Religious Well-Being and Self-Control: A Preliminary Study on University Students

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Abstract. This study examined the relationship between religious well-being and self-control among a group of university students. This study tested the hypothesis that religious well-being has positive correlation with self-control. The Religious Well-Being Subscale (Paloutzian & Ellison, 1982) and Self-Control Scale (Tangney dkk, 2004) as administered to 145 Universitas Islam Indonesia students, ages 17-23, consist of 19% men and 81% women. Results indicate statistically significant positive effect of Religious Well-Being on Self-Control. Research findings, limitations, and recommendations are briefly discussed.

Keywords: Religious Well-Being, Self-Control, University Students

1. Introduction

Self-control is one important thing for people to be used in their daily life and relationship. If somebody doesn't have a good self-control, there will be abusive values and norms in the society because of the bad attitudes. For example, Longshore, Chang, Hsieh, and Messina (2004) revealed that lower self-control positively correlate with the use of drug use and negatively correlate with social relationship (in this research, that social relationship was shown by four indicators: attachment, involvement, religious commitment, and moral belief).

In one longitudinal research, Liew, McTigue, Barrois, and Hughes (2008) found that the adaptive control of first grade elementary school students contributes the academic result in their second grade and reading skill in their third grade. Based on qualified education research, Tangney, Baumeister, and Boone (2004) points out that the university students having high score in self-control have higher academic potential, better self-adaptation, low food problems and drug abuse, good relationship and better interpersonal skill, safe association, and the best emotional respons.

The previous explanation showed that self-control was the determinant factor for the students' success or failure in their study. Mansfield, Pinto, Parente, and Wortman (2004) found out that the variation of the students' academic performance are explored by the self-control variable. The ability of adjourning satisfaction deals with the students' access in their academic potential. Rothbaum et.al (Tangney 2004) defines self-control is the individual capacity to change and adapt theirselves to get the better and optimum self-adaptation with the society. The main concept of self-control is the ability to put aside or change the internal respons, including the ability to ignore unexpected attitudes and the willingness not to do it.

Fajrina and Kurniawan (2012) found out that the problem of self-control on collage students still existed. More than 50% students admitted that they OFTEN say inappropriate things, interupted someone's saying, and lose temper too easily. More than 40% students stated that they OFTEN did and said something without thinking about it, did the same fault, and had difficulty in keeping a secret. More than 30% students revealed that they were OFTEN lack of pocket money, gave priority to their pleasure and satisfaction instead of fulfilling their tasks, changed their thought easily, and did something fun which gave bad impact. More than 50% students admitted they SOMETIMES felt lazy, had low concentration, and had difficulty in vanishing their bad attitudes.

They stated that they OFTEN had difficulty in getting up from bed, and bought something unnecessary. They also pointed out that they SOMETIMES had difficulty in saying NO, do many things on the spur of the

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moment and dreamed to be more discipline. They explained that they finished theis tasks or jobs by the end of the deadline, affected by their mood, did something without think it first and replied someone's mockery.

In a comprehensive discussion entitled "Religion, Self-Regulation, and Self-Control: Associations, Explanations, and Implications", McCollough & Willoughby (2009) conclude there is a positive association between religiosity and self-control, with the scale of correlation coefficient or regression coefficient is 0.21-0.38. Based on Desmond et.al (2008) research on 132 senior and junior high school students in America, religiosity (shown by the self measurement about the importance of religion, praying frequency, and attending frequency in the church) has positive correlation and the self-control significance, even after demography controlling, association with parents and religious community.

On the personality research, religious people had high score in self-control. The research on the family showed that religious parents and family had high self-control and low impulse children. There are some longitudinal study showed the casual relationship between religiosity and personality variable with self-control (McCollough & Willoughby, 2009).

According to Paloutzian & Ellison (1982), people in high religious well-being believe that God love and care for them, God knows their problems, and God is very close with them. In contrast, people in low religious well-being feel that they never get strength and support from God, they never have a good relation with God, and they believe that God is very far and do not care for their life.

The researcher concluded that people in high religious prosperity tend to be able to control theirselves because such kind of attitude is very important and valuable in their religion. For example, moslems believe that Allah Ta'ala will always be with patient people, will encouarge people to control theirselves consistently in their daily life.

The researched conducted the research in Social-Culture Psychology Study Program of Islam Indonesia University in Yogyakarta. The objective of the research was the education background of Islam Indonesia University gave education dealing with this major. Moreover, the students got additional religious lesson more than other universities. In conclusion, based on the religious value given to the students, the researchers were able to know the students' religious well-being and the effects on the students' self-control. The researchers revealed a hypothesis that there was a positive correlation between religious well-being and self-control.

2. Methods

2.1. Partisipan
This study used quantitative research method. The research participants were 145 students of Psychology Major of Indonesian Islamic University from the age of 17-23 years old. The research subject consists of 117 female subjects and 28 male subjects.

2.2. Instruments
The independent variable in this research is *Self-Control*, while the dependent one is *Religious Well-Being*. The first scale was the scale of Baumeister et.al. (Tangney, 2004). The second scale was Religious Well-Being Subscale, one dimension of Spiritual Well-Being Scale from Paloutzian & Ellison (Hernandez, 2011) and the scale of Social Desirability Scale Short Form A (Reynolds & Gebasi, 1982). The third scale was the adapted scale from the writer.

2.3. Method of Data Analysis
This section focuses on analyzing the data to test the research hypothesis. Since the religious well-being variable did not follow the normal distribution, the hypothesis testing used statistics non parametric statistics.

3. Result

The analysis of normality test show that the self-control variable shows the data spread which is in line with the normal distribution ($p > 0.05$). Meanwhile the data spread of religious well-being and social desirability variable is not congruent with the normal distribution ($p < 0.05$).

The analysis of linearity test show the significant correlation between religious well-being and self-control shaped in straight line (F linearity = 11.126, $p<0.05$ and F deviation from linearity = 1.255, $p>0.05$).

Correlation

			Religious Well-Being	Self-Control
Spearman's rho	Religious Well-Being	Correlation Coefficien	1.000	.256**
		Sig. (1-tailed)	.	.001
		N	145	145
	Self-Control	Correlation Coefficien	.256**	1.000
		Sig. (1-tailed)	.001	.
		N	145	145

The data analysis test show the significant correlation between religious well-being and self-control ($r = 0.256$, $p<0.01$). It can be concluded that the higher the religious well-being score the higher the self-control of the subject will be. On the other hand, the lower the religious well-being score the lower the self-control of the subject will be.

The researcher furthermore analyzes the data to observe the correlation pattern between both variables by considering the sex. The analysis result shows that there is a significant correlation between religious well-being and self-control of the female subject (N=117) ($r = 0.343$, $p < 0.01$), while the same correlation pattern does not occur in male subject (N=28) ($r = 0.185$, $p>0.01$).

The other correlation result is the religious well-being and self-control correlation of the social desirability level of the subject. The subject with the low social desirability level (social desirability < 0.5, N=89) shows significant result ($r = 0.279$, $p < 0.01$). Meanwhile, the subject with high social desirability (social desirability > 0.5, N=56) does not show any significant result ($r = 0.056$, $p > 0.01$). It can be concluded that the social desirability of the subject does not affect the correlation result between religious well-being and self-control.

4. Discussion

The research finding shows that there is a positive correlation between religious well-being and self-control. The result is in line with the proposed hypothesis which states that there is a positive correlation between self-control and religious well-being. It can be understood that the higher the religious well-being the higher the self-control will be. In other words, the lower the religious well-being the lower the self-control. The correlation level between both variable is 0.256. The research data of self-control variable shows the data spread that is not in line with the normal distribution. This is shown from the value of $p < 0.05$. On the other hand, the linierity test shows that the correlation between religious well-being and self-control forms a straight line (F linierarity = 11.126, $p < 0.05$ and F deviation from linearity = 1.255, $p > 0.05$).

Rothbaum et.al. (Tangney, 2004) defines self-control is the individual capacity to change and adapt theirselves to get the better and optimum self-adaptation with the society. The main concept of self-control is the ability to put aside or change the internal respons, including the ability to ignore unexpected attitudes and the willingness not to do it. Tangney et.al (2004) points out that the university students having high score in self-control have higher academic potential, better self-adaptation, low food problems and NAPZA abuse, good relationship and better interpersonal skill, safe association, and the best emotional respons. Based on Tangney's theory, having a good self-control will bring a good interpersonal relation and religious prosperity.

Social desirability can be understood as a form of conformity towards the social stereotype due to the desire of the subject to be accepted which then will lead to the desire of social acknowledgement (Chen, 1997). In other words, social desirability is the desire of the subject to be acknowledged as a self among the society. The next correlation is the religious well-being and self-control correlation towards the social desirability level of the subject. The subject with the low social desirability (social desirability < 0.5, N = 89) shows significant result ($r = 0.279$, $p < 0.01$) does not show any significant result ($r = 0.056$, $p > 0.01$). It means that the social desirability of the subject does not affect the correlation result between religious well-being and self-control.

Based on this research, people tried to get closer with Allah SWT to develop their religious well-being. This action would increase the self-control. Islam Indonesia University have had a curriculum of religious values and science based on each study program. It was used to increase the students' religious well-being and self-control.

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6. Reference

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