

---

## PATIENCE AND PSYCHOLOGICAL WELFARE ON STUDENTS WORKING PART-TIME DURING COVID-19 IN BANDA ACEH

*Safrihsyah<sup>1</sup>, Putri Rahma Fitri<sup>2</sup> and Karjuniwati<sup>3</sup>*

Faculty of Psychology, State Islamic University of Ar-Raniry<sup>1,2,3</sup>

e-mail: [safrihsyah@ar-raniry.ac.id](mailto:safrihsyah@ar-raniry.ac.id)<sup>1</sup>, [Putriahmafritri@gmail.com](mailto:Putriahmafritri@gmail.com)<sup>2</sup> and [karjuniwati@ar-raniry.ac.id](mailto:karjuniwati@ar-raniry.ac.id)<sup>3</sup>

Received : 19 August 2022

Accepted : 16 April 2023

Published : 30 April 2023

DOI [10.22373/psikoislamedia.v8i1.14802](https://doi.org/10.22373/psikoislamedia.v8i1.14802)

### Abstrak

Psychological well-being is one of the most important things in human life, especially for students working part-time during COVID-19. One of the factors that can affect psychological well-being is patience. The purpose of this study was to determine the relationship between patience and psychological well-being in UIN Ar-Raniry students working part-time during COVID-19. This study uses a correlational quantitative approach. The measuring tools in this study are the patience scale from Subandi (2011) and the psychological well-being scale from Ryff and Singer (2008). The sample in this study were 211 people. Sampling using non-probability sampling method with accidental sampling technique. The results of this study show a correlation coefficient of  $r = 0.839$  with  $p = 0.000$  ( $p < 0.05$ ) which indicates that there is a very significant positive relationship between patience and psychological well-being in UIN Ar-Raniry students working part-time during covid-19. This means that the higher the patience, the higher the psychological well-being felt by students and the lower the patience, the lower the psychological well-being felt by the students.

**Keywords:** *Psychological Well-Being, Patience, Students working Part-time.*

### Introduction

Since early 2020 the government has announced that the virus has entered Indonesia. On February 11, 2020, WHO announced the name of the new type of virus was Corona Virus Disease 2019 which is abbreviated as COVID-19. Covid-19 is an infectious disease caused by a virus which spreads very quickly. This is in accordance with the statement made by Jaya (2020), that COVID-19 is a virus that causes diseases ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-SoV) and Severe Acute Respiratory Syndrome (SARS-CoV). The spread of the COVID-19 virus has a major impact on the community, one of which is economic difficulties and obstacles, especially for the people at the bottom, this is due to policies issued by the government. The survey of the LIPI economic research center succeeded in capturing 1,548 households spread across 32

provinces. Respondents were taken mostly with working household status, namely 79.7 percent and the rest in business households with a composition of 20.3 percent. The survey results show that the impact of the pandemic on the survival of the household economy is experiencing a slump, both business households and working households by utilizing savings, assets, or loans from relatives (LIPI, 2020).

Nowadays, there are many students who take the initiative to help their parents economy by studying while working . Umsida (2021) stated that with the implementation of online lectures, many student working part time. With the hope of gaining knowledge in lectures and earning an income to fulfill their daily needs. Even so, students who study while working must be able to divide their time well between study and work. In addition, students must also choose a suitable job so as not to interfere with their studies.

There are many things that make students study while working, for example, to fill their spare time, increase pocket money, and many other things. As stated by Daulay (2009), students who study while working part-time or part-time are motivated by economic problems, fill their spare time, live independently and seek experience. Based on this explanation, it can be seen that the reason behind students studying while working is because of the need for finances to help in terms of the family economy or related to economic factors, in the form of wages or income earned from work.

Student is a term for people who are pursuing higher education at a university. Students themselves are teenagers who experience a transition from high school to college level (Santrock, 2012). During their education, students hold the highest hierarchy of the existing educational structure. The main purpose of a person continuing education in college is to learn and develop a mindset. That way, students must carry out all the processes that exist within a university in order to achieve its goals, so that they get a good achievement index and can finish college on time (Purwanto, Syah & Rani, 2013).

Students who study while working have a positive impact, namely being able to help their parents in paying for college, gaining work experience and economic independence. On the other hand, the problem that working students need to be aware of is that work can make students neglect their main task, namely studying (Yenni in Daulay, 2009). Studying while working is certainly not easy for students to stay focused on lectures, so that it can affect their lectures more or less during the COVID-19 pandemic like today. If a student undergoes a profession as a student and works part-time, the student will be required to have more responsibility for their lectures as well as for their work. According to Ahmadi (in Rukromoto, 2012) students who study while working must be able to share concentration

and responsibility for the commitments of the two activities. It takes a lot of time, energy and effort to work. That way, students who study while working during the COVID-19 pandemic are very required to have good psychological well-being so that they can help these students develop their potential and can make students better than before. role in the best possible way and as it should be.

Ryff (1989) suggests that psychological well-being as a full achievement of one's psychological potential. Where the individual can accept the advantages and disadvantages that exist in himself, can create positive relationships with others, have the ability to make decisions and be independent, able and competent to regulate the environment, have a purpose in life, and feel able to go through the stages of development in his life.

According to Watanebe (2005) the positive impact obtained by students who study while working is that they can channel hobbies, have experiences outside the classroom, gain skills, knowledge about various kinds of work, and earn money to meet personal and college needs. Watanabe (2005) also stated that there are negative impacts that students who study while working must be aware of. These impacts are difficulties in dividing time and concentration when studying and working, fatigue, and the worst consequence is being expelled from the University because they are more concerned with work than lectures. That way, it is very important for students who are studying while working during the COVID-19 period to have good psychological well-being so that these students can carry out and complete their duties and obligations well.

According to Ryff (1989) one of the factors that can affect psychological well-being is religiosity, one of which is patience. Subandi (2011) reveals that patience is self-control, accepting efforts to overcome problems, being resistant to suffering, feeling the bitterness of life without complaining, persistence, working hard, being persistent and tenacious in achieving a goal. The concept of patience is generally studied in the context of morality and religiosity. For example, a person must be patient in facing trials, must be patient in obedience to religious orders and stay away from all prohibitions in religion (Asma in Subandi, 2011).

Many Indonesian people use the concept of patience, both in the context of religion and culture. In everyday life, this concept is also often used by people when facing various psychological problems, for example when facing stressful situations, facing problems, disasters and when in a state of anger (Subandi, 2011). As has been explained in the Al-Quran surah Al-Baqarah verse 153 which reads:

أَيُّهَا الَّذِينَ آمَنُوا اسْتَعِينُوا الصَّبْرَ الصَّلَاةَ إِنَّ اللَّهَ الصَّبِيرِينَ

"O you who believe, seek help (to Allah) with patience and prayer. Verily Allah is with those who are patient."

The verse above explains that the patient condition can be used as a form of effort in solving problems *such* as in the aspect of psychological well-being, namely independence (Ryff & Keyes, 1995). Thus, students who study while working are expected to have a high level of patience because with high patience, a person will be better able to understand and accept events that occur in life positively so that it makes his life more meaningful. With the meaning of life, it creates feelings and experiences of psychological well-being so that a person experiences development within himself, can master obstacles and challenges in life because he feels close and believes in the existence of Allah SWT.

Based on the theoretical review above, the authors propose a hypothesis in this study, namely that there is a very significant positive relationship between patience and psychological well-being in UIN Ar-Raniry students who study while working during the COVID-19 period. This means that the higher the patience, the higher the psychological well-being felt by students, on the contrary, the lower the patience, the lower the psychological well-being felt by students.

## **Methods**

### *Research design*

The approach used in this research is a quantitative approach. The quantitative approach is research conducted by collecting data in the form of numbers or data in the form of words or sentences that are converted into data in the form of numbers (Martono, 2016). The research method used is correlational. Correlation is to determine the relationship between the independent variable and the dependent variable (Sugiyono, 2013).

### *Data Source .*

The number of population in this study is not known with certainty regarding the size of the sample, which is large or not, a number that can be said with certainty. Therefore, statistics consider the number of samples that are more than 60 people is enough to be called a large sample. however, methodologically, the size of the representative sample must refer to the heterogeneity of the population (Azwar, 2016).

However, as a general recommendation, Croker and Algina (in Azwar, 2016) suggest that the number of 200 people as a sample size is sufficient. So that the sample is more representative of the

population. So in this study the researchers took 211 people as samples in the study. Sampling in this study used the non-probability sampling method, namely sampling that did not provide equal opportunities/opportunities for each member of the population to be selected as samples (Sugiyono, 2017), while the technique used was incidental *sampling*. *Accidental sampling* is a sampling technique based on chance, that is, anyone who coincidentally/incidentally meets a researcher can be used as a sample if it is seen as suitable as a data source (Sugiyono, 2017).

#### *Data collection technique*

In this study, the researcher used the used *try out method (single trial administration)* in which the psychological scale was only given once to a group of individuals as a sample. (Azwar, 2009).

The measuring instrument used in this study is in the form of a psychological scale , which is compiled by using aspects of the variables of patience and psychological well -being . The answers on this scale are stated in four categories, namely, Strongly Agree (SS), Agree (S), Disagree (TS), and Strongly Disagree (STS). Scale patience and psychological well -being compiled using a *Likert scale* . *The* patience scale is based on the aspects proposed by Subandi (2011 ) which consists of five aspects, namely: self-control, fortitude, persistence, acceptance of reality, and a calm demeanor.

Psychological well-being scale based on aspects of Ryff and Singer (2008) which consists of 6 aspects, namely: self-acceptance, positive relationships with others, self-development, life goals, environmental mastery and independence.

#### *Data analysis technique*

The first step taken to analyze the data of this research is by testing the assumptions. Assumption tests carried out in this study, namely normality test and linearity test. The second step taken after the assumption test is fulfilled is the research hypothesis test. In order to test the hypothesis proposed in this study, namely that patience is correlated with psychological well-being in UIN ar-Raniry students who study while working during the COVID-19 period, the data analysis technique used is the Pearson product *moment correlation method* . Analysis of the research data used is with the help of a computer program SPSS *version 20.0 for windows*.

## **Result**

### ***Research design***

The approach used in this research is a quantitative approach. The quantitative approach is research conducted by collecting data in the form of numbers or data in the form of words or sentences that are

converted into data in the form of numbers (Martono, 2016). The research method used is correlational. Correlation is to determine the relationship between the independent variable and the dependent variable (Sugiyono, 2013).

#### ***Data Source .***

The number of population in this study is not known with certainty regarding the size of the sample, which is large or not, a number that can be said with certainty. Therefore, statistics consider the number of samples that are more than 60 people is enough to be called a large sample. however, methodologically, the size of the representative sample must refer to the heterogeneity of the population (Azwar, 2016).

However, as a general recommendation, Croker and Algina (in Azwar, 2016) suggest that the number of 200 people as a sample size is sufficient. So that the sample is more representative of the population. So in this study the researchers took 211 people as samples in the study. Sampling in this study used the non-probability sampling method, namely sampling that did not provide equal opportunities/opportunities for each member of the population to be selected as samples (Sugiyono, 2017), while the technique used was incidental *sampling*. *Accidental sampling* is a sampling technique based on chance, that is, anyone who coincidentally/incidentally meets a researcher can be used as a sample if it is seen as suitable as a data source (Sugiyono, 2017).

#### ***Data collection technique***

In this study, the researcher used the used *try out method (single trial administration)* in which the psychological scale was only given once to a group of individuals as a sample. (Azwar, 2009).

The measuring instrument used in this study is in the form of a psychological scale , which is compiled by using aspects of the variables of patience and psychological well -being . The answers on this scale are stated in four categories, namely, Strongly Agree (SS), Agree (S), Disagree (TS), and Strongly Disagree (STS). Scale patience and psychological well -being compiled using a *Likert scale* . *The patience scale* is based on the aspects proposed by Subandi (2011 ) which consists of five aspects, namely: self-control, fortitude, persistence, acceptance of reality, and a calm demeanor.

Psychological well-being scale based on aspects of Ryff and Singer (2008) which consists of 6 aspects, namely: self-acceptance, positive relationships with others, self-development, life goals, environmental mastery and independence.

### ***Data analysis technique***

The first step taken to analyze the data of this research is by testing the assumptions. Assumption tests carried out in this study, namely normality test and linearity test. The second step taken after the assumption test is fulfilled is the research hypothesis test. In order to test the hypothesis proposed in this study, namely that patience is correlated with psychological well-being in UIN ar-Raniry students who study while working during the COVID-19 period, the data analysis technique used is the Pearson product moment correlation method. Analysis of the research data used is with the help of a computer program SPSS version 20.0 for windows.

### **Discussion**

This study aims to determine the relationship between patience and psychological well-being in UIN Ar-Raniry students who study while working during the COVID-19 period. After testing the product moment correlation from Pearson, a correlation coefficient of  $r = 0.839$  was obtained with a significance level of  $p = 0.000$  ( $p < 0.05$ ) which indicates that there is a very significant positive relationship between patience and the psychological well-being felt by the student. This is also in accordance with observations made by researchers that patience can improve a person's psychological well-being, such as being able to deal with problems and being able to make their own decisions both in the work environment and on campus.

The results of this study are in accordance with previous research conducted by Hasanah (2015) entitled The Relationship between Patience and Psychological Well-Being in Students. The results of the product moment analysis show a correlation value of  $r = 0.423$  with a significance value of  $p = 0.000$ . This means that there is a positive relationship between patience and psychological well-being of students.

Furthermore, the results of the measure of association analysis show  $r^2 = 0.703$ , which means that there is 70.3% of the effect of patience on the psychological well-being of students, while the other 29.7% is influenced by other factors such as social support, gratitude, and socioeconomic status (Ryff, 2003). 1989). The essence of patience is basically the highest moral among the many morals of the soul, where patience is an attempt to prevent a person from taking commendable actions in other words patience is to accept all kinds of trials calmly and steadfastly, Allah has guaranteed the enjoyment of the

world and the hereafter. for people who are patient, they will also get happiness with all the pleasures physically and mentally (Al-Jauziyah, 2005).

The results of categorization based on the type of work in this study were *part time work* as many as 181 people (85.8%) while the type of *full time work* was only 30 people (14.2%), so that the dominant type of work was *part time* because the type of work was a job that has half the normal working hours so that students can adjust to their lecture schedule. This is supported by the statement put forward by Mardelina (2017) that students will prefer *part-time jobs* because they are more flexible in managing work and study time, the form of work they are involved in, such as teaching at a TPA, *online shop*, barista, as a cashier and so on. . Especially in the current Covid-19 era, where lectures are held online so that many student working part time in the hope of gaining knowledge in lectures and earning income to meet their daily needs (UMSIDA, 2021).

Furthermore, based on gender categorization, it can be seen that the dominant in this study were 113 men (53.6%) while only 98 women (46.4%). Then, based on the income of parents, namely those with income <1.5 million with a total of 94 people (44.8%), then with parental income of 1.5 million - 2.5 million, namely 60 people (28.6%) and the last is with parental income > 2.5 million as many as 56 people (26.7%). The conclusion is that students who dominate in this study are students with parental income <1.5 million. Parents' salaries influence students to earn more income to meet their personal needs. So students decide to study while working. In the explanation above, there are 94 people with parental income below 1.5 million.

Based on the results of empirical data research, it shows that 32 students who study while working during the covid-19 period (15.2%) have low patience, 134 students who study while working during the covid-19 period (63.5%) have moderate patience, and 45 students who study while working during the Covid-19 era (21.3%) have high patience. Meanwhile, the results of the psychological well-being categorization of UIN Ar-Raniry students who study while working during the COVID-19 period show that 32 students who study while working during the COVID-19 period (15.2%) have low psychological well-being, 138 students who study while working during the COVID-19 period. covid-19 (65.4%) had a moderate psychological well-being, and 41 students who were studying while working during the covid-19 period (19.4%) had a high category of psychological well-being. Thus, it can be concluded that students who study while working have patience and psychological well-being in the moderate category, but between the low and high categories, the high category dominates. Individuals



with patience and high psychological well-being will maintain their physical and mental health in order to be able to complete challenges, achieve happiness and satisfaction in their lives (Jodiputri, 2020).

This is in accordance with what Asma (in Subandi, 2011) said that the concept of patience is studied in the context of morality and religiosity, one must be patient in dealing with problems or trials and control oneself in a problem. Students who study while working must be patient in dealing with problems and social pressures that come with it, which will improve one's psychological well-being. Students who study while working have patience in problems and trials both within the campus and in the workplace, so these students are able to establish warm relationships with other people, are independent from social pressures, are able to control the surrounding environment, have meaning in life, and are able to realize existing potential. on him continuously ( Ryff & Singer, 2008).

Another result in this study showed that between patience and psychological well-being there was a relationship with  $F = 1.213$   $p = 0.210$  ( $p > 0.05$ ). This means that the two scales have a linear relationship between the variables of patience and psychological well-being.

Based on the results of the research above, it shows that the two variables, namely patience and psychological well-being, are two interrelated things, so students who have high patience will improve their psychological well-being, especially for students who are studying while working in the current covid-19 period. , where students who study while working must be able to divide their time between study and work, besides that they must also be able to be patient and endure the current conditions that make students have to work in a state of anxiety and worry about the virus. Siahaan (2020) said that because of the Covid-19, the government set various policies to stop the spread of the Covid-19 virus, resulting in disruption of community activities in various countries and even the economic system was also declining.

In addition, students must also be able to adapt to changes in the learning system at universities which were previously carried out normally and face to face suddenly had to change to the online system. Nafrin and Hudaidah (2021) stated that Covid-19 had a serious impact in various fields, especially education, the online learning system requires students to be able to adapt to the new teaching and learning system

## **Conclusion**

Based on the results of data analysis in this study, the correlation value  $r = 0.839$  with a significance level of  $p = 0.000$  ( $p < 0.05$ ) and  $r$  squared = 0.703 (70.3%) so that it can be concluded that

there is a very significant positive relationship between patience with the psychological well-being of UIN Ar-Raniry students who study while working during the covid-19 period. That is, the higher the patience, the higher the psychological well-being felt by students, conversely if the lower the patience, the lower the psychological well-being felt by students. Thus, the hypothesis proposed in this study is accepted.

### **Suggestion**

The study recommends that students who work part time need to be equipped with religious values, related to patience. A correct and good understanding of patience will be the capital that guides them to have high psychological well-being.

Psychological well-being is one of the most important things in human life, especially for students studying while working during the COVID-19 period. Factors that can affect psychological well-being are religiosity, one of which is patience. This study aims to determine the relationship between patience and psychological well-being of UIN Ar-Raniry students who study while working during the COVID-19 period.

As an educational institution at UIN Ar-raniry, to emphasize the role of patience in the Islamic context to develop psychological well-being for students in general and especially for students working part-time during COVID-19, because patience is one of the assets for students to create high psychological well-being, and always be calm, ready to work even in difficult conditions.

### **References**

- Al-Jauziyah, IA-Q. (2005). *The Glory of Patience and the Magnificence of Gratitude*. Yogyakarta: Library partner.
- Azwar, S. (2016). *Cognitive Ability Test Construction*. Yogyakarta: Learning Library.
- Azwar, S. (2009). *Research methods*. Yogyakarta: Student Library.
- Daulay, SF, & Fasti, R. (2009). Differences in Self-Regulated Learning between Students who are Working and Those Who Are Not. *Thesis*. Medan: University of North Sumatra.
- Diener, E. (2009). *Assessing Well Being: The Collected Works of Ed Diener*. New York: Springer.

Diener, E., Derrick, W., Robert, DB, Willam, T., Chu, PK, Dong, CW, et al. (2009). New Measures of Well-Being: Flourishing and Positive and Negative Feeling. *The Collected Works of Ed Diener*, 97 (39).

Hasanah, HU (2015). The Relationship Between Patience With Psychological Well-Being in Students. *Thesis*. Yogyakarta: Indonesian Islamic University.

Jaya, SI (2020, May 02). *Getting to know Covid-19*. Taken May 26, 2021, from Viva Health: <https://vivahealth.co.id/article/detail/13439/menkenal-covid-19>.

Jodiputri, J. (2020, November 01). *Simple Ways to Improve Well-Being*. Taken December 30, 2021, from the Center for Psychological Tests and Consultation Services: <https://usd.ac.id/center/p2tkp/cara-simplified-upgrade-well-being/>

LIPi. (2020, August 23). *Survey on the Impact of the Covid-19 Pandemic on the Indonesian Household Economy*. Taken May 26, 2021, from the Indonesian Institute of Sciences: <http://lipi.go.id/siaranperss/survei-dampak-pandemi-covid-19-terhadap-ekonomi-rumah-tang-indoesia/22123>.

Mardelina, E., & Muhson, A. (2017). Student Work and Its Impact on Learning Activities and Academic Achievement. *Journal of Economics*, 13 (2), 2001-209.

Martono, N. (2016). *Quantitative Research Methods: Content Analysis and Secondary Data*. Jakarta: PT. King Grafindo Persada.

Muhaimin. (2020). The Relationship of Forbearance to Happiness in Master. *Thesis*. New Week: Suska Riau State Islamic University.

Nafrin, IA, & Hudaidah. (2021). The Development of Indonesian Education in the Time of the Covid-19 Pandemic. *Educational: Journal of Educational Science*, 3 (2), 456-462.

Nisrina, I. (2018). The Relationship of Patience and Happiness in Family Career Women. *Thesis*. Yogyakarta: Indonesian Islamic University.

Papilaya, JO, & Neleke, H. (2016). Identification of Student Learning Styles. *Thesis*. Ambon: Pattimura University.

Purwanto H, Shah N & Rani GI (2013). Differences in Learning Outcomes of Students Who Work and Not Work in the Civil Engineering Department of the Civil Engineering Education Study Program, FT-UNP. *Journal of Civil Engineering and Occupational Education*, 1 (1), 34-42.

Rukromoto, G. (2012). Learning Motivation in Students in terms of Work Status. *Thesis*. Semarang: Soegijapranata Catholic University.

Ryff, CD, & Keyes, LM (1995). The Structure of Psychological Well-Being Revised. *Journal of Personality and Social Psychology*, 69 (4), 719-729.

- Ryff, CD, & Singer, BH (2008). Know Thyself and Become What You Are: A Eudaimonic Approach to Psychological Well-Being. *Journal of Happiness Studies* (9), 13-39.
- Ryff, DC (1989). Happiness is Everything, or is it? Explorations on the Meaning of Psychological Well-Being. *Journal of Personality and Social Psychology* , 57 (6), 1069-1081.
- Santoso, S. (2017). *Multivariate Statistics with SPSS*. Jakarta: Elex Media Komputindo.
- Santrock, J. (2012). *Life Span Development*. Jakarta: Erlangga.
- Siahaan, M. (2020). The Impact of the Covid-19 Pandemic on the World of Education. *Journal of Scientific Studies*, 3 (1), 1-3.
- Subandi. (2011). Patience: A Psychological Concept. *Psychology Journal* , 38 (2), 215-227.
- Sugiono. (2017). *Quantitative, Qualitative, and R&D Research Methods*. Bandung: Alfabeta.
- Sugiono. (2013). *Research Methods Quantitative, Qualitative, and R&D Approaches*. Bandung: Alfabeta.
- Muhammadiyah University of Sidoarjo. (2020, August 02). *Productive Students in the Pandemic Period* . Taken June 05, 2021, from the PGSD Student Association: <https://himapgsd.umsida.ac.id/mahasiswa-produktif-di-masa-pandemi/>
- Watanebe, LE (2003). The Effects Of College Student Employment on Academic Achievement. *The University Of Central Florida Undergraduate Research Journal* , 1 (1), 38-47.
- Wibisono, D. (2018, November 01). *How to Get a Part Time Job* . Taken August 22, 2021, from the Difference between Part Time and Full Time jobs: <https://www.maxsdelionline.com/different-jobs-part-time-dan-full-time/>
- Yusuf, M., Ibala, DK, & Chaer, MT (2018). Patience in Islamic and Western Perspectives. *Al-Murabbi* , 04 (2), 2406-775X.
- Zuliana, N., & Anisia, K. (2020). Effects of Patience and Gratitude on Marriage Adjustment. *TAZKIA (Journal of Psychology)* , 8 (2), 2656-0011.

.