

THE INFLUENCE OF PARENTING PRACTICES AND CHARACTERS TOWARD SUBJECTIVE WELL-BEING IN ADOLESCENTS

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Abstract

Subjective well-being is considered one of the scientific measures to represent one's happiness and quality of life. This research aims to analyze the influences of parenting practices and characters toward subjective well-being in adolescents. This research used the explanatory method and was conducted in Bekasi, which was chosen based on a purposive approach. The respondents were 213 adolescents in the 11th grade of senior/vocational high school. The primary data was self-administered and collected through questionnaires. The collected data included adolescent characteristics (age and gender), family characteristics (parents' age, education, work status, and family size), parenting practices, characters, and subjective well-being. The data obtained were then processed and analyzed descriptively and inferentially using Microsoft Excel and SPSS 26. The results show that the parenting practices index and subjective well-being index were in a low category, while the character index was in the moderate category. The correlation test found that female adolescents tend to receive better parenting practices. Furthermore, significant correlations were also found among parenting practices, characters, and subjective well-being. This regression test found that parenting practices from the parents and adolescents' characters significantly influence subjective well-being in adolescents.

Keywords: adolescents, characters, parenting practices, senior/vocational high school, subjective well-being.

PENGARUH PRAKTIK PENGASUHAN DAN KARAKTER TERHADAP KESEJAHTERAAN SUBJEKTIF REMAJA

Abstrak

Kesejahteraan subjektif dinilai sebagai salah satu ukuran saintifik untuk menggambarkan kebahagiaan dan kualitas hidup seseorang. Penelitian ini bertujuan untuk menganalisis pengaruh praktik pengasuhan dan karakter terhadap kesejahteraan subjektif remaja. Penelitian ini menggunakan metode eksplanatori dan dilakukan di Kota Bekasi yang dipilih secara *purposive*. Responden berjumlah 213 remaja yang merupakan siswa kelas XI SMA/SMK. Data primer diperoleh melalui teknik *self-administered* menggunakan kuesioner terstruktur. Data yang digunakan meliputi karakteristik remaja (usia dan jenis kelamin), karakteristik keluarga (usia orang tua, pendidikan orang tua, pekerjaan orang tua, dan besar keluarga), praktik pengasuhan, karakter, dan kesejahteraan subjektif remaja. Data yang diperoleh selanjutnya dilakukan proses pengolahan dan analisis secara deskriptif dan inferensia menggunakan program Microsoft Excel dan SPSS 26. Hasil penelitian menunjukkan indeks praktik pengasuhan dan kesejahteraan subjektif terkategori rendah, sementara indeks karakter terkategori sedang. Hasil uji hubungan menemukan bahwa remaja perempuan cenderung menerima praktik pengasuhan yang lebih baik. Selain itu ditemukan pula hubungan signifikan antara praktik pengasuhan, karakter, dan kesejahteraan subjektif. Hasil uji regresi menemukan bahwa praktik pengasuhan orang tua dan karakter remaja secara signifikan memberikan pengaruh paling nyata terhadap kesejahteraan subjektif remaja.

Kata kunci: karakter, kesejahteraan subjektif, praktik pengasuhan, remaja, SMA/SMK

INTRODUCTION

The topic of mental health and its relation to many aspects of life has begun to be widely studied. Studies on this topic are not only carried out scientifically by higher institutions. However, they have also become a topic of discussion and educational materials conducted by national and local government officials, non-governmental organizations, forums, and professionals in their fields. However, the awareness of the Indonesian people about the importance of mental health is still low (Center for Public Mental Health, 2020). This is evidenced by the still circulating community stigma that family members who suffer from mental problems or disorders are family disgrace that must be hidden, ostracized, and even shackled (Ministry of Health, 2019).

Problems related to mental health can occur at any age, including teenagers. The 2018 Basic Health Research data states that adolescents aged 15-24 occupy the third position with the highest prevalence of depression by age group after age and late adulthood (Ministry of Health, 2019). Mental health problems can interfere with adolescent productivity because they can also affect physical health and hinder various adolescent developments. In fact, adolescents need to develop optimally to be better prepared to move to the next stage of development (adulthood). Adolescence is a transition period between childhood and adulthood, including major physical, cognitive, and psychosocial changes (Papalia, Olds, & Feldman, 2009). According to Piaget's stage of cognitive development, as discussed in Hastuti (2015), during adolescence, an individual's cognitive development begins to enter the stage of formal operating thinking. One of the characteristics of this development is the ability to think abstractly and make hypotheses in solving problems using logic. This indicates that adolescents can assess themselves in various aspects, including their happiness.

The results of the 2020 population census show that Indonesia is still in the demographic bonus period, with 70.72 percent of the 270.20 million Indonesian population in the age range of 15-64 years or the population of productive age (Central Bureau of Statistics, 2021). In reality, this great potential of human resources faces various challenges, especially in the children and youth groups who will later become the nation's successors. The lives of children and adolescents in Indonesia are still vulnerable to various problems. The Ministry of Women's Empowerment and Child Protection (KPPA) (2016) in the Child Welfare Composite Index (IKKA) provides an overview of the level of development of child welfare in Indonesia. The Indonesian Child Protection Commission (KPAI) in 2014 reported that there were 3700 cases of violence against children every year. In addition, the school participation rate for children aged 16-18 years or equivalent to the high school level has only reached 70,6 percent. This figure is much lower than the school enrollment rates for children aged 7-12 years (elementary school) and 13-15 years old (junior high school), reaching 99,1 percent and 94,7 percent, respectively. Problems related to the school enrollment rate can also be linked to problems related to child labor and early marriage in Indonesia. The National Labor Force Survey revealed that from 2010-2015, child labor in Indonesia reached 7-9 percent. The results of the 2015 National Social Economic Survey (Susenas) also found that the prevalence of early marriage (under the age of 18) in Indonesia was 0,91 percent, with a composition of 1,64 percent for women and 0,21 percent for men. These various problems can provide a glimpse of the condition of child welfare in Indonesia.

Mental health is also related to a person's psychological condition and is often associated with the happiness felt by that person. Happiness is something that every individual wants, but the definition of happiness for each individual may be different. However, the level of individual happiness can be measured scientifically by measuring individual subjective well-being. Subjective well-being is a scientific term for happiness and life satisfaction (Diener, 2020). One of the main characteristics of measuring subjective well-being is its subjectivity. The things used to measure welfare are the results of an individual's evaluation and are not based on standards set by researchers (Diener, 1984). Subjective well-being measures life satisfaction, positive affect, and negative affect felt by individuals in their lives. Diener (2020) describes that subjective well-being is a process that influences behavior and physiological conditions and becomes an important factor for a person's future success.

The level of individual subjective well-being is the result of the influence of various factors, both internal and external factors. Previous studies on subjective well-being have found that the social dimension greatly affects subjective well-being. For example, Cunsolo (2017), Mikkelsen et al. (2022), Wijayanti, Sunarti, & Krisnatuti, (2020) found that positive interaction with parents is one of the determinants of subjective well-being in adolescents. In general, the individual's social relationships with those closest to him, especially in the form of support, positively influence subjective well-being. As the smallest social unit, the family allows parents to play a major role in the lives of teenagers. Therefore, parenting practices provided by parents can be one of the external factors that affect subjective well-being in adolescents.

In addition to external factors, internal factors also play an equally large role in influencing a person's level of subjective well-being. Temperament, personality, how a person views his life, and resilience are internal factors that affect an individual's subjective well-being (Diener, 2020). These various internal factors play a major role in individual happiness because the ability to adapt is needed to maintain a sense of happiness. One of the internal factors of subjective well-being that is interesting to discuss is character. Previous studies have found that character can predict the level of subjective well-being of adolescents (Gillham, 2011; Proctor et al., 2011). Novianti and Alfiasari (2017) find that character has a significant positive effect on life satisfaction, while the character itself is heavily influenced by family, especially parenting applied by parents. Based on this explanation, it is interesting to research the relationship and influence between parenting practices and character on subjective well-being in adolescents.

Various problems related to the condition of children's welfare in Indonesia directly or indirectly can affect the life satisfaction of Indonesian teenagers. This is in line with Diener (2020), who said that the condition of society is one of the main determinants of subjective well-being and one type of subjective well-being is life satisfaction. In addition, various problems related to parenting practices and adolescent character are also interesting to study regarding their effect on adolescents' subjective well-being.

Based on the background and the formulation of the problem, this study aims to: 1) identify the characteristics of adolescents, family characteristics, parenting practices, character, and subjective well-being of adolescents. 2) analyzing the relationship between research variables (adolescent characteristics, family characteristics, parenting practices, character, and adolescent subjective well-being) 3) analyzing the influence of adolescent characteristics, family characteristics, parenting practices, and character on adolescents' subjective well-being.

METHODS

This research is part of collaborative research conducted by the Research Team of the Division of Child Development, Department of IKK, chaired by Dr. Ir. Dwi Hastuti, M.Sc. The title of the umbrella research is "The Role of Parenting and Effectiveness of Adolescent Information and Counseling Programs (PIK-R) in Overcoming Negative Behavior of Adolescents in the Digital Age." This study uses the explanatory method to test the hypothesis's truth based on previous research results. The study was conducted in several high and vocational high schools in Bekasi City, West Java. The location determination was carried out purposively because these schools had implemented PIK-R, the main theme of the research project, based on data and recommendations from DP2KB (Department of Population Control and Family Planning) Bekasi City.

Meanwhile, the population in this study focused on only two schools, and the withdrawal was made purposively. The population in this study were adolescents with an age range of 15 to 18 years who were students of class XI State Senior High School 4 Bekasi City and State Vocational High School 2 Bekasi City. The data collected for state high school students is 161 students, and 171 students for state vocational high schools. After checking the completeness of the data collection results to answer this study's objectives, the total sample research from the two selected schools further analyzed were 213 adolescents (121 high school students and 92 vocational high school students).

This study uses primary data obtained through self-administered techniques using a structured questionnaire that has been tested. The data used include adolescent characteristics (age and gender), family characteristics (parental age, parental education, parental occupation, and family size), parenting practices, character, and adolescents' subjective well-being.

The research team developed a 3A parenting practice instrument (Asah/teach, Asih/love, and Asuh/care for) which was also used for this study with a Cronbach's alpha value of 0,903. The instrument develops six dimensions of parenting practice, namely 1) cognitive, 2) social, 3) emotional, 4) warm, 5) positive discipline, and 6) nutrition and health, with a total of thirty-six statements. The answer scale used is a Likert scale with a value of 1 = not very describing my parents, 2 = slightly describing, 3 = describing, and 4 = very describing my parents. In addition, the character variables in this study were examined using an instrument of adolescent prosocial behavior, which the Collaborative Research Team also developed with a Cronbach's alpha value of 0,881. The instrument consists of seventy statement items and uses a Likert answer scale with 1=strongly disagree, 2=not appropriate, 3=appropriate, and 4=very appropriate.

The welfare variable in this study was measured using two instruments, namely the Scale with Life Satisfaction (SWLS) developed by Diener et al. (1985) with Cronbach's alpha value of 0,773 and the Scale of Positive and Negative Experience (SPANE) developed by Diener and Biswas-Diener (2009) with Cronbach's alpha value of 0,697. The measurement results with the two instruments were combined to

measure the subjective well-being variable. Both instruments use a Likert scale and have been translated into Indonesian for research purposes. The SWLS instrument consists of five statements with a scale of 1 = strongly disagree, 2 = disagree, 3 = slightly disagree, 4 = average, 5 = somewhat agree, 6 = agree, and 7 = strongly agree. Meanwhile, the SPANE instrument consists of 12 statements with a scale value of 1 = very rarely, 2 = rarely, 3 = sometimes, 4 = often, and 5 = very often.

The data obtained were then processed and analyzed descriptively and inferentially using the Microsoft Excel and SPSS 26 programs. The variable characteristics of the children tested were age and gender. In contrast, the family characteristics tested were the father's age, father's education, father's occupation, mother's age, mother's education, mother's occupation, and family size. Some of the characteristic variable data were dummy coded for the inference test, including gender (0 for male and 1 for female), father and mother's education (0 for not graduating from high school and 1 for graduating from high school), and father and mother's occupation. (0 for not working and 1 for working). The subjective welfare variable uses two instruments for its measurement: data from the first instrument to measure life satisfaction and data from the second instrument to measure positive and negative affect. Meanwhile, the raw data on the variables of parenting practice, character, and subjective well-being were made into a scoring system and then transformed into an index of 0-100. Furthermore, based on the index obtained, it is categorized based on the cut-off point into (1) low: 0-<60, (2) moderate: 60-80, and (3) high: >80-100.

RESULTS

Characteristics of Adolescents and Families

This study involved 213 teenagers, with 121 teenagers from high school and 92 teenagers being vocational high school students. The age range of adolescents in this study was 15-18 years, with the largest percentage (78,4%) aged 16 years and only two adolescents aged 18 years. The majority (52,6%) of adolescents in this study were female. Most teenagers are the first child, with a percentage of 43,7 percent, while the number of teenagers with the second, third, and so on birth order is getting smaller and only one person is the sixth child. The pocket money received by teenagers varies from IDR75.000 to IDR2.620.000 per month, but most teenagers (55,4%) receive pocket money in IDR300,000 – IDR600.000 per month. Only 1,9 percent of adolescents live with a guardian, and another 98,1 percent live with their parents.

The age parents of adolescents in this study were early adults (25-40 years) and middle adults (41-65 years). Most of the parents in this study were in the middle age category, with a father's percentage of 85,4 percent and a mother's percentage being 65,7 percent. The last education of parents is not much different when compared between father and mother. The most recent education (40,4%) of parents, both father and mother, is a high school graduate, and many parents continue their education to tertiary institutions, either Bachelor's Degree or Postgraduate. Meanwhile, in terms of work, there is a striking difference between fathers and mothers. Most fathers work and have fixed, and variable income sources, and only a small percentage (6,1%) are not working. Meanwhile, the percentage of mothers who do not work is much higher at 57,3 percent. The size of respondents' families in this study was divided into 108 small families (<5 people) and 105 medium families (5-7 people).

Parenting Practice

The variable index of parenting practices applied by parents to adolescents in this study was divided into three categories: low, medium, and high. The results showed that most of the parenting practices accepted by adolescents (47,4%) were low. Meanwhile, the middle category of parenting practices was 45,1 percent, and the low category was 7,5 percent.

The dimension of social nurturing has the largest mean score (66,54) among the six dimensions of parenting practice. This means that not a few parents support their children in building social relationships by not forbidding their teenagers to hang out with anyone and introduce their children to relatives. Meanwhile, the dimension of compassion and warmth has the lowest average value at 47,21. In the instrument, this dimension includes warmly expressing affection from parents to adolescents, such as being hugged and kissed, hearing parents feel proud of them, and apologizing to children when they are wrong. From this, it can be assumed that only a few adolescents receive warm parenting practices from their parents (Table 1).

Character

The character variable index applied by parents to adolescents in this study was divided into three categories: low, medium, and high. The results showed that most of the characters by adolescents (67,6%)

were categorized as moderate. Meanwhile, the character of the low category is 29,6 percent, and the high category is 2,8 percent.

The tolerance dimension has the largest average value (74,24) among the seven character dimensions, describing how teenagers want to be friends with anyone and respect differences in making friends. Meanwhile, the discipline dimension has the lowest average score of 60,48, explaining that adolescents tend to be rather difficult to follow the rules made by schools and parents (Table 1).

Subjective Well-being

The subjective welfare variable index applied by parents to adolescents in this study was divided into three categories: low, medium, and high. The results showed that most of the subjective well-being felt by adolescents (50,7%) was categorized as low. Meanwhile, the character of the low category is 44,6 percent, and the high category is 4,7 percent.

The subjective welfare variable has three dimensions: life satisfaction, positive affect, and negative affect. The negative effect dimension has a lower mean value than the positive effect dimension. This indicates that adolescents are less likely to experience negative emotional changes than positive emotional changes (Table 1).

Table 1 Minimum value, maximum value, average, and standard deviation of parenting practice variables, character, and Subjective Well-being.

Variable/Dimension	Min-Max	Average \pm SD
Parenting Practice		
Teach cognitive	0,00-96,30	57,99 \pm 15,74
Social teaching	13,33-100,00	66,54 \pm 17,80
Teach Emotions	0,00-100,00	56,59 \pm 27,91
Love warmth	0,00-100,00	47,21 \pm 23,17
Love positive discipline	23,81-100,00	63,82 \pm 15,99
Care for nutrition and health	0,00-100,00	66,48 \pm 20,91
Total parenting practice	16,67-94,44	59,81 \pm 14,57
Character		
Discipline	33,33-83,33	60,48 \pm 9,79
Politeness	30,00-100,00	63,88 \pm 11,64
Empathy	43,33-93,33	65,87 \pm 9,71
Honest	20,00-90,00	63,79 \pm 9,96
Responsibility	23,33-93,33	64,52 \pm 12,36
Tolerance	43,33-100,00	74,24 \pm 12,32
Leadership	45,24-88,10	64,64 \pm 7,72
Total characters	45,24-88,10	64,64 \pm 7,72
Subjective Well-being		
Life satisfaction	0-100	59,80 \pm 18,43
positive affect	13-100	63,07 \pm 16,60
Negative affect	0-100	44,52 \pm 17,48
Total subjective well-being	11-96	59,52 \pm 13,31

Relationship between Adolescent Characteristics, Family Characteristics, Parenting Practices, Character, and Subjective Welfare

The relationship test results (Table 2) show a relationship between gender and parenting practices, which means that the female adolescents in this study received better parenting practices. Meanwhile, age and family characteristics did not have a significant relationship, according to the relationship test results. As for the variables of parenting practice, character, and subjective well-being, it was found that there was a significant positive relationship between each other. The relationship test results found a relationship between parenting practices with character, parenting practices with subjective well-being, and character with subjective well-being. This means that the better parenting practices received by adolescents, the higher the level of subjective well-being of adolescents. Likewise, the better the character possessed by adolescents, the higher the level of subjective well-being of adolescents. In addition, good parenting practices can also affect the character of teenagers for the better.

Table 2 Correlation coefficients between child characteristics, family characteristics, parenting practices, character, and subjective well-being

Variable	Parenting Practice	Character	Subjective well-being
Age	-0,110	-0,008	0,028
Gender (0=male; 1=female)	0,159*	0,117	-0,021
father's age	-0,051	0,038	-0,067
Father's education (0=didn't finish high school; 1=high school)	0,106	0,044	0,007
Father's occupation (0=not working; 1=working)	0,027	0,060	-0,002
Mother's age	-0,001	0,036	-0,038
Mother's education (0=didn't finish high school; 1=high school)	0,077	0,073	-0,049
Mother's occupation (0=not working; 1=working)	0,052	0,010	0,044
Big family	0,086	-0,037	-0,010
Parenting Practice	1	0,372**	0,376**
Character		1	0,460**

Notes: *Significant at $p < 0,05$; **Significant at $p < 0,01$

The relationship test was carried out again to see the relationship between the dimensions of the variables of parenting practice, character, and subjective well-being. The relationship test results show that the parenting practice variable has a relationship with all dimensions of the character variable as well as the dimensions of life satisfaction and positive affect on the subjective welfare variable. Likewise, the dimensions of cognitive sharpening relate to all dimensions of character variables and subjective well-being. Then, the character was also found to have a relationship with all dimensions of subjective well-being variables. Finally, discipline, courtesy, and responsibility are all dimensions of subjective welfare variables.

The Influence of Adolescent Characteristics, Family Characteristics, Parenting Practices, and Characters on Subjective Well-Being

The results of multiple linear regression to analyze the effect of child characteristics (age and gender), family characteristics (parental age, parental education, and parental occupation), parenting practices, and character on adolescent subjective well-being showed a coefficient of determination (adjusted R^2) of 0,289 (Table 2). This result means that the variables studied influence 28,9 percent of adolescents' subjective well-being

The regression test results showed that the characteristics of adolescents and family characteristics did not significantly influence subjective well-being. Meanwhile, parenting practices ($B=0,227$) and character ($B=0,675$) significantly positively affected subjective well-being. This means that every one-point increase in parenting practices will increase positive welfare by 0,227 points, and each increase of one character point will increase positive welfare by 0,675 points.

Table 2 Regression coefficients of child characteristics, family characteristics, parenting practices, and character on subjective well-being

Variable	Subjective Well-being		
	B	β	Sig
Constant	-5,685		0,848
Age	1,209	0,044	0,481
Gender (0=male; 1=female)	-2,558	-0,096	0,118
father's age	-0,199	-0,097	0,333
Father's education (0=didn't finish high school; 1=high school)	1,339	0,041	0,586
Father's occupation (0=not working; 1=working)	-1,940	-0,035	0,595
Mother's age	0,032	0,014	0,882
Mother's education (0=didn't finish high school; 1=high school)	-3,291	-0,110	0,143
Mother's occupation (0=not working; 1=working)	0,288	0,014	0,824
Big family	0,206	0,016	0,801
Parenting Practice	0,227	0,249	0,000**

Table 2 Regression coefficients of child characteristics, family characteristics, parenting practices, and character on subjective well-being (continue)

Variable	Subjective Well-being		
	B	β	Sig
Character	0,675	0,392	0,000**
F		7,413	
Sig		0,000	
R ²		0,289	
Adjusted R ²		0,250	

Notes: *Significant at $p < 0,05$; **Significant at $p < 0,01$

DISCUSSION

Adolescents in this study were aged 15-18 years, with the majority (78,4%) aged 16 years. A total of 52,6 percent of adolescents are female. The age of parents, both father, and mother, are mostly middle adults (41-65 years) with an average age of 47,44 years for fathers and 43,48 years for mothers. There is also no significant difference in the education of fathers and mothers. Both of them completed their education until they graduated from high school (78,87% of fathers and 72,77% of mothers) than those who did not graduate. Meanwhile, the difference between fathers and mothers is seen in their occupations, where most fathers (93,9%) have jobs with fixed or variable income while the majority (57,3%) mothers report not working.

The correlation test results show that gender has a significant relationship with parenting practices, which means that adolescent girls tend to receive better parenting practices from their parents. Then, it was found that there was a relationship between parenting practices, character, and subjective well-being. This means that the better parenting practices received by adolescents, the better their character and subjective well-being. In addition, the good character also makes subjective well-being better. According to Li et al. (2017), good parenting practices show that strong interactions between good parent-adolescent bonds can create a safe environment for adolescents, support them to have a good psychological foundation, which helps foster a sense of hope for adolescents and provides pathways and motivation to cope. Development. obstacle. On the other hand, if parenting is bad, then interaction is very likely. The existence of a bad parent-child relationship will change the feelings of adolescents and will seek attention elsewhere, and with this behavior they can show these behaviors (Xuan, 2018). In addition, adolescents who have poor parent-child relationships may be deprived of this source of support, experience poorer subjective well-being, and exhibit a lower quality of life (Steele & McKinney, 2019).

The multiple linear regression test results showed that parenting practices significantly positively influenced subjective well-being. However, this study found that most adolescents (47,4%) received parenting practices classified as low, and the subjective well-being reported by adolescents was also more (53,1%) categorized as low. This is in line with the results of several previous studies (Cunsolo, 2017; Palomar-Lever & Victorio-Estrada, 2014) that parenting practices have an influence, as an extrinsic factor, on the subjective well-being of adolescents. Parents are the main actors who influence children and provide resources for children's lives. Parents are always involved when the family gathers and listens and gives good responses when talking about negative relationships with poor adolescent social skills (Fatimah, Sunarti, & Hastuti, 2020). In addition, good parent-adolescent interactions can increase life expectancy and adolescent life satisfaction (Qiu et al., 2022).

Of adolescent characters in this study, as much as 67,6 percent fall into the medium category. The results of the relationship test show that there is a significant relationship between character and subjective well-being. Besides that, the regression test results also show a significant positive effect of character on subjective well-being. This is in line with previous studies (Gillham, 2011; Novianti & Alfiasari, 2017; Proctor et al., 2011), which found that character significantly influences subjective well-being.

CONCLUSIONS AND SUGGESTIONS

The results showed that most of the adolescents in this study were 16 years old, and the number of female adolescents was more than that of male adolescents. Most parents are in the middle age group and have a history of education up to graduation. Almost all of the fathers in this study worked, but most mothers did not have a job. The results of the study found that the parenting practice index in this study was mostly

low. Many teenagers receive poor parenting practices from their parents, especially in the warmth and compassion dimension, which has the lowest average score.

Meanwhile, the character variable for the tolerance dimension has the highest average value, and the discipline dimension has the lowest average value. Most of the respondent's character index is in the medium category. Measuring subjective well-being found that most respondents were in a low category. The negative affect dimension has the lowest average value among the three dimensions. The relationship test results found a relationship between gender and parenting practices. In addition, there was also a relationship between parenting practices and character, parenting practices with subjective well-being, and character with subjective well-being. The regression test results found that parenting practices and character influence subjective well-being.

For parents, building and maintaining a warm relationship and communication with their child is important as this can affect various aspects of a child's life into the later stages of development. For teenagers, it will be very beneficial to build and develop various good characters and a positive outlook on life to help them be happier with their lives. For further research, it can explore other factors affecting subjective well-being, for example, how poverty affects individual life satisfaction.

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