

LAMPIRAN



FAKULTAS SOSIAL, HUMANIORA, DAN SENI UNIVERSITAS SAHID SURAKARTA

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Nomor : 106/D/FSHS/Usahid-Ska/XI/2025
Lampiran :
Perihal : Permohonan Ijin Pengambilan Data Penelitian Skripsi / Tugas Akhir

Kepada Yth.

Bapak/Ibu Pimpinan Panti Asuhan Yatim Putri Aisyiyah Cabang Kotabarat
Jl. Samratulangi No.38, Manahan, Kec. Banjarsari
Kota Surakarta, Jawa Tengah 57139, Indonesia

Dengan hormat,

Guna memenuhi persyaratan perkuliahan Program S-1 di Universitas Sahid Surakarta, mahasiswa diwajibkan untuk menempuh Skripsi / Tugas Akhir. Dimana perlu diadakannya pengambilan data penelitian di instansi yang terkait dengan bidang keilmuan yang ditekuni.

Dalam rangka melaksanakan kegiatan tersebut, bersama ini kami menyampaikan permohonan ijin bagi mahasiswa kami untuk dapat melakukan pengambilan data penelitian di instansi yang Bapak/Ibu pimpin. Adapun data mahasiswa tersebut adalah sebagai berikut:

Nama	: Mutmainah Wulan Agustina
Nomor Induk Mahasiswa	: 2022031001
Program Studi	: Psikologi
Judul Skripsi	: GAMBARAN SUBJECTIVE WELL- BEING PADA REMAJA PANTI ASUHAN YATIM PUTRI AISYIYAH CABANG KOTABARAT
Waktu Penelitian	: 10 Maret 2025 s/d 10 Juli 2025

Demikian atas perhatian dan kerja sama yang baik, kami mengucapkan terima kasih.

Surakarta, 10 November 2025

Mengetahui,
Dekan Fakultas Sosial, Humaniora dan Seni



Faqih Purnomosidi, S.Psi., M.Si
NIDN. 0602058801

INFORMED CONSENT

SURAT PERNYATAAN PERSETUJUAN

Saya yang bertanda tangan di bawah ini:

Nama Lengkap : Intan musaeni

Usia : 16 tahun

Alamat Instansi : Panti asuhan yatim putri aisyiyah cabang kottabarat

Menyatakan setuju dan bersedia untuk menjadi subyek wawancara penelitian guna memenuhi tugas akhir perkuliahan. Observasi dan wawancara yang di lakukan mahasiswa Psikologi Universitas Sahid Surakarta, yaitu:

Nama	NIM
Mutmainah Wulan Agustina	2022031001

Dalam proses wawancara ini, saya telah menyadari, memahami, dan menerima bahwa:

1. Saya bersedia menjawab pertanyaan yang di ajukan sesuai dengan pengalaman hidup saya.
2. Informasi yang saya berikan akan di rahasiakan dan hanya di gunakan sebagai penelitian dan Saya menyetujui adanya perekaman selama proses wawancara berlangsung.

Dalam menandatangani lembar ini, saya tidak mendapatkan paksaan dari pihak manapun.

Surakarta, 20 November 2025

()

INFORMED CONSENT

SURAT PERNYATAAN PERSETUJUAN

Saya yang bertanda tangan di bawah ini:

Nama Lengkap : Leona Salsabilla Nadifa Kurniawati

Usia : 12 tahun

Alamat Instansi : Panti asuhan yatim putri aisyiyah cabang kottabarat

Menyatakan setuju dan bersedia untuk menjadi subyek wawancara penelitian guna memenuhi tugas akhir perkuliahan. Observasi dan wawancara yang di lakukan mahasiswa Psikologi Universitas Sahid Surakarta, yaitu:

Nama	NIM
Mutmainah Wulan Agustina	2022031001

Dalam proses wawancara ini, saya telah menyadari, memahami, dan menerima bahwa:

1. Saya bersedia menjawab pertanyaan yang di ajukan sesuai dengan pengalaman hidup saya.
2. Informasi yang saya berikan akan di rahasiakan dan hanya di gunakan sebagai penelitian dan Saya menyetujui adanya perekaman selama proses wawancara berlangsung.

Dalam menandatangani lembar ini, saya tidak mendapatkan paksaan dari pihak manapun.

Surakarta, 20 November 2025

()

INFORMED CONSENT

SURAT PERNYATAAN PERSETUJUAN

Saya yang bertanda tangan di bawah ini:

Nama Lengkap : Halimatussa' Diyah Al Muttaqien

Usia : 16 tahun

Alamat Instansi : Panti asuhan yatim putri aisyiyah cabang kottabarat

Menyatakan setuju dan bersedia untuk menjadi subyek wawancara penelitian guna memenuhi tugas akhir perkuliahan. Observasi dan wawancara yang di lakukan mahasiswa Psikologi Universitas Sahid Surakarta, yaitu:

Nama	NIM
Mutmainah Wulan Agustina	2022031001

Dalam proses wawancara ini, saya telah menyadari, memahami, dan menerima bahwa:

1. Saya bersedia menjawab pertanyaan yang di ajukan sesuai dengan pengalaman hidup saya.
2. Informasi yang saya berikan akan di rahasiakan dan hanya di gunakan sebagai penelitian dan Saya menyetujui adanya perekaman selama proses wawancara berlangsung.

Dalam menandatangani lembar ini, saya tidak mendapatkan paksaan dari pihak manapun.

Surakarta, 20 November 2025

()

INFORMED CONSENT

SURAT PERNYATAAN PERSETUJUAN

Saya yang bertanda tangan di bawah ini:

Nama Lengkap : Nadinnia Kenzi Kuncara

Usia : 18 tahun

Alamat Instansi : Panti asuhan yatim putri aisyiyah cabang kottabarat

Menyatakan setuju dan bersedia untuk menjadi subyek wawancara penelitian guna memenuhi tugas akhir perkuliahan. Observasi dan wawancara yang di lakukan mahasiswa Psikologi Universitas Sahid Surakarta, yaitu:

Nama	NIM
Mutmainah Wulan Agustina	2022031001

Dalam proses wawancara ini, saya telah menyadari, memahami, dan menerima bahwa:

1. Saya bersedia menjawab pertanyaan yang di ajukan sesuai dengan pengalaman hidup saya.
2. Informasi yang saya berikan akan di rahasiakan dan hanya di gunakan sebagai penelitian dan Saya menyetujui adanya perekaman selama proses wawancara berlangsung.

Dalam menandatangani lembar ini, saya tidak mendapatkan paksaan dari pihak manapun.

Surakarta, 20 November 2025

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INFORMED CONSENT

SURAT PERNYATAAN PERSETUJUAN

Saya yang bertanda tangan di bawah ini:

Nama Lengkap : Sagita Nirmala

Usia : 17 tahun

Alamat Instansi : Panti asuhan yatim putri aisyiyah cabang kottabarat

Menyatakan setuju dan bersedia untuk menjadi subyek wawancara penelitian guna memenuhi tugas akhir perkuliahan. Observasi dan wawancara yang di lakukan mahasiswa Psikologi Universitas Sahid Surakarta, yaitu:

Nama	NIM
Mutmainah Wulan Agustina	2022031001

Dalam proses wawancara ini, saya telah menyadari, memahami, dan menerima bahwa:

1. Saya bersedia menjawab pertanyaan yang di ajukan sesuai dengan pengalaman hidup saya.
2. Informasi yang saya berikan akan di rahasiakan dan hanya di gunakan sebagai penelitian dan Saya menyetujui adanya perekaman selama proses wawancara berlangsung.

Dalam menandatangani lembar ini, saya tidak mendapatkan paksaan dari pihak manapun.

Surakarta, 20 November 2025

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INFORMED CONSENT

SURAT PERNYATAAN PERSETUJUAN

Saya yang bertanda tangan di bawah ini:

Nama Lengkap : Aghata Amalia

Usia : 15 tahun

Alamat Instansi : Panti asuhan yatim putri aisyiyah cabang kottabarat

Menyatakan setuju dan bersedia untuk menjadi subyek wawancara penelitian guna memenuhi tugas akhir perkuliahan. Observasi dan wawancara yang di lakukan mahasiswa Psikologi Universitas Sahid Surakarta, yaitu:

Nama	NIM
Mutmainah Wulan Agustina	2022031001

Dalam proses wawancara ini, saya telah menyadari, memahami, dan menerima bahwa:

1. Saya bersedia menjawab pertanyaan yang di ajukan sesuai dengan pengalaman hidup saya.
2. Informasi yang saya berikan akan di rahasiakan dan hanya di gunakan sebagai penelitian dan Saya menyetujui adanya perekaman selama proses wawancara berlangsung.

Dalam menandatangani lembar ini, saya tidak mendapatkan paksaan dari pihak manapun.

Surakarta, 20 November 2025

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INFORMED CONSENT

SURAT PERNYATAAN PERSETUJUAN

Saya yang bertanda tangan di bawah ini:

Nama Lengkap : Silky Ikrinna

Usia : 14 tahun

Alamat Instansi : Panti asuhan yatim putri aisyiyah cabang kottabarat

Menyatakan setuju dan bersedia untuk menjadi subyek wawancara penelitian guna memenuhi tugas akhir perkuliahan. Observasi dan wawancara yang di lakukan mahasiswa Psikologi Universitas Sahid Surakarta, yaitu:

Nama	NIM
Mutmainah Wulan Agustina	2022031001

Dalam proses wawancara ini, saya telah menyadari, memahami, dan menerima bahwa:

1. Saya bersedia menjawab pertanyaan yang di ajukan sesuai dengan pengalaman hidup saya.
2. Informasi yang saya berikan akan di rahasiakan dan hanya di gunakan sebagai penelitian dan Saya menyetujui adanya perekaman selama proses wawancara berlangsung.

Dalam menandatangani lembar ini, saya tidak mendapatkan paksaan dari pihak manapun.

Surakarta, 20 November 2025

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SURAT KETERANGAN TELAH MELAKSANAKAN PENELITIAN



PANTI ASUHAN YATIM PUTRI AISYIYAH
CABANG KOTTABARAT
Jl. Samratulangi NO. 38, Surakarta, kode pos - 57139

SURAT KETERANGAN TELAH MELAKUKAN PENELITIAN

Nomor : F.3.3/23/XII/PAYPA/2025

Yang bertanda tangan dibawah ini :

Nama : Dra Lilis Vivi Prikalisih
Jabatan : Ketua Panti Asuhan
Instansi : Panti Asuhan Yatim Putri Aisyiyah Cabang Kottabarat

Dengan ini menerangkan bahwa :

Nama : Mutmainah Wulan Agustina
NIM : 2022031001
Program Studi : Psikologi
Perguruan Tinggi : Universitas Sahid Surakarta

Telah melaksanakan penelitian/riset di Panti Asuhan Yatim Putri Aisyiyah Cabang Kottabarat pada tanggal 10 Maret 2025 sampai 10 Juli 2025. Adapun judul penelitian yang di lakukan Adalah :

“GAMBARAN SUBJECTIVE WELL-BEING PADA REMAJA PANTI ASUHAN YATIM PUTRI AISYIYAH CABANG KOTTABARAT”

Demikian surat keterangan ini dibuat untuk dan diberikan kepada yang bersangkutan untuk dapat dipergunakan sebagaimana mestinya.

Surakarta, 23 Desember 2025

Dra Lilis Vivi Prikalisih



FORM BIMBINGAN
LEMBAR KONSULTASI SKRIPSI
UNIVERSITAS SAHID SURAKARTA





Nama Mahasiswa : Mutmainah Wulan Agustina

NIM : : 2022031001

Dosen Pembimbing I : Dr. Anniez Rachmawati Musslifah , S.Psi., M.Si

Program Studi : PSIKOLOGI

Judul Skripsi : GAMBARAN SUBJECTIVE WELL-BEING PADA
 REMAJA YANG TINGGAL DI PANTI AUSHAN YATIM PUTRI AISYIYAH
 CABANG KOTTABARAT

No	Hari tanggal	Materi konsultasi	Tanda tangan
1.	Maret 2025	konsultasi judul	
2.	November 2025	Bab 1-3	
3.	Januari 2026	Bab 4-5	
4.	februari 2026	Acc sidang	

Surakarta,

Pembimbing 1



Dr. Anniez Rachmawati Musslifah, S.Psi., M.Si., Psikolog

LEMBAR KONSULTASI SKRIPSI

UNIVERSITAS SAHID SURAKARTA

Nama Mahasiswa : Mutmainah Wulan Agustina

NIM : 2022031001

Dosen Pembimbing II : Faqih Purnomosidi, S.Psi., M.Si.

Program Studi : PSIKOLOGI

Judul skripsi : GAMBARAN *SUBJECTIVE WELL-BEING* PADA

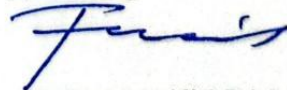
REMAJA PANTI ASUHAN YATIM PUTRI AISYIYAH CABANG

KOTTABARAT

No	Hari tanggal	Materi konsultasi	Tanda tangan
1.	Maret 2025	konsultasi Judul	F.
2.	November 2025	Bab 1-3	F.
3.	Januari 2026	Bab 4-5	F.
4.	februari 2026	Ace sedang	F.

Surakarta,

Pembimbing 2



Faqih Purnomosidi, S.Psi., M.Si.

VERBATI

Table 1 verbatim

informan 1

No	verbatim	Tema
1.	Itee: boleh perkenalan dulu Nama panggilan, usia udah berapa lama tinggal di sini	Perkenalan
2.	Iter: namaku b umurku 13 aku di sini sekitar setahunan	
3.	Itee: sudah satu tahun disini?, b ini kegiatan yang paling di sukai disini apa?	
4.	Iter: eee.. tapak suci	
5.	Itee: oo tapak suci, kenapa?	
6.	Iter: karena ya aku suka olahraga juga	
7.	Itee: ooo... okeee terus menurutnya bill aini kebahagiaan itu apa?	Kebahagiaan
8.	Iter: kebahagiaan itu ya kayak perasaankita kalomisal kita lagi ngelakuineee suatu hal terus kita merasa Bahagia.	
9.	Itee : o jadi kebahagiaan itu kalo kamu melakukan suatu hal melakukan kegiatan gitu?	
10.	Iter : atau kalo lagi ee ya gitulah pokok e...	

11.	Itee: gapapa santai kamu mau ngomong nggo boso jowo yo rapopo lo.... Isih ameh di tambahai?	
12.	Iter : ga mbak udah	
13.	Itee : seberapa Bahagia kamu sama kehidupan kamu sekarang	Aspek positif
14.	Iterr : ee Bahagia banget sii sekarang sekitar Sembilan puluh Sembilan persen	
15.	Itee: kenapa kalo boleh tau alasannya?	
16.	Iterr: karena kan disini jauh dengan keluarga jadi gitu, karena di sini banyak teman nya trs ada yang ngajak main ngajak cerita gitu	
17.	Itee: oooo....jadi lebih Bahagia di sini? Trs kamu hal apa yang membuat kamu merasa puass dan bersyukur di panti ini?	
18.	Iter : ee.. dapet teman dan kayak seneng banget ada teman yang bisa di ajak cerita kan di sini juga ada bapak ibuk ada ahh aku orang tua ku masih ada di sini aku masih ngerasak in kasih sayang keluarga	
19.	Itee : terus ni kalo ada 1 hal di hidup kamu yang dapat kamu ubah, apa yang ingin kamu ubah?	
20.	Iter : emmm pengen bisa bareng bareng keluarga	

21.	Itee: tapi kamu pisah sama keluarga sedih tidak?	Afek negatif
22.	Iter : ga terlalu	
23.	Itee : karena ?	
24.	Iter: banyak teman di sini	
25.	Itee: kamu suka ga sama kegiatan fisik?	
26.	Iter: iya suka	
27.	Itee: ooo kamu suka cerita cerita, biasanya cerita apa aja?	
28.	Iter: satu minggu berapa kali olahraganya?	
29.	Itee? 2 kali di sini sama di sekolahnya?	
30.	Iter : iyaa	
31.	Itee: ada ga orang ngebuat kamu nyaman di sini	
32.	Iter: ada ya kayak mbak m, mbak a dan ada lah dia negur kalo ada apa-apa, terus kalo aku sedih di tanya kamu kenapa	
33.	Itee: oo okeeee menurutnya b itu apa namaya menjalin hubungan baik dengan orang lain tu penting tidak?	
34.	Iter: penting, kalo aku harus karena kalo kita kayak emm missal kita kena masalah dikit Cuma kayak masaalah sepele gitu tiba- tiba marahan kita diam tiba- tiba kita di marahin gitu kayak rasanya ga nyaman	
35.	Itee: trs apa yang km lakuin?	

36.	Iter: ya aku diam saja terus aku kadang ya intropeksi diri aku salah apa sis ama mereka	
37.	Itee: ooo intropeksi..terus setelah intropeksi biasanya kamu ngapain?	
38.	Iter: kalo aku memang salah aku minta maaf	
39.	Itee: kamu ga malu buat minta maaf?	
40.	Iter: karena kan itu juga aku salah yaudah daripada aku merasa ga nyaman terus terusan jadiiii yaaa....	
41.	Itee: terus kegiatan apa yang buat kamu seneng seharo hari?	
42.	Iter: ee... ya kayak kalo lagi main sama adik adik gitu baca komik sama nonton tv sama adek adek sama mbak mbaknya juga	
43.	Itee: kapan terakhir kali kamu merasa Bahagia?	
44.	Iter: hari ini,karena kan ini lagi pada di depan nonton tv teru kayak ketawa ketawa bareng dan kayak melihat teman ketawa juga ikut Bahagia	
45.	Itee: kenapa kamu melihat teman mu ketawa ikut Bahagia?	
46.	Iter: kan kayak ketawanya itu kayak rasanya kayak di rumah git uterus kayak nonton tv dengan keluarga jadi rasanya kayak seneng gitu	

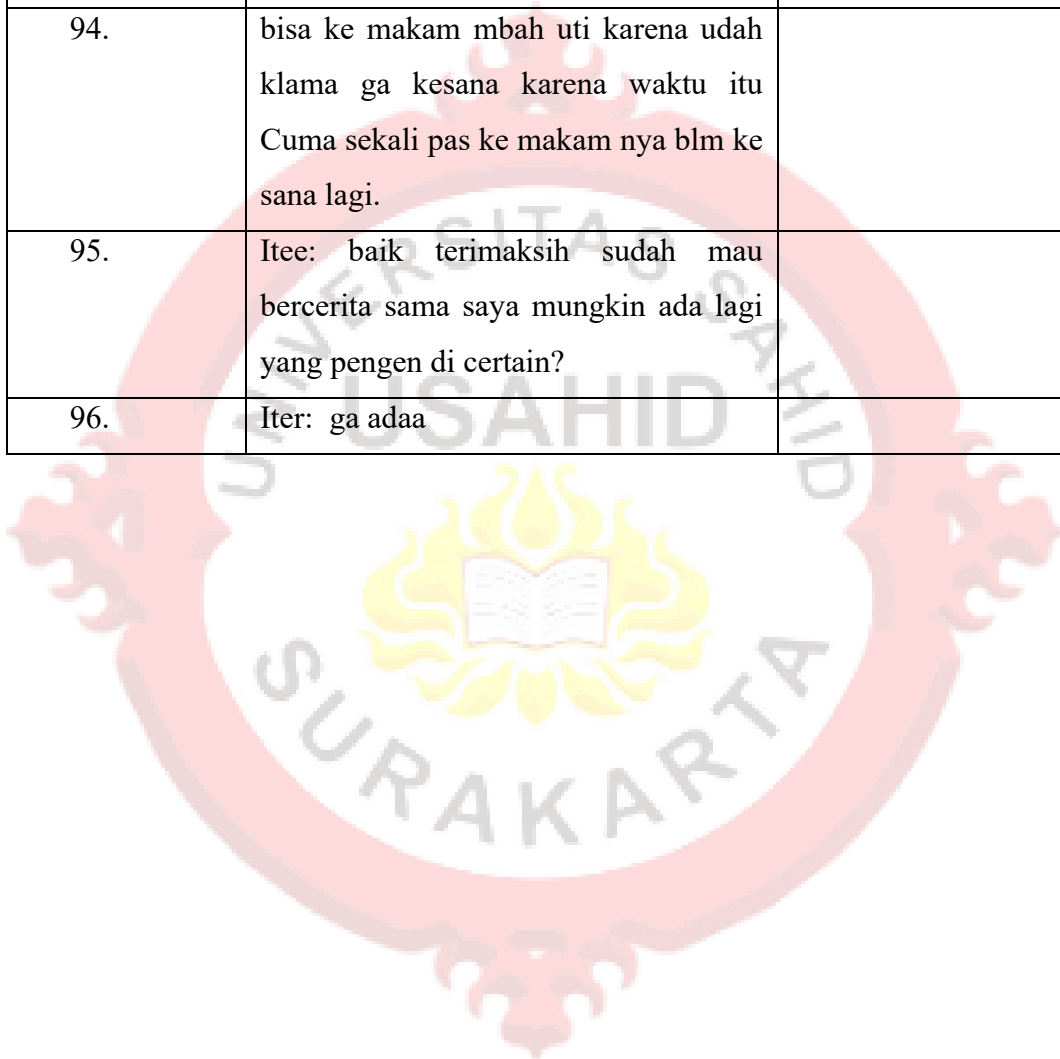
47.	Itee: kamu disini ada ga orang yang membuat kamu nyaman?	
48.	Iter: ada mbak mbak nya yang beasr kayak mbak s gitu biasanya bisa di ajak bercanda dan kalo aku adaa apa gitu aku di hibur, yaa kalo aku lagi sedih ga ada mbak mbak nya karena mbak nya sibuk yaudah sama mbak s dan dek s nmain bareng dan cerit cerita dan main abc lima dasar .	
49.	Iter: biasanya ngobrolin conan , anime	
50.	Itee: terus menurutnya kamu bersyukur itu apa?	Rasa Syukur
51.	Iter: bersyukur itu yaaa kayak kita berterimakasih sama allah kayak kita udah di kasi Kesehatan kalo aku sakit alhamdulillah karena udajh di kkasi sakit karenaa itu ujjiia dari allah biar aku bisa apa yaaa hehe bisa intropeksi kayak apa sih aku salah apa sama allah ehh aku telat ibadah eh aku kurang berdoa aku kurang bersyukur juga	
52.	Itee : terus kamu sudah melakukan rasa Syukur itu belum hari ini?	
53.	Iter : sudahh	
54.	Itee: terus dalam situasi apa kamu bisa merasa bersyukur?	
55.	Iter : emm bisa anu makan kayak itu kan juga kebutuhan terus juga bisa main sama teman teman	

56.	Itee: tinggal di panti itu membuat kamu menghargai hal-hal kecil tidak?	
57.	Iter: gimana ya ga bisa menjelaskan, kayak kita kan di sini Cuma numpang terus kita di sini sudah di kasi baju yaudah dan kita juga kalo missal lebaran kan di kasi baju lebaran kayak alhamdulillah disini masi dapat baju lebaran	
58.	Itee : okee terus apa lagi?	
59.	Iter: mbak mbak nyam masak aku juga menghargai	
60.	Itee: kamu sudah berterimakasih belum dengan dirimu?	
61.	Iter: belum	
62.	Itee: kenapa?	
63.	Iter: ya karena biasanya berterimakasihnya pas mau tidur	Penerimaan diri
64.	Itee: gimana biasanya terimakasihnya?	
65.	Iter: ya setelah doa tidur biasanya kayak terimakasih hari ini sudah bisa sehat sehat dan kompromi kalo aku lagi capek kayak yaudah gitu	
66.	Itee: menurutnya bi memaafkan itu apa?	
67.	Iter: kalo ada yang salah sama kita y akita memaafkan biar sama sama ga ganjel	
68.	Itee: ada ga orang yang sulit km maafkan?	

69.	Iter: tidak ada	
70.	Itee: terus perasaan nya billa kalo sudah memaafkan orang apa?	
71.	Iter: ya udah lega	
72.	Itee: pernah ga merasa sedih, marah kesepian?	
73.	Iter: pernah pas pertama masuk sini, karena tiba tiba banget sama uti di suruh masyk sini kayak kenapa ok di suruh masuk sini padahal masih pengen di rumah	
74.	Itee: cara melampiaskan nya gimana ?	
75.	Iter: ya nanggis dan kadang sedih karena teman nya dengan orang lain kadang kalo ga enak hati ya nanggis juga dan di buat istgifar	
76.	Itee: ada ga orang yang di ajak ngobrol pas lagi sedih?	
77.	Iter: aku biasanya mikir dulu terus aku ngomong ke orangnya juga ngomongin unek unek k uke dia gitu	
78.	Itee: merasa di hargai ga sama orang sekitar?	
79.	Iter: ya merasa, kayak pas aku bikin gambar trs aku tanya ke teman teman bagus tidak trs teman teman bilang bagus gutu	
80.	Itee: merasa prcaya diri pas ngapain?	

81.	Iterr: ya pas aku di tunjuk untuk lomba pas sekolah gitu	
82.	Itee: bangga ga sama diri sendiri?	
83.	Iter: iya kadang kalo udah bisa ikut lommba bisa merasa bangga dan udah kuat di sini	
84.	Itee: kalo pas gagal biasanya apa yang di lakukan ?	
85.	Iter: intropeksi diri, pas sebelum tidur itu juga tetkadang intropeksi diri gitu trs aku tanya ke orang yang ngebuat ganjel langsung aku tanyaain ke diri sendiri	
86.	Itee: ada kesulitan ga pas nahan emosi atau marah?	
87.	Iter: kadang susah si kadang kalo lagi marah rasanya pengen nyakitin diri sendiri karena yang sakit kan aku sendiri juga dan orang orang di sekitar juga ikut sakit	
88.	Itee: knp nyakitin diri sendiri?	
89.	Iter: udah dari rumah karena eraasa salah terus disini tapi sekarang udah di sini merasa bisa cerita ke mbak mbak nya dan ngomong kenapa aku nya begini dan bisa cerita cerita ke mbak mbak nya	
90.	Itee: Hubungan nya kamu sama orang di sekitar kamu gimana?	

91.	Iter: menurutnya billa teman teman bisa Bahagia pas ngapain?	
92.	Itee: pas kumpul cerita, nonton tv trs pas bareng baeng gitu kan bisa saling cerita	
93.	Iter: harapan nya di tahun ini apa?	
94.	bisa ke makam mbah uti karena udah klama ga kesana karena waktu itu Cuma sekali pas ke makam nya blm ke sana lagi.	
95.	Itee: baik terimakasih sudah mau bercerita sama saya mungkin ada lagi yang pengen di certain?	
96.	Iter: ga adaa	



Informan 2

No.	verbatim	Tema
1.	Itee : Boleh ceritakan tentang dirimu?	Perkenalan
2.	Iter: Nama aku a umur saya 15 tahun udah hamper 3 tahun di sini	
3.	Kegiatan yan paling di suka apa?	
4.	Beres beres Kasur sama baca buku	
5.	Mneurutnya kamu kebahagiaan itu apa?	
6.	Kebahagiaan itu kebebasan diri karena bisa bebas ga ada masalah	
7.	Jadimaksudnya kamu bisa Bahagia pas ga ada masalah?	
8.	Iyaaa	
9.	Seberapa Bahagia kamu sama kehidupan kamu?	
10.	Eeemmmm 90 persen karena cita citanya belum kecapai	
11.	Trs yang ngebuat kamu puas sama bersyukur sama hidup kamu apa?	
12.	Eeee bisa merasakan kebahagiaan sama kekeluargaan yang erat	
13.	Jadi menurutkamu di sini kekeluargaan nya erat?	
14.	Iyaaaa, kayak pas ngaji Bersama bisa kumpul bisa becanda bareng trs bisa memahami satu sam lain	
15.	Kalo ada yang bisa doi ubah pengen ngubah apa?	

16.	Ngubah sifat aku biar lebih baik karena kadang perkataan ku sering nyakitin orang lain	
17.	Km suka kegiatan fisik ga?	
18.	Sukaa biasanya seminggu 2 kali	
19.	Ada ga orang yang ngebuat km tidak nyaman di sini?	
20.	Adaaa beberapa	
21.	Terus gimana caranya km menanggapi itu?	
22.	Ya kalo orangedi kasih tau susah ee treruss di andani susah lah di atur susah ya gausah di ladenin jadii kalo kita udah berusaha ngasih tau orang nya ga mau yaudahh ga usah di ladenin	
23.	Menurutnya kamu menjalin hubungan baik sama orang di sekitar tu penting tidak	
24.	Penting banget karena bisa mempererat persatuan dan kesatuan trs juga mempererat persaudaraan	
25.	Eeee biasanya yang ngebuat km seneng sehari hari apa?	
26.	Bisa kumpul bareng temen bercanda trss akrab lahh ga ada masalah satu sama lain saling terbuka gidtu	
27.	Okeee kamu kapan terakhir kamu merasa sangat Bahagia?	
28.	Kemaren karena di sekolah kemaren sempet ada permasalahan terus kita	

	perbaiki trs kita musyawarahkan kita berdamai tolong menolong bercanda truss di panti kita bisaa eeee membuat temen ku Bahagia bisa saling terbuka dan menghargai	
29.	Ada ga orang di sini yang ngebuat kamu nyaman?	
30.	Adaa, karena biasanya dia tu ngasih tau dnegan cara yang baik	
31.	Menurutnya kamu bersyukur iru apa?	
32.	Bersyukur itu menerima apa adanya	
33.	Kamu udah melakukan rasa Syukur itu?	
34.	Udahh, bersyukur nya masih bisa di pertemukan orang baik masih bisa emmm meng menjlani hidup dengan baik hidup dengan rukun masihh bisa hidup dengan teman teman	
35.	Kamu merasa berdyukur itu?	
36.	Iyaaaaa bersyukur banget, terus bisa sholat berdo'a kepada allah merasa tenang	
37.	Selama kamu tinggal disini kamu jadi menghargai hal hal kecil?	
38.	Iyaaaa, emmm seperti kayak perkumpulan bapak, ibuk kitab isa berkumpul Bersama saaling teruka isi isi hati kita, curhatan dan unek unek kitab isa ke;uar	
39.	berterimakasih belum hari ini?	
40.	Sudahhh karena masih bisa mengkontrol diri dari emosi dari sifat eee bisa eee	

	menghappy kan diri sendiri dan orang lain	
41.	Menurutnya kamu memaafkan itu apa?	
42.	Memaafkan tuu kalo temen kita munta maaf trs kita salng terbuka dan meminta penjelasan dan memaafkan dengan hati yang tulus	
43.	Ada ga orang yang sulit di maafkan disini/	
44.	Adaaa, yaaa karena orang nya di maafkan dia mengungkit Kembali	
45.	Tapi kamu bakalan mampu ga memaafkan orang seperti itu?	
46.	Emmm masih bumbang tapi maafin lahh sekedar memaafkan biar mempererat pertemanan	
47.	Pernah ga merasa sedih marah atau kesepian	Afek negative
48.	Pernahhh pas lagi marah sama diri sendiri karena ga bisa gabisaaa apanyamanyaa kayakkk aku tum au ini tapi ga bisa ngejanyaaaa gitu sedihnya tu ya kangen sama orang tuaaa gituu	
49.	Kalo pas kangen biar ga sedih biasanya ngapain/	
50.	Yaaa kita berdoa akuu biasanya meminta kepada allah berdoa berdzikir terus biasanya nyatet di buku diary	
51.	Pernah ga merasa kesepian di sini/	
52.	Tidak pernahhh	

53.	Kalo pas lagi ga enka hati biasanya ngelakuin apa?	
54.	Cerita ke kakak kalo ga ya cerita sama mbak mbak nya yang di panti di sini	
55.	ada ga yang bisa kamu ajak bicara pas kamu sedih?	
56.	Adaaa biasanya mbak mbak nya yang gede gede kayak yangkuliah kalo ga yan yang sudah aku percayai	
57.	Kamu merasa di hargai tidak sama orang di sekitar kamu?	
58.	Eeeee biasanya kalo pas aku cerita di hargai tapi kadang ya ada yang tidak menghargai gituu karena emang kayaknya akua da salah sama diaaa gituuu	
59.	Kamu merasa dihargai pas ngapain?	
60.	Yaaa pas dia bisa mendengarkan aku bisa dengar unek unek ku gituu	
61.	Kamu percaya diri pas ngapain?	
62.	Pas di emm pass lombaaa karena pas kita percaya diri kita ngebuat kita menangg karena kalo ga bisa yan anti ga bisas benerann	
63.	Seberapa sering kamu merasa bangga dengan diri kamu sendiri?	
64.	Yaa sering passs dapet nilai baguss trsss juara juara yang pingin di dapetin	
65.	Apa yang kamu lakuin pas merasa gagal?	

66.	Yaaaa intropeksi diri dan bangkut lagi dan bisa mencari kesalahan nya di manaa	
67.	Kam merasa kesulitan tidak menahan emosi?	
68.	Adaaa biasanyaaa aku nanggis trs merenung sendiri biarr agak legaaa pas nangiiss dan bsisa ngeluarin semua	
69.	teman di panti Bahagia pas ngapain?	
70.	Yaaa pas aku bisa menghargai dia bisa mendengarkan cerita diaa gituu...	
71.	Kalo ada yang bisa terjadi di tahun ini kamu berharap apa?	
72.	Pengen bisa lebih percaya diri, intropeksi diri dan belajar tekunnn	
73.	Okeee ada ga yang pengen kamu certain lagi	
74.	Emmm udah ga adaaa	
75.	Okeeee terimakasih ya udah mau ceritaaaaa	
76.	iyaaaaaa	

Informan 3

No	Verbatim	Tema
1.	Boleh perkenalan dulu	Perkenalan
2.	Emmm namaku s, I di sini udah sekitar jalan 4 tahun ehh 3 setengah	
3.	Udah mau jalan 4 tahun yaaa	
4.	Iyaaa	
5.	Di sini tu paling sukan melakukan kegiatan apa?	
6.	Passs kegiatan kosong sih hahaha	
7.	Ooo pas kosong pas lagi ga ada kegiatan kamu suka	
8.	Pas jam bebas	
9.	Terus menurutnya kamu kebahagiaan itu apa?	
10.	Emmmm kebahagiaann itu sesuatu yang kitarasakan di saat dalam diri kita ada sesuatu yang menyenangkan gitu ya yang membuat kita kayak ngerasa yaa kit aitu hidupp	Kebahagiaan
11.	Kamu ngerasa bisa Bahagia pas ngapain?	
12.	Eee.....(hening) pas apayaaa passs sama teman mungkin lagi bercandaan sama teman	
13.	Kamu ngerasa Bahagia pas lagi begtu?	
14.	Iyaaaa	
15.	Seberapa bahagianya kamu sama kehidupan kamu sekarang?	

16.	Kalo itu siikurang tau tapi kalo di suruh ngutung dari 1 -10 itu 7	
17.	La teruss 3 nya kemana hehehe?	
18.	Tiganya hilang hahaha	
19.	Hilang kemana ?	
20.	Yaaaaa di setiap kehidupan kan pasti ada sedihnya juga jadii 3 nya itu d di ubah jadi sedih	
21.	Jadi apa yang ngebuat kmau tu puas sama bersyukur selama tinggal di panti?	Rasa Syukur
22.	Yaaa aku bersyukur aja masih bisa sekolah masih bisa belajar walaupun kadang aku tu mikir kenapa sih aku harus di pant ikan aku juga pengen kayak yang lain setiap berangkat sama pulang di jemput ketemu sama orang tuanya yaaa gituuu hehe	
23.	La caranya kamu biar ga terlalu kepikiran sama itu gimana?	
24.	Dulu dari kecil berangkat sama kakak naik sepeda jadii aku nganggepnya seolah oleh aku masi berangkat bareng itu seolah oleh aku maish sama aja ga berubah cuman beda tempat aja	
25.	Kalo ada yang bisa di ubah dalam hidupnya apa yang pengen di ubah?	
26.	Emmmm kepribadian	
27.	Kenapa?	
28.	Karenaaaa hemmm aku sih kurang tau sama pribadiku sendiri kadang kalo	

	<p> mungkin yaaakalo kata temen ku sihhaku tu keraas kepala naaa tapi kalo diriku sendiri yaa aku ngerasa kalo keras kepala tapiiii kadang aku ngerasanya tuu..... yaaa.... Gimana yaaa aku dah ngelakuin semampuku gitu lo terus kaang kalo misalkana ada yang nyuruh kita belum paham sama apa yang di suruh trs kita tanya lagii trsss kita mala di marahin trs kadang kalo kayak gitu aku malah marah sendiri ke aku sneiriii na terus kalo ada yang marahin aku pas aku buat salah aku kadang diam tapi kalo aku sebel ya aku jawabin tapi pas di marahin itu akuuuu mesti nanges padahaal sebenarnya ga pengen nanings gituuuu yaaa keluar sendiriiii </p>	
29.	Suka ga kamu sama kegiatan fisik?	
30.	Dikit dikit sukaaa	
31.	Seminggu berapa kali?	
32.	Olahragaa yaaa setiap hari mbak olahragaaa naik sepedaaa	
33.	Ohhh iyaaaaa benerrr, emmm terus gimana hubungan kamu sama orang si sekitar kamu?	
34.	Eeee kalo di pantiiii ga terlalu sii mbak	
35.	Kenapa?	
36.	Yaaaa aku lebih suka sendiri ajaa kan orang itu beda beda mungkin mbak mbak nya kan suka ngobrol terus gojekan	

	bareng ngejokess gitu tapi kadang kalo sama mereka itu jokes ku ga nyambung itu mbakkk	
37.	Ada ga orang yang ngebuat kamu ga nyaman ?	
38.	Adaa dia sering negur aku karena hal sepele nanti aku tegur balek di ga mauu gituu	
39.	Menjalin hubungan baik dengan orang lain harus ga?	Hubungan dengan orang di sekitar
40.	Yaaaa harussss, penting untuk kapan pun itu yang ngebantu kita pas kita ga bisa ya orang di sekitar kitaa	
41.	Kamu paling seneng ngapain?	
42.	Passs tenggelam samaa bukuuu	
43.	Ada ga orang yang ngebuat kamu nyaman	
44.	Adaaa karena dia se frekuensiii sama akuuu dan mau dengerin cerita aku	
45.	Beryukur itu apa?	
46.	Yaaa, ga bisa jelasinn aja	
47.	Gambaran nya kamu bersyukur itu apa?	
48.	Yaaaa kapan aja kita harus bersyukur	
49.	Kamu udah merasakan rasa Syukur itu?	
50.	Belumm, karenaa yaaa gimanaa yaaa kadang kita tuuu kalo masii pagiii udah di buat sebel sama orang jadiii kayak ga mooddd tapi pernah merasa bersukur pas dapet kelompok temen temen dekat	

51.	Tinggal di panti ngebuat kamu merasa bersyukur tidakk?	
52.	Yaaa iyaa kayak aku tuliat teman teman di luar panti yang belum bisa sekolah, tami lama lama aku paham kalo di dunia ga segampang game	
53.	Menurutnya kamu memaafkan itu apa?	
54.	Memaafkan itu saat udah bisa memaafkan orang lain	
55.	Pernah ga ngerasa sedih marahh giru selama di siniii	
56.	Lumayann sii karena ga banyak teman yang sepaham gituuu	
57.	Kalo lagi sedih km biasanya ngapain?	
58.	Diammm yaa kalo ga baca buku kalo ga dengerin suara kereta	
59.	Ada ga orang kamu ajak ngobrol pas kamu sedih?	
60.	Ga adaaa karena kalo pas lagi sedihh aku lebih sukaa diam	
61.	Kamu merasa dihargai pas ngapain?	
62.	Kalo pas aku ngelakuin kesalahan dan dia nasehatin dan ga di ungit lagii	
63.	Apa yang ngebuat teman teman di panti Bahagia?	
64.	kebersamaaaannnn	
65.	Kalo ada yang bisa terjadi di tahun ini apa yang kamu ingin kan?	
66.	Emmmm aku pengen bisa bergaul sama semuaaa orangg	

67.	Okeeeeeee terimakasihhhh udah mauuuu ceritaaaaaa mungkin ada yang pengen kamu certain?	
68.	Udahhhh mbakkk	



Informan 4

No	Verbatim	Tema
1.	Boleh perkenalan dulu?	
2.	Nama n, tinggal di panti sudah 3 tahun usianya 17 tahun	Perkenalann
3.	Kegiatan yang paling kamu sukai di sini apa?	
4.	Emmmm tapak suci sii mbakk	
5.	Karenaa?	
6.	Karena itu menjaga fisik kita terus menjaga imun kita	
7.	Okeee terus menurutnya kamu kebahagiaan itu apa?	
8.	Kebahagiaan it utu kadang yaa di sisi kebahagaaiaan dari imun saya	
9.	Kebahagiaan menurutnya kamu tu kebahagiaan itu apa?	
10.	Bahagia ituuu dari yaaa say aitu Bahagia soal di panti gituu	Kebahagiaan
11.	Kamu plaing Bahagia kalo pas ngapain?	
12.	Emmm pas lagi belajar gini Bahagia	
13.	Belajar? Kamu suka baelajar?	

14.	Iyaaaa	
15.	Terus apa yang membuat kamu bersyukur selama tinggal di panti?	Rasa Syukur
16.	Emmmm bersyukur nya soalnya ga apa ga mengganggu orangtua saya yang di rumah jadi saya di maasukkan sini	
17.	Kalo kamu bisa mengubah satu hal di hidupnya apa yang pengen bisa di ubah?	
18.	Bisaaa menjadi anak yang solehah dan sekolahnya lancer	
19.	Suka kegiatan fisik tidak?	
20.	Sukaaaa	
21.	Satu minggu berapa kali?	
22.	Tiga kali pas di sekolahan, pas dirumahhh	
23.	Hubungan kamu sama teman teman gimana?	
24.	Yaaa baik baik saja	
25.	Kalo di sekolahan gimana?	
26.	Di panti ga ada di sekolahan adaaa aku kayak suka di ejek gituuu cuman buat mainan gituu	
27.	Teruss kamu nya gimana?	

28.	Yaaaaa kata orang gitu kalo di ejek di liat matanya terus diam gitu	
29.	Kenapa diam aja?	
30.	Soalnya aku ga mau ikut campur gituuu	
31.	Apa yang ngebuat kamu seneng sehari harinya?	
32.	Yaaaaa senengnya karena banyak teman	
33.	Di sini ada ga orang yang membuat kamu merasanyaman?	
34.	Iya ada mbak mbak nyaaa	
35.	Udah bersyukur belum?	
36.	Udahh, bersyukur karena banyak teman dan sama ibuk bapak	
37.	Memaafka itu apa?	
38.	Memaafkan itu ya kalo ada salah sama orang lain di maafkan	
39.	Ada ga orang yang siulit kamu maafkan?	
40.	Adaa, karena dia ga mau maafin aku	
41.	Pernah ga merasa sedih atau marah gitu?	
42.	Nakkk sedihh sii sering kalo sedihnya nyu kadangkadang	

43.	Pernah ga merasa sedih	
44.	Iyaaaa pernah pas ga ada teman gitu jadi merasa sedih	
45.	Yang kamu lakuin kalo sedih ngapain?	
46.	Yaaa kalo malam biasanya berdoa sii mbak	
47.	Kamu percaya diri ga?	
48.	Emmm gaaa si mbak merasa ga percaya diri kalo pas sendiri	
49.	Menurutnya kamu teman teman bisa Bahagia pas lagi ngapain?	
50.	Emmm bisa bahagaaa kalo pas banyak temann	
51.	Okeeee maksihhh udah mau ceritaaaa ada yang pengen kamu certain?	
52.	Ehhmmm udahh si mbak ga adaaa	

Informan 5

No.	Verbatim	Tema
1.	Boleh perkenalan dulu Namanya siapa dan udah berapa lama disini?	Perkenalan
2.	Eeeee namakuuuu m, usia ku 15 tahun berati aku sekitar mau 1 tahun di sini	
3.	Eeee sekitar satu tahun, kamu sendiri paling suka sama kegiatan panti apa?	
4.	Eeeee ituuu pas apa namaya, hari selasa	
5.	Hari selasa? Hari selasa apa kegiatannya?	
6.	Tilawahhhh	
7.	Ooo tilawah kamu suka ngaji aluqran yaa	
8.	Iyaaaa	
9.	Menurutnya kamu kebahagiaan itu apa?	Kebahagiaan
10.	Yaaa dari hal hal kecil sii	
11.	Contohnya?	
12.	Ya kaya mislakna kitab isa melihat orang orang yang kita sayang itu senyum gituuu	
13.	Seberapa bahagiainya kamu sama hidupnya kamu?	
14.	Kalo di lihat sekarang mungkin belum banget	
15.	Tapi udah ada rasa Bahagia itu belum?	
16.	Udahhh	
17.	Karena apa?	

18.	Yaaa karena sampe sekarang bisa berusha sendri	
19.	Terus sekrang tu apa yang ngebuat kamu merasa puasda bersyukur selama tinggal di panti?	Rasa Syukur
20.	Bersyukur banyak temannn terus yaaa bisa bantu orang tua lahh	
21.	Kalo kamu bisa mengubah 1 hal di hidup kamu apa yang ingin kamu ubah?	
22.	Ekonomi keluarga	
23.	Karena apa?	
24.	Yaaa pengen aja gitu liat mama sama papa liat saya sukses	
25.	Kamu sendiri suka ga sama kegiatan fisik?	
26.	Yaaa lumayan	
27.	Olahraga biasanya 1 minggu vberapa kali?	
28.	Kan di sekolahn sama di panti berati 2	
29.	Hubungan kamu sama orang di sekitar kamu gimana?	
30.	Lumayan lumayan baik	
31.	Kenapa lukamyan baik?	
32.	Hehehe yaaa karena gimana yaaa mungkin saya belum bisa kayak beradaptasi di sini gitu	
33.	Ada ga orang yang ngebuat kamu ga nyaman di sini?	

34.	Ya mungkin adaa cuman ga berani bilang	
35.	Ga nyaman nya karena apa?	
36.	Ya mungkin kita kan punya sifat sendiri sendiri dan punya egois gitu la dari orang itu sama sama ga mau ngalah gituu	
37.	Ganggu ga sama aktifitas kamu?	
38.	Ga sama sekalii	
39.	Menurut kamu menjalin hubungan baik dengan orang di sekitar itu penting tidak?	
40.	Yaa penting, karena yaa kalo kita ga minta tolong sama orang di ekitar kita mau minta tolong sama siapa lagi?	
41.	Yang ngebuat kamu Bahagia di sehari hari itu apa?	
42.	Yaaaa bisa anu sii kayak bisaaaa yaaa hari ini baik baik saja	
43.	Kapan terakhir kali kamu ngerasa Bahagia?	
44.	Yaaa ga terakhir siiii ini lagiii bahagiaaa, karena di sekolah ga ada apa apa dan disini lagi ga aa apa apa	Penerimaan diri
45.	Di sini ada orang yang membuat kamu nyaman ga?	
46.	Yaaa adaa, karena dia kayak pas aku lagi sakit aku di urusin terus nanti gentian pas di sakit aku yang ngurusin gituu	

47.		
48.	Manurutnya kamu bersyukur itu apa?Bersyukur..... yaaa kita tiap hari bisa makan aja udah bersyukur banget ituu	
49.	Jadii menurutnya kamu bersukur itu apa?	
50.	Yaaaaakkk.... Karenaaaa kayak misalkan kita udah di beru waktu buat hidup udah bersyukur, di beri Kesehatan terussss keancaran sehari hari itu udah bersyukur	
51.	Eeee kamu udha ngelakuin rasa Syukur itu belum?	
52.	Eee yaaa mungkin udah bisa di bilang udah	
53.	Selama kamu tinggal di panti kamu jadi menghargai hal hal kecil tidak?	
54.	Iya bener banget, yaaa kayak kitaa emm saling ngejaga kayak membri apresiasi, karena dari hal kecil itu kita bisa menghargai satu sama lain gituu	
55.	Kamu udah berterimakasih belum hari ini?	Penerimaan diri
56.	Yaaa udahhh	
57.	Manurut kamu memaafkan itu apa?	
58.	Yaa memaafkan ituu orang itu kan ga jauh dari kesalahan gituu misaalkan orang itu memaafkan kita jadi kita	

	harus memaafkann jadii kayak yaa membalas kebaikan nya	
59.	Ada ga ornag yang sulit di maafkan?	
60.	Yaaa adaa	
61.	Kenapa?	
62.	Yaaa itu sukut di jelasin sihh	
63.	Pernh ga kamu merasa sedih, marah kesepian gitu selama di panti?	
64.	Sedihhh sii iyaaa karena jauh dari orang tua gitu	
65.	Kalo marah pernah ga marah selama di pantii	
66.	Ya pernahh	
67.	Kenapa kaalo boleh tau?	
68.	Yaaa marah tuuu capek kadang pasti ada capek nya kan pasiiya marah pasti gara gara ituuu	
69.	Kalo sedih atau marah biasanya kamu ngapain?	
70.	Yaaa lebih ke diam siiii	
71.	Kamu merasa di hargai pas ngapain?	
72.	Yaaa passs kayak dii kamu gini kamu gini gitu kayak ngerasa di apresiasi gitu	
73.	Kamu sering bangga ga sama pencapaian mu?	
74.	Iyaaa banggaaa	
75.	Menurut kamu teman teman di panti bisa Bahagia pas ngapain?	

76.	Yaaa pass lagiii kumpul kumpul gitu di aula pas ga ada apa apaaa	
77.	Baikkk terimakasihhhh udah mau cerita yaaaa mungkin ada yang pengen kamu obrolin lagiii	
78.	Udahhh, ga adaa	

Informan 6

No.	Verbatim	Tema
1.	Boleh perkenalan dulu, nama sama usia nya?	
2.	Nama aku aa, usia 14 th tinggal di panti sudah hamper dua tahun	
3.	Kegiatan yang paling kamu sukai di sini apa?	
4.	Emmm sepeda santaiii	
5.	Kamu suka jalan jalan?	
6.	Iyaaaa kayak lebih seru ajaa	
7.	Manurut yak amu kebahagiaan itu apa?	
8.	Kebahagiaan ituu kebersamaan	
9.	Kamu ngerasa Bahagia kalo lagiii	
10.	Bareng bareng	
11.	Seberapa bahagianya kamu sama kehidupan kamu sekarang?	Kebahagiaan
12.	8 dari 10	
13.	Kenapa?	

14.	Belum lengkap aja, jadi kayak belum bisa kayak bareng bareng gitu mbakyaaa belum lengkap semuaaa	
15.	Apa yang ngebuat kamu bersyukur selama tinggal dipinti?	
16.	Masih bisa sekolah sama ngerasain punya teman banyakk	
17.	Kalo ada yang bisa kamu ubahapa yang pengen kamu ubah?	
18.	Sikapppp, biar ga terlalu kekanak kanakan	
19.	Kamu suka sama kegiatan olahraga tidak?	
20.	Suka banget	
21.	Hubungan kamu sama orang di sekitar kamu gimana?	Hubungan dengan orang di sekitar
22.	Ehh sukaaa sefrekuensii karena seumuran giti ada mbak e eee jadii kayak lengkap gitu kayak punya saudara lengkap gitu kan ada bapak, ibuk terus ada mbak mbak nya ada yang sebaraakn ada yang seumuran terus ada adek jugaaa.	
23.	Ada ga orang yang ngebuat kamu ga nyaman disini?	
24.	Ada tapi kadang orang itu ngebuat aku nyaman di sini	
25.	Manurutnya kamu menjalin hubungan baik sama orang di sekitar tu perlu tidak?	

26.	Perluuu	
27.	Kenapa perlu?	
28.	Eemmm karena kalo kita baik ke orng orang juga akan baik ke kita	
29.	Yang ngebuat kamu seneng sehari hari itu apa?	
30.	Ketawa bareng temen, pas lagi ngorol cerita cerita gitu habis pulang sekkolah cerita tentang di sekolah gitu	
31.	Kapan kamu terakhir kalo merasa Bahagia?	
32.	Baru aja, tadi habis bahas tentang sekolah terusss lomba lombaaa gituuu	
33.	Di sini ada ga orang yang ngebuat kamu nyaman?	
34.	Adaaaa , merasa di perhtaiin juga, di nasehatin	
35.	Menurutnyakamu bersyukur itu apa?	
36.	Bersyukur tu kayak kalo allah udah ngasih kita hidup kayak harus bersyukur lagi karena ada orang yang di bawwh kita jugaaa	
37.	Selama kamu tinggal di panti asuhan hal hal kecil gitu bisa ngebuat kamu bersyukur tidak?	
38.	Iyaaa, misalnya ibuk kayak orang tua jadi suka di nasehatin	
39.	Kamu Sudha berterimakasih belum sama dirikamu hari ini?	

40.	Sudahhh	
41.	Ada ga orang yang sulit unduk di maafkan?	
42.	Adaa si di dekolah dia tu ga terlalu kenal sama aku tapi kayak nyari masalah gitu sama aku	
43.	Jadi menurutnya kamu memaafkan itu apa?	
44.	Saling maafin ga ga nambah musuh gitu	
45.	Perasaan kamu setelah maafin orang gimana?	
46.	Legaaaa	
47.	Pernah ga merasa sedih atau marah atau kesepian gitu?	
48.	Pernahhh, udah lama siiii lebih ke kesepiannnn, karena waktu ujian kan ga ngobrol gitu	Afek negative
49.	Kalo kamu sedih apa yang kamu lakuin?	
50.	Cerita ke orang yang menurut aku bisa di ajak cerita, nanti kalo aku suka tiba tiba nangis nanti orang itu nanyaaain akuu gitu	
51.	Kamu merasa di hargai tidak sama orang orang disini?	
52.	Iyaaa ngerasa, yaa mereka tu kayak misalkan akua da apa apa mereka ikut turun tangan pas tau kalo aku ga salahh	

53.	Kamu merasa percaya diri ga?	
54.	Engga karena insecure gitu mbakk, suk atakut kalo pas ada lomba gitu	
55.	Bangga ga sama pencapaian kamu?	
56.	bangga, karena udah berani ikut pencak silat	
57.	Kamu bisa percaya diri pas ngapain?	Penerimaan diri
58.	Doa sama apresiasi dari orang gitu	
59.	Ada ga kesulitan nahan emosi?	
60.	Iyaaa sulit, kalo lagi emosi kadang orang yang deket sama kita jadi sasaran	
61.	Menurutnya kamu temen temen di panti bisa Bahagia kalo lagi ngapain?	
62.	Ngobrol bareng terus pas piknik gitu karena itu ngerasain momen banget gitu kayak keluarga yang lengkap gituuu	
63.	Okeee terimakasihhh udahh mau ceritaaaaa ada lagi ga yang maukamu omongin?	
64.	Enggaaaa, udahh	

Informan 7

No.	Verbatim	Tema
1.	Boleh perkenalan duluuu	
2.	Nama ku sA, usia 17 tahun, disini masuk 4 tahun	
3.	Kegiatan yang paling kamu sukai di panti apa?	
4.	Emmmm kalo pas sepeda santai mungkin	
5.	Menurut kamu kebahagiaan itu apa?	
6.	Kebahagiaan itu apa? Eee apa ya mbak sesuatu yang mungkin bisa bikin mood kita bagus	
7.	Seberapa Bahagia kamu sama kehidupan kamu sekatrang?	
8.	Bahagiaanya karena sekolah, terus temen temen gituuu	
9.	Yang ngebuat kamubesyukur selama tinggal di panti apa?	
10.	Yaaa karenaaa ga ngerepoti orang tua	
11.	Kalo ada yang bisa di ubah apa yang paengen di ubah?	
12.	Yaa bisa kumpul lagi lah sama keluargaaa	
13.	Olahraga biasanya berapa kali?	
14.	2 kali	
15.	Hubungan kamu sama orang di sekitar kamu gimana?	
16.	Kurang baik sii, kadang tu kao kita mood nya baik dia ga baik, tapi kalo moodnya dia baik kita uyang ga baik	

17.	Menurutmu menjalin hubungan dengan orang lain tu penting tidak	
18.	Iyaaaa prnting karena kalo ga ada hubungan yang bauik sering berantem gitu	
19.	Ada ga disini ornag yang ngebuat kamu ga nyaman?	
20.	Aaaa, karena belumm manaerima fakta itu	
21.	Hal yang ngebuat kamu seneng sehari hari itu apa?	
22.	Di ajak bercanda, sama temen temen	
23.	Menurutnyakmau bersyukur itu apa?	
24.	Eeee apa yang kita dapet itu di syukurin aja gitu, jangan kayak kok gini sih	
25.	Selama tinggal di panti menurutmu kamu jadi menghargai hal hal kecil ga?	Afek positif
26.	Mungkin mbak, dengerin apa yang di bilang orang lain,	
27.	Kamu dah berterimakasih blm sama diri kamu?	
28.	Belum, karena masih ada kurangnya gitu	
29.	Menurut kamu memaafkan itu apa?	
30.	Memaafkan itu dari yang kesalahan dia ke kita di maafin, baik tutur katanya atau sifatnya	
31.	Kamu pernah merasa sedih atau kesepian gitu?	
32.	Iyaaaa pernahh, setiap malam,	

33.	Kalo sedih biasanya kamu ngapain?	
34.	Tidur kalo ga ya ngebayangin apa yang kita piker gitu mbak	
35.	Ad ga orang yang kamu ajak bicara pas lkamu sedih ?	
36.	Belum adaa, karena ga mau cerita	
(Konselor (Konselor menceritakan hal pribadi) menceritakan hal pribadi)		
37.	Apa yang kamu lakuin pas kamu gagal?	
38.	Yaa gapapa nanti bisa di lakui lagiii	
39.	Menurut kamu temen temen Bahagia pas lagi ngapain?	Penerimaan diri
40.	Ada kegiatan, lagi kumpul, nonton film, ya pokoknya pas lagii kumpul lah mbakk	
41.	Baikkk terimakasihhh dah mau ceritaaaaa mungkin ada yang mau kemu certain lagi?	
42.	Udahhhhh	

DOKUMENTASI



gambar dokumentasi 1 wawancara



BENCHMARKING

JURNAL MANAJEMEN PENDIDIKAN ISLAM

DESCRIPTION OF SUBJECTIVE WELL-BEING AMONG ADOLESCENTS AT AISYIAH KOTTABARAT ORPHANAGE FOR GIRLS

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Abstract

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Living in an orphanage is often perceived as a limitation for adolescents in achieving psychological well-being. However, this study aims to uncover how adolescents living in an orphanage are still able to experience happiness, gratitude, and self-acceptance. This study used a qualitative approach with a case study method. Data were obtained through in-depth interviews, observation, and documentation of several adolescents living in the orphanage. Data analysis was conducted using an interactive model that included data reduction, data presentation, and conclusion drawing. The results showed that adolescents living in an orphanage were able to build subjective well-being through gratitude for their circumstances. They viewed being in an orphanage as not an obstacle to happiness, but rather an opportunity to strengthen themselves. This gratitude was evident in their ability to accept themselves, interpret life experiences positively, and appreciate personal achievements, both small and large. Furthermore, social interactions in the orphanage enriched their experience in understanding the dynamic way life works. In conclusion, despite the limitations of living in an orphanage, adolescents were able to cultivate well-being through self-acceptance, gratitude, and adaptive coping strategies. This shows the importance of providing a conducive environment so that adolescents in orphanages can continue to develop their potential and achieve a prosperous life.

Keywords: *Teens, Well-Being, Orphanages, Happiness.*

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INTRODUCTIO

Humans experience various stages of development in their lives, one of which is adolescence. Adolescence is a crucial transition phase from childhood to early adulthood, generally starting at the age of 10 to 12 years and lasting until the age of

18 to 22 years, depending on the biological, psychological, and social aspects that affect the individual (Limbong et al., 2024). Adolescence is characterized by various behavioral changes, both positive and negative, as a result of the developmental transition process from childhood to adolescence. These changes are influenced by the complex physical, emotional, and social dynamics during this period (Fatmawaty, n.d.). Adolescence is a developmental stage in which individuals begin to be trained to form independence, both in decision-making and in establishing healthy social interactions with peers. Peers often serve as a source of self-esteem and are role models in carrying out daily activities. In early adolescence, there is a strong urge to discuss and gain acceptance from peers and their social groups (Remaja & Permasalahannya, 2018). This condition becomes one of the benchmarks for adolescents in forming a solid and supportive friendship environment, because the strength and cohesiveness of a group can contribute significantly to increasing self-confidence in adolescents. The participation and attention of parents is very necessary during adolescence, considering that this period is vulnerable to various forms of deviant behavior. Juvenile delinquency has become a social phenomenon that has received widespread attention, both at the local and global community levels (Bobyanti, 2023). During adolescence, one of the main tasks of parents is to monitor and ensure that adolescent development is going well. However, this condition is different for children living in orphanages, where they must go through adolescence without the presence of their parents..

Adolescence is a crucial stage in development, encompassing a significant transition from childhood to adulthood. Middle adolescence is characterized by

feelings of inferiority, a normal response in individual development. However, if these feelings are not addressed effectively, they can develop into feelings of low self-esteem, leading to feelings of worthlessness (Farid et al., 2021). Adjustment plays a crucial role in reducing or increasing anxiety in children living in orphanages, as described in various previous research findings (Antara et al., 2024).

In early adolescence, the psychological problems experienced are very complex, because basically adolescents are a group that is vulnerable to mental health problems (Hidayah et al., 2023). Lack of gratitude in adolescents can affect the psychology and positive behavior of adolescents (Rahmawaty, 2017). Life problems are one of the factors that cause the potential for adolescents to experience high depression (Psychogenesis et al., 2018) As many as 46.7% of adolescents living in orphanages experience psychological problems (Dan et al., 2024) in addition to other problems, the number of caregivers and insufficient interaction time, heavy workloads and separation from biological parents also affect psychological problems (Rusmil & Effendi, 2012).

Because adolescents living in orphanages face daily life challenges both inside and outside the home (Ramadhani et al., 2023), this is a particular concern for both administrators and caregivers. It is crucial to ensure that they are not burdened by fear or guilt. A lack of openness between adolescents and caregivers or orphanage administrators can lead to misunderstandings and differences of opinion that could potentially disrupt their adjustment process.

Subjective well-being (subjective well-being) refers to an individual's self-assessment or introspection regarding their quality of life, which involves feelings and evaluations of various aspects of their personal life. (Title, 2022). *Subjective well being* (SWB) is a well-being related to an individual's self-assessment, which is important for motivating life. This differs from social well-being, which focuses on achieving a prosperous life collectively, with the primary goal of facilitating good adjustment within a social context (Hasanah, 2023). Psychological well-being relates to the extent to which individuals can function optimally and holistically in various aspects of their lives, encompassing emotional, cognitive, and social balance (Pedhu, 2022)..

Aspect *subjective well being* has two dimensions of diener in (Karimah & Anniez, 2023) states that the components *subjective well being* has two main components a) namely the life satisfaction component (*cognitive*) .b) affective components. The affective components of subjective well-being are two, positive affect and negative affect.

Several factors that influences *subjective well-being* (SWB) is divided into internal or personal factors, encompassing several aspects. One of these is gratitude, which tends to be associated with higher levels of positive emotions (Yudhianto et al., 2023). Forgiveness, which involves the ability to forgive oneself and others, is associated with high levels of self-esteem. Individuals with high self-esteem tend to feel more satisfied with their lives and experience fewer negative emotions (Dewi, 2019). Self-compassion, or an attitude of compassion toward oneself, plays a crucial role in helping individuals cope with failure and stress by providing a more

understanding and accepting approach to oneself in difficult situations (Self-compassion & Dan, n.d.). In addition to internal factors, external or environmental factors also influence individual well-being, including the surrounding environment, such as family, friends, and community. The social support provided by this environment can create a sense of security and support an individual's psychological well-being (Id et al., 2023). Optimal physical health, including adequate sleep patterns and involvement in physical activity, also plays a role in increasing an individual's subjective well-being (SWB) (Doriza et al., 2024). Healthy and satisfying interpersonal relationships (Çiçek, 2024).

RESEARCH METHOD

This research adopted a qualitative method using observation and interviews for data collection. The decision to use a qualitative approach stemmed from the researcher's desire to deeply understand the lived experiences of adolescents residing at the Aisyiyah Girls' Orphanage, Kottabarat Branch. Unlike quantitative studies that rely on numerical data and measurable variables, qualitative research emphasizes meaning, interpretation, and context. The daily lives of orphaned adolescents, their sense of belonging, emotional well-being, and interpersonal interactions cannot be captured merely through numbers. Therefore, observation and in-depth interviews were chosen as the primary data collection instruments, allowing the researcher to engage directly with the participants, listen to their stories, and observe their interactions in natural settings.

The research was carried out over four months, following a structured yet flexible timeline that allowed immersion in the daily routines of the orphanage. During the first month, the researcher focused on building rapport with the adolescents and the orphanage's staff. Establishing trust was a crucial step, as the subjects of the study—young girls who had experienced loss or abandonment—needed to feel comfortable before openly sharing their thoughts and emotions. The second and third months involved intensive data collection through systematic observations and semi-structured interviews. Field notes were meticulously written after each observation session, capturing details about behavior, expressions, and social dynamics among the adolescents. The final month was dedicated to cross-checking information, conducting follow-up interviews for clarification, and ensuring data accuracy before proceeding to analysis.

The process of analysis was iterative and interpretive. Each piece of information gathered from observations and interviews was carefully coded and categorized to reveal emerging patterns. The themes that surfaced—such as resilience, gratitude, adaptation, and emotional coping—were examined within the broader context of life in an institutional setting. Data analysis was conducted in compliance with ethical research standards, and all procedures were officially authorized by the orphanage's management. Confidentiality was maintained throughout, ensuring that the identities of the participants remained anonymous. This careful approach not only respected the dignity of the adolescents but also strengthened the credibility and validity of the research findings.

RESEARCH RESULTS AND DISCUSSION

The research was conducted on 7 adolescent informants who lived in orphanages from the ages of 12 to 17 years. The first informant had the initials I. The first informant I, I have been living in an orphanage for about 1 year I like holy activities or sports that are mandatory to do in the orphanage, according to me happiness is when doing activities or something, I feel happy because in the orphanage there are many friends who are invited to tell stories and feel the love of their caregivers. I do sports 2 times a week to maintain his fitness I have good relationships with people around me because I feel having good relationships with others makes me feel comfortable daily activities also make him happy because many friends and people comfort him when he is sad. According to me being grateful is when we thank God for being given health, I often feel grateful for small things like after eating, being given health and when playing with friends. I also feel confident when appointed to compete and feel proud of his achievements I feel proud of myself because I have been able to survive until now, when I make a mistake I do introspection on myself, it's just that I have a little difficulty holding back my emotions sometimes I hurt myself but he immediately realized and sought help from people he trusted by telling what he experienced. According to me, we can all be happy when we gather and tell stories, watch TV together and exchange stories together.

The second informant P, P is 14 years old and has lived in an orphanage for about 3 years, he likes making beds and reading books the most, happiness according to P is when he is free from problems or when there are no problems, the thing that makes him grateful while at the orphanage is when he can memorize things together

and joke with friends, P usually exercises 2 times a week to keep his body fit, here there are people who make him uncomfortable but it does not hinder his daily activities according to P, establishing relationships with people around him is important because it strengthens the bonds of brotherhood, hanging out with friends makes him happy, when at school P can solve problems calmly and that makes P feel happy. When P experiences a problem, he usually immediately talks about it with that person. According to P, being grateful is when someone accepts what he is and feels grateful because he is still met with good people, can still live a good life and is still given the opportunity to worship. Small things make P grateful, such as still being able to gather with his mother, father and friends at the orphanage to express his feelings. Forgiving is when you are open to each other and listen to people's explanations sincerely and sincerely when you have forgiven others. P feels calmer and happier. Sometimes he feels lonely, but when he feels lonely, he shares stories with his older brother and friends at the orphanage and when he is sad, he usually talks to people he trusts. P also feels appreciated when many people want to listen to his story and feels confident when participating in competitions. P is also often proud of his achievements when he has difficulty holding back his emotions. P usually cries and reflects alone. According to P, friends at the orphanage can feel happy when exchanging stories.

The third informant S has lived in the orphanage for 4 years.thhe is 13 years oldthActivities that are liked during free time, according to S, happiness is something that is felt when he feels alive inside, S feels happy when joking with his friends, S still feels satisfied and grateful because he is still given the opportunity to

go to school and can learn sports every day because when going to school S uses a bicycle S's relationship with people around him is normal, you could say there are no problems with people around him, there are people who make him uncomfortable but he can control it himself and it does not interfere with his daily activities, according to S building good relationships with people around him is very important because as a social being he will still need help from others, S himself feels happy when he has his book S feels comfortable with people who want to listen to his story and on the same frequency when asked to joke according to S, being grateful can be done at any time and S himself feels grateful because when there are activities at school S gets comfortable group friends and can be invited to discuss his assignments, and during his stay at the orphanage S has become appreciative of small things such as understanding that the world not as easy as a game because we often see outside the atmosphere of many problems that occur, forgiveness is when we forgive other people's mistakes when it comes to forgiving others S always remembers that people who are making mistakes with him must have done good for him sometimes in the orphanage feel

sad because there are not many friends who can connect to talk to sometimes have tried to be able to connect with others but still can't connect when sad what is usually done is reading books and prefers to be alone because it is more comfortable alone, S feels appreciated when he makes mistakes to others but other people can forgive him and give advice and then forget his mistakes, S himself can be confident when with his close friends S himself has hope to be able to get along with everyone according to S Friends in the orphanage can feel happy with togetherness.

The fourth informant, N, has lived in the orphanage for 3 years and is 17 years old.thN's favorite activity is tapak suci because it can keep his body fit according to N happiness is when he feels happy and healthy his body N also feels happy because he can still live in the orphanage N feels grateful while living in the orphanage and feels he can lighten the burden of his parents N's relationship with the people around him is fine and N feels comfortable with his orphanage friends N is still very grateful because in the orphanage he still has many friends and there are his parents (caregivers) according to N forgiveness is when there is a mistake with the people around him he wants to admit and accept it, the thing that makes N sad when in the orphanage is the feeling of missing his parents when N feels sad he prays according to N his friends in the orphanage feel happy because there are many friends N's wish if he could change the past he would want to change his mistakes in the past with his father and mother (caregivers).

The fifth informant, T, has lived in the orphanage for approximately 1 year and is now 15 years old.thThe activity that is liked in the orphanage is reciting the Quran, happiness according to T comes from small things such as seeing the person he loves smile. T himself feels happy because he can still try on his own which makes T feel grateful while living in the orphanage, namely having many friends and being able to help his parents. T wants to be able to change the family's economy. T usually exercises twice a week. T's relationship with people around him is quite good because maybe he still needs to adapt to the place. Building relationships with other people is important because they will help if there are difficulties for people around him. There are people who make him uncomfortable but do not interfere with

his daily activities. There are also people who make him comfortable in the orphanage, people often take care of him when he is sick, then if he is sick, he will take care of him in his daily life. What makes him happy when everything is fine is grateful according to T when he is still given the opportunity to live, given health and smooth daily life. Gratitude is done when in situations after prayer and after doing activities while living in the orphanage makes T appreciate small things such as taking care of each other and giving appreciation to others. Sometimes he feels sad because he has to be far from his family, sometimes there is a feeling of anger because he is tired but when he is quiet he starts to I feel appreciated when someone gives me appreciation. I become confident and proud of my achievements. When I fail to do something, I try again without giving up. My friends at the orphanage feel happy when there are no problems and we can be together.

The sixth informant F is already 4th living in a shelter at the age of 17th The most favorite activity at the orphanage is relaxing on the bike. According to F, happiness is something that makes emotions stable. Now I feel happy because I can go to school and have good friends and I feel grateful to be living in Dianti because I don't bother my parents. I exercise twice a week. Relationships with people around me are good according to F. Having good relationships with people around me is important because if you don't have good relationships, you will often fight and many unexpected things will happen. Usually, you laugh when you are invited to joke with friends. When you are sad, you often reflect on what you are thinking and feel confident and brave to do other things yourself. When you can control your emotions, your friends at the orphanage feel happy. They are hanging out watching

movies and when they are together. Informant P 14th It has been almost two years living in the orphanage, favorite activities while cycling, relaxing, happiness when together, feeling grateful at the orphanage because I can still go to school and have lots of friends, P wants to change my slightly stubborn attitude, physical activity twice a week, relationships with people around me are fine because they feel they complement each other, building relationships with people around me is mandatory because they need each other, the thing that makes me the happiest is being able to laugh together when exchanging stories about daily activities at school and when listening to stories, responding well, feeling grateful because there are still many below us and feeling grateful when I'm really happy and can be together and play with friends, exchanging stories, at the orphanage there are also people who make me comfortable and are invited to tell stories when I'm sad, friends at the orphanage also help each other and are proud of their achievements so far, believe in what can be done when I feel like I've failed, make mistakes, want to repeat and try again, friends at the orphanage are happiest when they laugh together and when they're on a picnic because the sense of family is really felt because they feel complete.

Discussion

Adolescents living in orphanages experience a complex set of challenges that influence their emotional, psychological, and social development. The absence of parental figures and consistent emotional support often leaves them vulnerable to feelings of loneliness, insecurity, and anxiety. However, many of these adolescents show remarkable resilience and adaptability, especially when provided with a structured environment that nurtures emotional connections and mutual care.

The concept of subjective well-being (SWB) plays a crucial role in understanding the quality of life among adolescents in such conditions. Subjective well-being refers to how individuals evaluate their own lives in terms of happiness, life satisfaction, and emotional balance. For adolescents in orphanages, SWB reflects their ability to find meaning, joy, and gratitude despite life's limitations. This study seeks to explore the subjective well-being of adolescents living in the Aisyiyah Orphanage, Kotabarat branch, and to identify the factors that contribute to or hinder their psychological well-being.

This research contributes theoretically to the broader understanding of adolescent well-being in institutional care settings in Indonesia. The findings are also expected to serve as practical insights for developing programs that enhance the mental health and emotional stability of orphaned youth. Through in-depth interviews and systematic observations, it becomes evident that adolescents at the Aisyiyah Orphanage demonstrate a strong sense of social connectedness and gratitude. Their narratives reveal that togetherness and mutual support among peers and caregivers act as emotional anchors, reducing feelings of isolation and fostering psychological stability.

The daily activities within the orphanage — including religious practices, group exercises, and social gatherings — function as meaningful routines that encourage creativity, cooperation, and self-expression. These structured activities not only fulfill physical and educational needs but also enhance emotional resilience by providing opportunities for positive social interactions.

From the qualitative data, it is clear that the adolescents' subjective well-being encompasses three major dimensions: emotional satisfaction, gratitude, and social connectedness. Emotionally, the adolescents express happiness through simple, everyday experiences such as playing, studying together, or participating in communal prayers. The joy derived from these small moments reflects a deeper sense of appreciation and awareness of the present. Gratitude emerges as a dominant theme throughout the interviews. Despite the absence of biological parents, most adolescents expressed thankfulness for the affection of caregivers, the presence of friends, and the opportunity to pursue education in a safe environment. Gratitude functions as a psychological buffer that helps them cope with feelings of abandonment and loss. Moreover, their social connectedness — characterized by empathy, cooperation, and friendship — strengthens their emotional security. Through companionship and shared experiences, they develop a collective identity that replaces the traditional family structure with a network of care and belonging.

The seven adolescent informants in this study consistently emphasized that happiness is found in togetherness. They find meaning not in material possessions but in shared activities that create emotional warmth and unity. Problems common in adolescence, such as peer conflicts or the need for individual recognition, still occur, but these are generally managed through communication and support within the orphanage environment. Interestingly, their concept of happiness is not individualistic; rather, it is relational and collective, rooted in shared experiences and mutual care. When one adolescent feels sad, others tend to offer comfort and understanding. This sense of solidarity forms the foundation for emotional

resilience and collective well-being. Their happiness is not defined by external conditions but by their internal capacity to find joy in communal harmony.

Gratitude plays a profound role in shaping their sense of well-being. Living in an orphanage teaches them to appreciate small blessings — having food to eat, a place to sleep, or friends who listen and care. Gratitude manifests not only as a religious expression but also as a social and emotional coping mechanism. When faced with difficulties, such as missing their families or feeling left out, the adolescents often respond with acceptance and faith. They believe that every challenge carries meaning and that patience and thankfulness lead to peace. This spiritual dimension of gratitude contributes significantly to their emotional stability, as faith gives them strength to reinterpret painful experiences into lessons of growth.

Responsibility and self-reliance also emerge as defining features of their psychological development. The adolescents view their stay in the orphanage as an opportunity to become more disciplined and helpful to others. Many of them express pride in being able to relieve their families' burdens by living independently. This sense of responsibility enhances their self-esteem and self-efficacy — two essential components of subjective well-being. They learn to manage daily routines, follow rules, and participate in collective duties such as cleaning, cooking, or helping younger children. Through these shared responsibilities, they internalize values of cooperation, empathy, and leadership. Such experiences build their sense of purpose and belonging, which are vital for long-term psychological growth.

The environment of the Aisyiyah Orphanage plays a central role in nurturing positive well-being. The caregivers, often referred to as “parents” by the adolescents, act as emotional role models who guide, listen, and provide affection. Their presence reduces the emotional gap created by the absence of biological families. The orphanage also fosters a culture of mutual respect and empathy, where every child is encouraged to support one another. This creates a microcosm of social learning in which the adolescents develop interpersonal skills and emotional intelligence. The sense of safety and predictability in the orphanage allows them to express emotions freely, discuss their aspirations, and seek advice when they face problems.

Moreover, daily religious and spiritual activities, such as prayer, Quran recitation, and moral discussions, contribute significantly to emotional regulation. Spirituality gives these adolescents a sense of transcendence and connection to something larger than themselves. It helps them reinterpret adversity with hope and faith. They believe that gratitude, patience, and forgiveness are paths toward happiness. This internalized belief system becomes a psychological shield that protects them from despair. For example, when they experience loneliness, they often turn to prayer or talk with caregivers for comfort. In this way, religious practice is not merely a ritual obligation but an emotional sanctuary that restores balance and calmness.

Social interaction among the adolescents also demonstrates a mature understanding of empathy. They are sensitive to one another’s emotions and know how to offer comfort in simple yet meaningful ways — through listening, sharing,

or engaging in light conversation. These daily interactions strengthen emotional bonds and help them regulate their moods. Even in moments of conflict, they tend to seek peaceful resolutions, understanding that maintaining harmony is more valuable than winning an argument. Their sense of community encourages cooperative behavior, reducing competitive tension and feelings of isolation that are often prevalent among adolescents in institutional care. It is important to note that although the adolescents exhibit strong emotional resilience, they still experience occasional struggles such as homesickness, emotional outbursts, or self-doubt. However, unlike many adolescents in less supportive environments, they possess coping strategies that allow them to recover quickly. Most rely on reflective practices — journaling, praying, or talking to trusted friends — as a means of emotional healing. Their ability to seek help demonstrates a high level of emotional intelligence and awareness. It also reflects the supportive climate within the orphanage, where asking for help is not stigmatized but encouraged.

CONCLUSION

It can be concluded from interviews with seven informants that teenagers who live in orphanages already have well-being in themselves, seen how teenagers who live in orphanages feel grateful and it is not an obstacle to living in orphanages to remain happy and accept themselves with open hearts. teenagers who live in orphanages feel very grateful and proud of themselves who can achieve something in their own way, to overcome their sadness, teenagers tell each other and listen to each other and give a lot of appreciation to themselves, accepting small things while living in orphanages also makes teenagers understand more about how life works.

Living in an orphanage does not make teenagers feel discouraged about what they can do because teenagers also feel comfortable with the environment and friends around them who always support each other and give appreciation. This can be seen from the statement of the seven informants that teenagers who live in orphanages feel happy if they do activities and activities together

SUGGESTIONS/RECOMMENDATIONS

Based on the results of this study, several suggestions can be made to improve the subjective well-being of adolescents living in orphanages. First, orphanage management should enhance programs that support emotional and social development, such as group counseling, peer mentoring, and creative activities that foster self-expression and a sense of belonging. These activities help adolescents develop resilience and emotional stability.

Second, caregivers need to receive regular training on adolescent psychology to better understand the emotional needs and behavioral dynamics of teenagers. Third, collaboration with psychologists, educators, and community organizations should be strengthened to provide continuous mental health support and life skills training. Fourth, adolescents should be given opportunities to participate in decision-making processes within the orphanage to promote autonomy and self-confidence. Lastly, future research should explore the long-term effects of social support systems and gratitude-based interventions on subjective well-being. By combining emotional support, educational enrichment, and community engagement, orphanages like Aisyiyah can become nurturing

environments that not only meet basic needs but also foster psychological growth, happiness, and a sense of purpose among adolescents



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