



Research Paper

# The Role of Caregivers' Social Support towards Student Well-Being of New Student in Islamic Boarding School

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**ABSTRACT:** This research aims to determine the influence of caregiver's social support on the well-being of new students in a pesantren (Islamic boarding school). The research methodology employed is quantitative, with a sample size of 131 new students. The population for this study consists of new students at Ma'had Tahfizhil Qur'an, a part of the Islamic Centre Foundation in North Sumatra. Data was collected using Likert scale surveys and analyzed through simple linear regression using SPSS software. The research results indicate a significant influence of caregivers' social support on the well-being of new students.

**KEYWORDS:** Social Support, Caregivers, Students Well-Being

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## I. INTRODUCTION

Boarding school is an educational institution that has the same educational levels as those in the general education system in Indonesia. Pesantren (Islamic boarding school) students are adolescents with an age range of 12 to 19 years (Khotimah et al., 2020). Hurlock (2011) defines adolescence as beginning with early adolescence, with an age range of 12-14 years, followed by middle adolescence, with an age range of 15-17 years, and late adolescence, with an age range of 18-21 years.

The adolescence referred to here is early adolescence, which marks the transition to adulthood. During this period, changes typically occur in biological aspects, emotional capabilities, the desire for autonomy, and other factors. Efforts to achieve high well-being are influenced by several factors, including social support, demographics (age, gender, socioeconomic status, customs or culture), and self-efficacy (Adeyemo & Adeleye, 2008). Social support is an external factor that is a primary measure and the most significant influencing factor that can affect psychological well-being. This aligns with research findings indicating that social support has a positive correlation and a significant contribution to the psychological well-being of students. In other words, the higher the level of social support, the higher the well-being of the students, and conversely, lower social support is associated with lower well-being (Musthafa & Widodo, 2012).

One source of social support for pesantren students is their caregivers because all aspects of students' daily activities in the dormitories are monitored and the responsibility of caregivers. Caregivers are the adults with whom students have the closest relationship in the dormitories. Caregivers are individuals who are responsible for the growth and development of children toward the right and proper path, guiding and educating those in their care (Sunarti, 2004).

Caregivers in pesantren are individuals who possess specific qualifications in education and personality, including independence, a sense of responsibility, and the ability to enforce discipline (Djamarah, 2002). A caregiver, or, in Arabic, a Musyrif/Musyrifah, is someone who guides and accompanies students within the pesantren environment, specifically in the dormitory. Their role is essential because they are responsible for controlling and guiding all the activities students engage in at the dormitory every day (Qurani, 2022).

## II. LITERATURE REVIEW

### Student Well-Being

Student well-being is a multidimensional and extensive concept that encompasses how individuals interact with others, their environment, and the conditions and circumstances in which they develop. Well-being is often defined by educators using terms such as 'academic achievement,' 'educational success,' or 'student engagement'. Well-being is commonly interpreted as life satisfaction, quality of life, happiness, and subjective well-being (Soutter et al., 2012).

### Caregivers' Social Support

Sarafino and Smith (2011) states that social support is a tangible action or behavior carried out by other individuals or groups, which provides comfort, attention, appreciation, and assistance that is perceived by the recipient individual. Social support refers to the comfort, attention, appreciation, or assistance given by others to an individual. Sunarti (2004) asserts that caregivers are individuals responsible for nurturing, protecting, accompanying, teaching, and guiding children throughout their growth and development. Therefore, caregivers are the main source of social support for children.

## III. METHODOLOGY

The research data will be analyzed using statistical analysis, specifically simple regression analysis. Simple regression analysis involves one independent variable and one dependent variable. Simple regression analysis can assess the influence or effects of a predictor on the dependent variable (Jackson, 2009). Simple regression analysis also allows us to determine whether there is a positive or negative relationship between the independent variable and the dependent variable. It also able to explain at what extent independent variable can impact the dependent variable.

The scale method used in this study is the Likert method (Azwar, 2017), which includes five response options: Strongly Agree (SA), Agree (A), Neutral (N), Disagree (D), and Strongly Disagree (SD). The sample used consists of 131 individuals, and the research sample selection is done using purposive sampling technique. The criteria used in the research are the pesantren where the research phenomenon, namely new grade students, is found.

## IV. RESULT

To determine the impact of caregivers' social support on the well-being of new students, this research employs a quantitative methodology with simple linear regression analysis. The analysis is conducted using SPSS software.

**Table 1. The Effect of Promotion on Performance**

Model	Unstandarized Coefficients		Standarized Coefficients	T	Sig.
	B	Std. Error	Beta		
(Constant)	88,591	9,330		9,496	0,000
Caregivers's Social Support	1,794	0,174	0,672	10,319	0,000

The constant value, which is 88.591, indicates the following: If the social support variable is equal to 0, then the student well-being in new students is 88.591 units. If there is a one-unit increase in the caregiver's social support variable, then student well-being will increase by 1.794 units. From this explanation, it can be concluded that caregiver's social support has a partial effect on student well-being, and thus, the research hypothesis is accepted.

**Table 2. R Square**

Variable	R Square	Std. Error of the Estimate
Caregivers' Social Support → Student Well-Being	,452	18,955

Based on Table 1 above, the value of R Square is 0.452. This explains that there is an effective contribution of caregiver's social support partially on student well-being. It indicates that caregiver's social

support has an influence on student well-being in new students to the extent of 45.2%, while the remaining portion is influenced by other factors beyond the scope of this study.

## V. DISCUSSION

The results of hypothesis testing (t-test) indicate that the significance value of the caregiver's social support variable is 0.000 ( $p < 0.05$ ) with an R Square value of 0.452. This indicates a positive and significant partial influence of caregiver's social support on the well-being of new students in the pesantren. In other words, the higher the social support received by students from caregivers, the higher the level of student well-being in the pesantren. This finding is consistent with previous research, such as the study by Putri et al. (2022), which shows a positive influence of social support on student well-being, with higher levels of social support leading to higher student well-being.

## VI. CONCLUSION

The research results indicate that caregiver's social support have an impact on the well-being of new students in the Islamic boarding school. Therefore, the caregivers in Islamic boarding school encouraged to give social support to students, especially the new students. The reason is because new students most of the time struggling to adapt in a new environment, and may impact the students well-being. The presence of social support from the caregivers will increase the students well-being in difficult situation.

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