, 2024) and the environment. Self-acceptance, positive relationships with others, confidence in one's abilities, independence without relying on others, developing one's potential, and being active in fulfilling one's needs in the environment are characteristics of individuals with psychological well-being. Self-acceptance is a dimension that shapes psychological well-being in individuals, Ryff and Keyes explain that an individual can be said to be psychologically well-being if the individual can accept himself and is able to give meaning to every event that occurs in his life and has a desire to explore and develop his potential (Ryff, Keyes, & Hughes, 2005). Psychological well-being makes an individual feel meaningful in his life, so that his life is filled with positive values (Dong, Ge, Su, Guan, Li, Liu, & Ma, 2024). An individual can be said to be psychologically well-being if he can accept himself, has positive social relationships, can develop his abilities, and has mastery of the environment. Resilience and the ability to survive difficult situations indicate psychological well-being. Previous research has shown that social support, self-esteem, and resilience influence a person's psychological well-being (Kwon, 2018; Shi, 2022).

This study aims to examine the relationship between social support, self-esteem, and resilience on psychological well-being among maritime communities. The research seeks to answer the following questions: Do social support, self-esteem, and resilience jointly predict psychological well-being in maritime communities?. The findings of this study are expected to contribute to the literature on psychological well-being in marginalized communities and provide empirical evidence to support policy and intervention programs targeting maritime populations.

## Method

This research is a quantitative study using a correlational method to examine the relationship between social support, self-esteem, and resilience to psychological well-being in maritime communities. This type of quantitative research using a correlational approach is a research method on a specific population or sample, aiming to find whether or not there is a correlation between variables and how strong the correlation of the independent variable is to the dependent variable (Hammer, Parent, & Spiker, 2018). The instrument used was adjusted to the characteristics of the research subjects, namely the maritime community in Banaran Village, Kulon Progo, male or female, aged 18-65 years. Sampling used purposive sampling due to the characteristics of the subjects applied. Data collection was conducted directly by distributing research instrument to respondents in the field. Data collection took place during community activities and by going door-to-door to meet respondents directly. Respondents that fit the criteria were asked to complete an instrument that included a consent form.

10

8

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A total of 87 participants were involved in the present study. Demographic description of respondents can be seen in Table 1. Most participants were aged 41–60 years (54 respondents; 62.1%), followed by those aged 21–40 years (28 respondents; 32.3%). A small proportion of respondents were aged over 60 years (5 respondents; 5.7%). In terms of gender, the majority of participants were men (67 respondents; 77%), while women accounted for 20 respondents (23%). Overall, the sample was predominantly middle-aged and male.

**Table 1.** Description of Respondents' Demographic Data

Variables	Participants	n	%
Age	21-40	28	32.3%
	41-60	54	62.1%
	>60	5	5.7%
Gender	Male	67	77%
	Female	20	23%

The data collection was performed using paper and pencils questionnaire, considering the characteristics of the respondents involved who are also elderly.

The instruments were the Social Support Scale, Rosenberg's Self Esteem Scale (RSES), and Resilience Scale. The validity test in this study used content validity, which was carried out based on the V value of the Aiken's V results with a total of 15 raters with expert characteristics in the field of psychology such as 8 lecturers and 7 people who were graduates in the field of psychology. The V value for content validity used was 0.67. The Social Support Scale from modified in previous research (Yara, et al., 2024), with the content validity coefficient of social support moving from 0.70 - 0.85 while the reliability coefficient value of Cronbach's  $\alpha = 0.88$ .

Rosenberg's Self Esteem Scale (RSES) was used to measure self-esteem. This scale consisting of 10 items with a validity coefficient value ranging from 0.65 to 0.85, and while the reliability coefficient value self-esteem was Cronbach's  $\alpha = 0.95$ .

The Resilience Scale from Connor & Davidson (2003) with 25 items were used to measure resilience. Content validity of this scale ranged from 0.55 to 0.85. Meanwhile, the reliability coefficient value self-esteem was Cronbach's  $\alpha = 0.81$ .

Furthermore, Ryff's based Psychological Well-Being Scale (RPWBS) used in the study by Surana et al., 2023 and Yara et al., 2023 was administered to measure psychological well-being. This scale consist of 18 items with a validity coefficient value ranging from 0.55 to 0.85, while the reliability coefficient was Cronbach's  $\alpha = 0.81$ .

Data were analyzed using SPSS. Descriptive statistics were first calculated to summarize the demographic characteristics of participants and the main study variables. Multiple linear regression analysis was then performed to examine the predictive effects of social support, self-esteem, and resilience on psychological well-being. Prior to conducting the regression analysis, the assumptions of normality, linearity, multicollinearity, and homoscedasticity were assessed and found to be acceptable. All statistical tests were two-tailed, and statistical significance was determined at  $p < .05$ .

## Results

The descriptive categorization of research data shows that 78 respondents (89.7%) have high social support, 55 respondents (63.2%) have self-esteem in the moderate category, 62 respondents (71.26%) have a high level of resilience and 64 respondents (73.6%) have high psychological well-being. Next, assumption tests were carried out, namely normality tests. All of the variables has normal data distribution.

**Table 2.** Research data categories for each variable

Category	Social Support		Self-esteem		Resilience		Psychological Well-being	
	n	%	n	%	n	%	n	%
Low	1	1.1%	18	20.7%	5	5.74%	1	1.1%
Medium	8	9.2%	55	63.2%	20	22.98%	22	25.3%
High	78	89.7%	14	16.1%	62	71.26%	64	73.6%
Total	87	100%	87	100%	87	100%	87	100%

The results of the multicollinearity test showed that there was no multicollinearity in social support (VIF= 1.086, VIF <10, Tolerance = 0.921, Tolerance >0.10), self-esteem (VIF= 1.075, VIF <10, Tolerance = 0.930, Tolerance >0.10) and resilience (VIF= 1.063, VIF <10, Tolerance = 0.941, Tolerance >0.10). Since all VIF values are below 10 and all Tolerance values exceed 0.10, these results indicate that there is no high correlation among Psychological wellbeing variable. Therefore, it can be concluded that the regression model meets the assumption of no multicollinearity, and all independent variables are appropriate for further regression analysis.

Based on the analysis of heteroscedasticity test through the glacier test, it shows that there are no symptoms of heteroscedasticity as indicated by the value of social support  $p = 0.580$ ,  $p > 0.05$ , in the self-esteem variable  $p = 0.685$ ,  $p > 0.05$  and the resilience variable shows a value of  $p = 0.883$ ,  $p > 0.05$ . Since all p-values exceed the 0.05 significance level, it can be concluded that the variance of the residuals is constant across all levels of the psychological wellbeing.

Hypothesis testing was conducted using linear regression analysis to determine the role of social support, self esteem and resilience on psychological well being in maritime community. Tabel 4 representing the result of multiple regression analysis.

A multiple linear regression analysis was conducted to examine the extent to which social support, self-esteem, and resilience predicted psychological well-being. Prior to hypothesis testing, the assumption of independence of errors was evaluated using the Durbin-Watson statistic. The obtained value (DW = 1.79) indicated no serious autocorrelation among residuals, suggesting that the assumption was met. The overall regression model was statistically significant,  $F(3, 83) = 9.41$ ,  $p < .001$ , explaining approximately 25.4% of the variance in psychological well-being ( $R^2 = .254$ , adjusted  $R^2 = .227$ ). This indicates that social support, self-esteem, and resilience collectively contributed to the prediction of psychological well-being among the participants.

**Table 3.** Multiple Regression Analysis

Predictor	B	SE B	$\beta$	t	p
Constant	34.20	8.73	—	3.92	< .001
Social support	0.82	0.03	.07	0.73	.047
Self-esteem	0.70	0.14	.08	0.90	< .001
Resilience	0.62	0.07	.02	0.21	.035

Regarding individual predictors, social support ( $\beta = .07$ ,  $p = .047$ ), self-esteem ( $\beta = .08$ ,  $p < .001$ ), and resilience ( $\beta = .02$ ,  $p = .035$ ) each made a statistically significant contribution to the prediction of psychological well-being. These findings suggest that higher levels of social support, self-esteem, and resilience are associated with higher psychological well-being.

## Discussion

Based on the analysis results, it shows that respondents at the age of 41-60 years, individuals tend to have high psychological well-being because they have achieved identity and economic stability, have social networks and family support, have high self-esteem built from experience and work achievements (Avis, Colvin, Hess, & Bromberger, 2021). This period is a productive stage, when

17

6

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individuals reach the peak of work performance and social responsibility. Individuals strive to maintain career achievements, improve skills, and adapt to job changes. It shows that maritime communities, even though they are geographically far from urban life, can maximize their conditions to be productive.

The results of the analysis show that social support, self-esteem and resilience together constitute a predictor on psychological well-being in maritime communities. Partially, social support is significantly influential on psychological well-being. Ryff and Keyes (1995) also stated that individuals who have positive relationships with others will have the ability to empathize and have an understanding of how to establish relationships with others. This can encourage individuals to have the ability to create their own environment and take advantage of every opportunity they have. Individuals can meet their social support needs from their immediate environment, family, and friends. Knowing that others are there when needed gives a sense of confidence, and this has a positive impact on an individual's cognitive and emotional state (Kurudirek, Arikan, & Ekici, 2022). A person who receives social support from the environment tends to have high self-esteem, always tries to be a better person, and always has a positive outlook on life that will be lived in the future (Sarafino & Smith, 2011). The research from Orth and Robins (2022) find that role of self-esteem in sustaining psychological well-being across adulthood. Individuals with higher self-esteem are better able to interpret life challenges positively, maintain optimism, and perceive their lives as meaningful. This supports the present study's conclusion that self-esteem functions as an internal psychological asset that supports well-being, even in contexts where material resources may be limited, such as maritime communities.

Receiving judgment from others can affect a person's psychological well-being in various ways. When individuals feel valued and appreciated by others, they are more likely to view themselves in a positive light (Sulaeman & Kustimah, 2024). The results of this study indicate that self-esteem significantly influences psychological well-being. The resources possessed by individuals with low self-esteem. Although limited, individuals can use their valuable experiences to support their mental health. Self-esteem relates to how a person values their abilities and gives meaning to the accomplishments they have achieved in life. Self-esteem can be achieved through positive relationships with others, which is related to the dimension of positive relationships with others in the psychological well-being variable (Fridaram, Isthari, Cicilia, Nuryani, & Wibowo, 2021). Individuals who have positive relationships with others are the key to creating a friendly and pleasant atmosphere, which can foster a sense of mutual respect between one another (Amaliah & Sudana, 2021). Zhao, Jin, and Hu (2022) found that perceived social support significantly enhances psychological well-being by fostering a sense of belonging and emotional security, particularly in communities with limited access to formal mental health services. Support from family and close social networks acts as a buffer against psychological distress. This aligns with the current findings that social support is a crucial contributor to well-being in maritime communities, where informal social ties often serve as the primary source of emotional and practical assistance.

Resilience significantly influences psychological well-being. Resilience and psychological well-being are closely related. Resilience is the ability to adapt and overcome adversity, and is a factor that can promote positive mental health. More resilient individuals are better able to manage stress, maintain a positive outlook, and develop effective coping strategies. Individuals with higher levels of resilience tend to be more able to experience positive emotions, maintain positive relationships, and have a sense of purpose and meaning in life (Sayed, Malan, & Fourie, 2024). Resilience is associated with individual autonomy and personal growth, which indicates a lower negative triad. Resilience has been viewed as a dynamic interactive process, where it connects biological, psychological, support systems, and social systems to encourage individuals to have a rewarding life, promoting positive health outcomes and psychological well-being (Wan, Wan, Zainudin, & Yusop, 2024). In research of Waugh and Sali (2023) resilience has a role to maintaining psychological well-being among individuals living in high-risk occupational

14

13

4

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**108** Yuliasari et al., *Psychological Well-Being of Maritime Communities ...*

environments. Individuals who are able to adapt to uncertainty and repeated stressors tend to experience higher levels of purpose in life, emotional balance, and personal growth. This supports the present study's finding that resilience is psychological resource for individuals in maritime communities, where environmental unpredictability and occupational risk are common.

The finding of this research give contribution to the development of psychological well-being studies, particularly in the context of maritime communities, which are still relatively understudied. The findings demonstrate that psychological well-being is not only influenced by structural and economic factors but is also significantly determined by an individual's psychological and social resources, namely resilience, self-esteem, and social support. Thus, this research extends the application of psychological well-being theory to the context of coastal and maritime communities characterized by high-risk environments and occupations. This study also opens up opportunities for further research to develop a more comprehensive model of psychological well-being by integrating psychological, social, and environmental factors. Furthermore, further research could explore the role of other variables, such as meaning in life, spirituality, community integration, and the impact of climate change and economic exposure, on the psychological well-being of maritime communities.

For communities, particularly maritime communities, this research provides insight into how psychological well-being can be strengthened through the development of internal and social resources, even when individuals live in environments full of risks and limitations. The findings emphasize the importance of building resilience, self-esteem, and social support as the foundation for sustainable psychological well-being. Practically, the results of this research can serve as a basis for policymakers, community organizations, and empowerment institutions to develop intervention programs focused on strengthening individual psychological capacities and community social cohesion. Programs such as adaptive skills training, strengthening family and community roles, and community participation-based activities can help increase self-confidence, solidarity, and the ability to cope with the stresses of everyday life. Furthermore, this research encourages a paradigm shift in viewing maritime communities, from a vulnerability-focused perspective to a strengths-based approach. By recognizing and strengthening the psychological and social potential of communities, development and empowerment efforts can be implemented in a more humane, sustainable, and contextual manner.

The limitations of this study include the data obtained through self-report questionnaires, which rely on respondents' subjective perceptions, potentially introducing social bias, such as a tendency for respondents to provide answers that are considered positive or in line with social norms in their community. Furthermore, the study's limited scope within a single maritime community means that the results tend to be limited by the cultural background, socioeconomic conditions, and environmental characteristics of the respondents involved.

## Conclusion

This study shows that social support, self-esteem, and resilience influence psychological well-being in maritime communities. Partial analysis shows that self-esteem significantly influences the psychological well-being of maritime communities. Individuals who value themselves through self-understanding and self-acceptance are better able to resolve the psychological problems they face. Social support, especially from family, can provide a sense of growth that reflects psychological well-being in maritime communities. Furthermore, with resilience, resilient individuals are better able to manage stress, maintain a positive outlook, and develop effective coping strategies, thereby achieving psychological well-being.

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**110** Yuliasari et al., *Psychological Well-Being of Maritime Communities ...*

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