

## Does Demography Matter? Psychological Well-being of Aisyiyah Members Based on Age, Educational Background, Marital Status, and Parenthood Status

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**Abstract:** Some studies suggest that psychological well-being is one of the key factors influencing individuals' behaviors and emotions. Previous research on members of Aisyiyah indicates that psychological well-being, and religiosity, can influence philanthropic behavior. The study found that approximately 23% of the organization's fellows have low levels of psychological well-being. This research aims to expand the previous study by analyzing the psychological well-being of Aisyiyah members with some demographic factors. The study employed a quantitative descriptive approach method and a population of around 1000 members of Aisyiyah in Sidoarjo who are 18 years old and above as a participant. The sample was determined using Isaac Michael Table which found 245 members of Aisyiyah Sidoarjo as the number of the Sample. One-Way Analysis of Variance (ANOVA) test technique was employed and the results showed that there were no significant differences in psychological well-being among the research sample when examined by age ( $p=0.108$ ), marital status ( $p=0.263$ ), and the number of children ( $p=0.363$ ). However, a significant difference in psychological well-being was found when examining educational backgrounds ( $p=0.035$ ). To conclude, the variable of age, marital status, and the number of children do not influence psychological well-being among members of Aisyiyah in Sidoarjo, whereas the variable of education impacts the level of psychological well-being among members of Aisyiyah Sidoarjo.

**Keywords:** Aisyiyah Members, Psychological Well-being, Ages, Education, Marital Status,



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## 1. Introduction

Recently, there has been a trend among scholars to study well-being in a psychological approach. The growing interest in this issue indicates the importance of well-being in human lives. Some studies explain that a person's well-being can be related to personal states and behaviors, such as physical health, age, quality of life, crime, narcotic and alcohol consumption, work, financial income, as well as prosocial behavior (Winefield et al., 2012). Another study focuses on eudemonic well-being which is related to the fulfillment of a person's potential and the existence of meaning in life (Chen et al., 2013).

More recently, some studies in psychological well-being are linked to individuals' engagement in religious organizations. Rosdiana & Hazim (2024) investigated Muhammadiyah volunteers in responding to the disaster in the 2022 Cianjur earthquake and showed that psychological well-being has significant influence to prosocial behaviors. More specifically in the context of women's organizations, Mariyati & Hazim (2024) revealed that psychological well-being partially mediates the relationship between religiosity and philanthropy. These studies are in line with the previous research that Aisiyiah members have actively engage in addressing the Covid-19 pandemic in Sidoarjo (Hazim & Fihayati, 2022). These studies raises a question about what demographic factors influencing the level of psychological well-being of the Aisiyiah members.

It is important to note that Individuals' well-being is not only when individuals do not have symptoms of mental disorders but also indicated by the presence of several positive psychological aspects such as life satisfaction, happiness, self-acceptance, and so on (Sin & Lyubomirsky, 2009). Some studies explain that a person's well-being can be related to personal states and behaviors, such as physical health, age, quality of life, crime, narcotic and alcohol consumption, work, financial income, as well as prosocial behavior (Winefield et al., 2012). One of the studies is psychological well-being focusing on eudemonic well-being which is related to the fulfillment of a person's potential and the existence of meaning in life (Chen et al., 2013)

Ryff explained that Psychological Well-being is a condition where a person feels good and can function well in carrying out daily activities effectively. (Huppert, 2009). Psychological Well-being has several aspects namely self-acceptance, positive relationships with others, autonomy, environmental mastery, purpose in life, and personal growth (Ryff, 1989). There are some studies that are related to and influence a person's psychological well-being, such as research conducted by Green and Elliot (2010) showing that religiosity influences a person's level of psychological well-being. Thoits (1985) explains that social support influences a person's psychological well-being. Empirical research shows that psychological well-being is related to cardiovascular health (Kubzansky et al., 2018).. Daniels and Harris in their research suggest that psychological well-being influences a person's job performance, mediated by job satisfaction (Daniels & Harris, 2000). In line with these studies, Mariyati and Hazim reveals that psychological well-being together with religiosity influences a person's philanthropic behavior (Mariyati & Hazim, 2024). These studies demonstrate how big the influence of psychological well-being is on various aspects of an individual's life.

Moreover, Riff (1995) explains that there are different levels of psychological well-being in adults and the elderly in terms of environmental aspects, mastery and autonomy increase as the individual ages. The other aspects are purpose in life and personal growth, which experience a decline as the individual ages. The aspects of self-acceptance and positive relations with others did not find significant differences between adults and elderly people. Meanwhile, Briscoe (1982) states that there are differences in the level of well-being between men and women. Women find it easier to express their feelings, both positive and negative feelings. Several research results in recent years have also shown similar results, namely that there are differences in psychological well-being in terms of age and gender (Bluth et al., 2017; Matud et al., 2019; Orang et al., 2018). These studies indicate that it is necessary to understand psychological well-being by comparing adult and elderly women in a given community or group.

Aisyiyah is a religious-based women's organization that was founded on May 19/1917 to coincide with 27 Rajab 1335 on the *Hijriyah* calendar (Datin, 2022). The organization has the same values and goals as the Muhammadiyah Organization, namely upholding the Islamic religion so that a truly Islamic society can be realized (Nisa, 2022). This organization is spread throughout Indonesia and is divided based on regional leadership levels, namely central, regional, and branch. Sidoarjo is one of the areas where Aisyiyah was founded and spread to several sub-district branches. Some of the contributions that Aisyiyah has made to the community when the pandemic struck in the city of Sidoarjo some time ago, Aisyiyah was actively involved in responding to the issues and referred to it as "social justice." Aisyiyah participated by implementing several strategies, including increasing public awareness, assisting in accommodating patients and affected residents of COVID-19, and also supporting temporary social restrictions to mitigate the pandemic's impact on the community (Mariyati & Hazim, 2024)

The study conducted by Mariyati and Hazim demonstrates that members of Aisyiyah Sidoarjo member consist of people of the early adult category, around the age of 20, to older people around the age of 60 and above. In terms of the number of kids, some of the Aisyiyah Sidoarjo have more than 2 children and various marital statuses, including experiencing divorce or divorce. The educational backgrounds also vary, from high school education up to doctoral level. These attributes are interesting issues that encourage to study further regarding the psychological well-being of these members. Previous research (Mariyati & Hazim, 2024) concludes that around 27% of the organization's members are in the low psychological well-being category when compared to other members. These results raise several questions about what attributes can influence the level of psychological well-being of the Aisyiyah members.

Previous research has described the psychological well-being of women in general, such as the status of housewives, but there has been no research that specifically explains the psychological well-being of women organization members in terms of several factors. Considering how important psychological well-being and well-being are to health and the consequences of low levels of well-being can lead to the development of several mental disorders and loss of personal

functionality in living daily life (Heizomi et al., 2015), this research aims to develop previous research related to psychological well-being (Mariyati & Hazim, 2024) as well as to explain the level of psychological well-being of Aisyiyah Sidoarjo members and factors influencing their psychological states.

## **2. Literature Review**

### **2.1. Psychological Well-being**

Psychological well-being is defined as a broad psychological construct involving various aspects such as mental health, physical health, stress levels, and other health symptoms. It is a major topic frequently discussed in psychology and individual or public health studies (Trudel-Fitzgerald et al., 2019). Psychological well-being encompasses psychological adjustment and negative maladjustment, including hedonic aspects (such as experiencing positive feelings and the absence of negative feelings) and eudaimonic aspects (such as cognitive evaluation of one's life), involving positive indicators like self-esteem, social well-being, and life satisfaction, as well as negative indicators like depression, loneliness, and anxiety (Luo & Hancock, 2020). Psychological well-being complements subjective well-being by involving human potential and how individuals cope with life challenges (Horwood & Anglim, 2019).

Based on Ryff et al.'s theory of psychological well-being, there are six main aspects. The first aspect is self-acceptance, where individuals are aware of and accept their strengths and weaknesses. The second aspect is autonomy, which involves self-determination and making independent decisions. The third aspect is positive relations, which refers to having good and deep relationships with others. The fourth aspect is personal growth, which involves experiencing development as a result of cultivating one's strengths. The fifth aspect is environmental mastery, which entails utilizing one's circumstances and seizing opportunities. The final aspect is purpose in life, which involves determining life goals and living life according to those goals (Blasco-Belled & Alsinet, 2022).

A high level of psychological well-being in individuals can lead to several benefits. In the context of work, psychological well-being is associated with productivity, talent retention, commitment, and even the health of employees (Villarosa & Ganotice, 2018). The mental health of individuals and groups can impact society's well-being on both narrow and broad scales, influencing policies and regulations set by governments (Ecclestone, 2012). Psychological well-being is also linked to fulfilling one's potential, achieving goals, and experiencing happiness through engaging in activities aligned with individual interests (Roslan et al., 2017). High psychological well-being is associated with relatively good social functioning, significantly higher interpersonal relationships, and the ability to adapt well for the formation of much-improved self-potentials (Agustina & Wisnumurti, 2019). Psychological well-being is also linked to health outcomes, where it is associated with chronic diseases and mortality, as well as serving as a buffer against stress and promoting healthier lifestyles (Trudel-Fitzgerald et al., 2019).

## 2.2. Psychological Well-being and Age

Several studies have indicated that age factors can influence an individual's level of psychological well-being. When the pandemic hit in 2020, a study by Birditt et al. showed that young people reported various psychological symptoms such as stress, life changes, and deteriorating social relationships, which subsequently affected their level of psychological well-being, while older individuals reported similar symptoms but to a lesser extent, resulting in better psychological well-being (Carretero et al., 2020). Furthermore, research by Bluth (please use citation format of APA) demonstrated that, in terms of self-compassion, older teenage girls had lower levels of self-compassion compared to younger girls. It was also found that teenagers with low levels of self-compassion experienced depressive symptoms, which could subsequently affect their emotional and psychological well-being (Bluth et al., 2017). These studies imply that age can impact an individual's psychological well-being. However, this needs to be further examined in various sample contexts, which in this study involve women who are members of Islamic organizations.

## 2.3. Psychological Well-being and Marital and Parenthood Status

Family life factors such as marital status and the number of children can influence an individual's psychological well-being. Lawrence et al. explained that married individuals tend to have better health and longer life expectancy compared to those who are divorced, widowed, or single. However, an unhappy marriage can potentially negatively impact psychological well-being (Lawrence et al., 2019). Reneflot and Mamelund, in their research article, stated that married individuals report better psychological well-being compared to those who are unmarried, divorced, or cohabiting (Reneflot & Mamelund, 2012).

The number of children and the role of being a parent can also affect an individual's level of psychological well-being, as the increasing number of children affects the parental role. Nelson and Coffey, in their research article, found that fathers show higher levels of subjective well-being, psychological need fulfillment, and engagement in activities (Nelson-Coffey et al., 2019). Furthermore, research by Yu et al. indicated that couples with children demonstrate higher levels of happiness and well-being compared to those without children, with women showing significantly higher levels of happiness compared to fathers (Yu et al., 2019).

These studies suggest that psychological well-being, marital status, parental roles, and the number of children can influence an individual's psychological well-being. This study seeks to further examine these findings within the context of women who are members of Islamic organizations.

## 2.4. Psychological Well-being and Educational Background

Levels of education have the potential to influence an individual's psychological well-being as higher levels of experience and knowledge can affect how one navigates through life. Research conducted by Jongbloed shows that individuals' education levels influence flourishing

and well-being, with significant differences observed between individuals with vocational and tertiary education (Jongbloed, 2018). Similarly, Ruggeri et al found that individuals with higher levels of education exhibit significantly higher levels of psychological well-being compared to those with lower levels of education (Ruggeri et al., 2020). Based on these findings, it can be concluded that education levels can influence an individual's psychological well-being; however, further investigation is warranted, particularly within the context of women who are members of Islamic organizations

### **3. Method**

The aim of the research is to explain the extent to which psychological well-being by considering educational background, age, number of children, and marital status. This research uses descriptive quantitative research methods with the aim of describing the state of the research population. The population of this research are Aisyiyah members of Sidoarjo who are around 1000 members in the Sidoarjo Region. Then sample numbers were determined using the Isaac Michael Table with 10 percent accuracy which results in 245 members being determined as the total number of research samples. Accidental sampling was used as a sampling technique to collect the sample.

The measuring instrument used to measure the level of psychological well-being is a measuring instrument developed by researchers based on Ryff's psychological well-being theory (Ryff & Singer, 1996) with its aspects, namely autonomy, environmental mastery, personal growth, positive relationships with others, purpose in life, self-acceptance. The measuring instrument was then tested for the validity and reliability of the measuring instrument so that 18 items were found to be valid and the Cronbach's alpha reliability score was 0.765, so it could be said that this measuring instrument was valid and reliable for use in research.

This research uses Google Form survey media for data collection which is carried out online. After the data was collected, the research data was then tabulated and grouped based on 4 categories, namely educational background, age, number of children, and marital status.

The data analysis test carried out in this research used the One Way Anova Test to measure the significance of differences between groups based on factors. The data analysis for this research was assisted by using JASP data analysis software version 0.17.

## **4. Results and Discussion**

### **4.1. Assumptions Check**

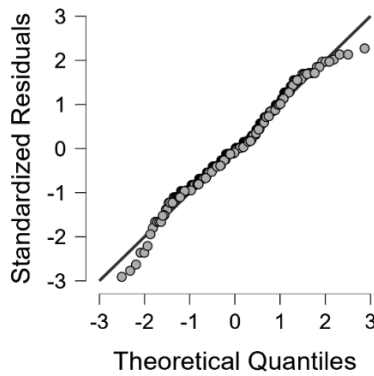
#### **Results**

This research aims to determine different levels of psychological well-being measured based on age, marital status, number of children, and education. An assumption test was carried out to determine whether the homogeneity assumption is met. The following are the results of Levene's test assumptions.

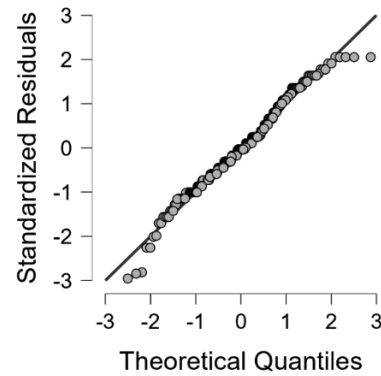
**Table 1.** Levene’s Test

Factors	F	df1	df2	p
Ages	1.449	3.000	241.000	0.229
Marital status	0.807	3.000	241.000	0.491
Number Kids	0.180	3.000	241.000	0.910
Education	0.736	5.000	239.000	0.597

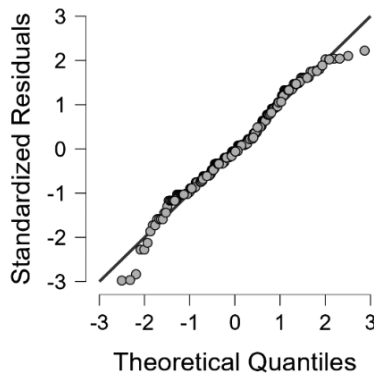
Based on the Levene test which was carried out to test the homogeneity of the research sample based on age, marital status, number of children, and education, it was found that the p-value of each factor was above 0.05 (age  $p=0.229$ , marital status  $p=0.491$ , number of children  $p=0.540$ , and educational background  $p=0.597$ ). These results indicate that the research sample data met the assumption of homogeneity. Next, a linearity assumption test was carried out using QQ-Plot to determine whether the research data residuals were aligned with the linear line. Following are the results of the linearity test using QQ-Plot.



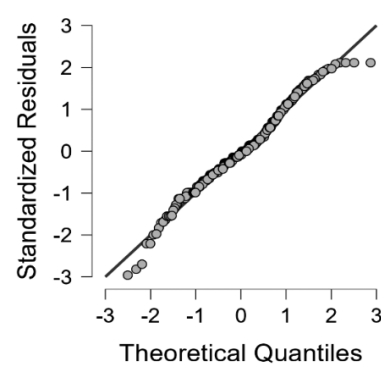
**Figure 2.** Ages



**Figure 3.** Marital Status



**Figure 4.** Number of Children



**Figure 5.** Educational Background

The results of the linearity test using QQ-Plot show that the research sample data is based on 4 predetermined boundary factors, indicating that the distribution of residual data from each factor is parallel to the linearity line created. This result indicates that the 4 factors that have been determined have met the linearity requirements and all assumption tests have been met.

## 4.2. Hypothesis Check

Next, a one-way ANOVA test can be carried out to continue testing the research hypothesis. The results of the one-way ANOVA test carried out based on the specified factors are as follows.

### Ages

**Table 2.** Anova Test based on Ages

Cases	Sum of Squares	df	Mean Square	F	p
Ages	316.923	3	105.641	2.047	0.108
Residuals	12.434.490	241	51.595		

The results of the analysis that have been carried out show that from the 4 age groups, namely the first group aged 17-25 years, then the second group aged 26-40 years, then the third group aged 41-60 years, and the last group aged 60 years and over, there is no difference. significant level of psychological well-being ( $p=0.108$ ). These results imply that age is not a factor that influences the level of psychological well-being of Aisyiyah Sidoarjo members.

**Table 3.** Cohen Test based on Ages

Group	Mean Difference	SE	t	Cohen's d	$P_{tukey}$	
(17-25)	(26-40)	-1.149	2.303	-0.499	-0.160	0.959
	(41-60)	-3.271	2.249	-1.455	-0.455	0.467
	>61	-3.697	3.229	-1.145	-0.515	0.662
(26-40)	(41-60)	-2.122	0.990	-2.143	-0.295	0.142
	>61	-2.548	2.519	-1.011	-0.355	0.743
(41-60)	>61	-0.426	2.470	-0.172	-0.059	0.998

This non-significant difference was also supported by the comparison of one group with another using Dunn's post hoc test. The results of the comparisons that have been carried out showed no significant comparisons in all group comparisons ( $p_{tukey}>0.05$ ). The results of this test supported the assumption that age does not affect a person's level of psychological well-being.

### Marital statuses

**Table 4.** Anova Test Based on Marital Status

Cases	Sum of Squares	df	Mean Square	F	p
Married	222.040	3	74.013	1.424	0.236
Residuals	12.529.372	241	51.989		

Further analysis, of marital status, showed that of the 4 groups divided based on marital status, namely group 1 with married status, group 2 with unmarried status, group 3 with divorced status, and group 4 with divorced status, it can be concluded that there was no difference. significant impact on the psychological well-being of the research sample when viewed from marital status ( $p=0.236$ ). These results implied that marital status did not affect the level of psychological well-being of the Aisiyah Sidoarjo members.

**Table 5.** Cohen Test based on Marital Status

Group		Mean Difference	SE	t	Cohen's d	$P_{tukey}$
Not married	Divorce-live	-2.386	3.377	-0.707	-0.331	0.894
	Divorce-passed away	-4.227	2.235	-1.891	-0.586	0.235
	Married	-3.291	1.732	-1.900	-0.456	0.231
Divorce-live	Divorce-passed away	-1.841	3.305	-0.557	-0.255	0.945
	Married	-0.905	2.988	-0.303	-0.126	0.990
Divorce-passed away	Married	0.935	1.589	0.589	0.130	0.935

Note. P-value adjusted for comparing a family of 4

The comparison results using Dunn's Post Hoc levels of psychological well-being based on groups also showed no significant differences between groups ( $p_{tukey}>0.05$ ). The results of this analysis strengthen the assumption that marital status does not affect the level of psychological well-being in the research sample.

**Table 6.** Anova Test based on the Number of Kids

Cases	Sum of Squares	df	Mean Square	F	p
Number of kids	167.539	3	55.846	1.070	0.363
Residuals	12.583.874	241	52.215		

The next analysis is based on the number of children factor with 4 groups, namely group 1, namely members who do not have children, then group 2 with the number of children 1-2, then group 3 with the number of children 3-4 and group 4 with the number of children 5 and above shows that there are no significant difference in the level of psychological well-being based on the number of children ( $p=0.363$ ). These results imply no significant difference in the psychological well-being of Aisiyah members when viewed from the number of children.

**Table 7.** Cohen Test based on Number of Kids

Group		Mean Difference	SE	t	Cohen's d	P <sub>tukey</sub>
1 - 2	3 -4	0.082	1.053	0.078	0.011	1.000
	>5	-0.238	2.498	-0.095	-0.033	1.000
	No kid	2.275	1.333	1.706	0.315	0.323
3 - 4	>5	-0.321	2.544	-0.126	-0.044	0.999
	No kid	2.192	1.417	1.547	0.303	0.411
>5	No kid	2.513	2.672	0.940	0.348	0.783

Note. P-value adjusted for comparing a family of 4

The comparison results in each group using Post Hoc also showed no significant comparison in each group comparison ( $p_{tukey} > 0.05$ ). These results also support that marital status is not a factor that influences the level of happiness of the research sample

**Table 8.** Anova Test based on Educational Backgrounds

Cases	Sum of Squares	Df	Mean Square	F	p
Education	621.175	5	124.235	2.448	0.035
Residuals	12.130.237	239	50.754		

The results of the analysis that had been carried out show that based on educational background it was divided into 6 groups, namely group 1 with a junior high school educational background, group 2 with a high school educational background, group 3 with a D1-D3 educational background, group 4 with a bachelor's educational background., group 5 with a master's educational background, and group 6 with a doctoral educational background showed significant differences in the level of psychological well-being when viewed from the educational background ( $p=0.035$ ). These results implied that educational background could influence the level of psychological well-being of Aisiyah Sidoarjo members.

**Table 9.** Cohen Test based on Educational Backgrounds

Group		Mean Difference	SE	t	Cohen's d	P <sub>tukey</sub>
(D1-D3) Diploma Degree	(S1/D4)	-3.360	1.830	-1.836	-0.472	0.445
	Graduate/Masters Degree	-6.266	2.279	-2.750	-0.880	0.069
	Doctorate Degree	-12.020	4.461	-2.694	-1.687	0.080
	Senior high school	-2.939	1.965	-1.496	-0.413	0.667
	Junior high school	-3.153	3.624	-0.870	-0.443	0.953

Group		Mean Difference	SE	t	Cohen's d	P <sub>tukey</sub>
(S1/D4) Bachelors Degree	S2 (idem above)	-2.906	1.604	-1.812	-0.408	0.460
	S3 (idem above)	-8.659	4.157	-2.083	-1.216	0.300
	Senior High School	0.421	1.114	0.378	0.059	0.999
	Junior High School	0.207	3.243	0.064	0.029	1.000
S2 (idem above)	S3	-5.754	4.373	-1.316	-0.808	0.776
	Senior high school	3.327	1.755	1.895	0.467	0.408
	Junior high school	3.113	3.515	0.886	0.437	0.950
S3 (idem above)	Senior high school	9.080	4.218	2.153	1.275	0.264
	Junior high school	8.867	5.203	1.704	1.245	0.530
Senior high school	Junior high school	-0.214	3.321	-0.064	-0.030	1.000

Furthermore, with Post Hoc analysis, it was found that statistically there were no significant differences between the groups, the differences that were closest to the requirements were found in the Diploma degree group with the Graduate/masters degree group (ptukey=0.069) and the D1-D3 group with the S3 group (ptukey=0.080) These two differences indicate that a higher level of education will tend to get a higher comparison score. The results of this comparison imply that the higher the member's education level, the happier the member will tend to be.

**Table 10.** Descriptive Test Based on Educational Background

Education	N	Mean	SD	SE	Coefficient of variation
D1-D3	17	76.647	8.653	2.099	0.113
S1/D4	139	80.007	6.922	0.587	0.087
S2	23	82.913	7.255	1.513	0.087
S3	3	88.667	2.309	1.333	0.026
Senior high school	58	79.586	7.240	0.951	0.091
Junior high school	5	79.800	6.380	2.853	0.080

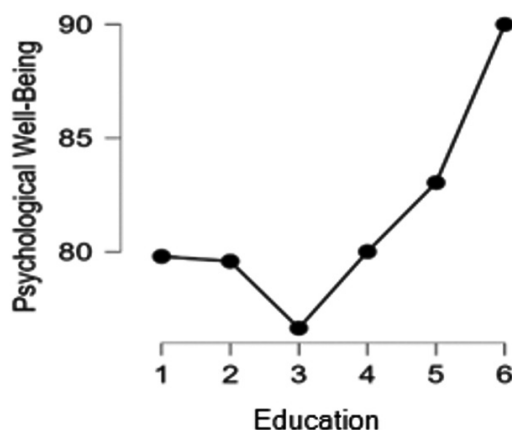


Figure 6. Descriptive Plot

- 1 = Junior high school
- 2 = Senior high school
- 3 = D1/D3 (*idem above*)
- 4 = S1/D4 (*idem above*)
- 5 = S2 (*idem above*)
- 6 = S3 (*idem above*)

Based on the descriptive plot created, it showed that of all educational background groups found that group 6, or the group with a doctoral educational background had the highest level of happiness when compared to the other groups (Mean= 88.667). A trend of increasing plots was found in the groups starting from Group 4 with an (*idem above*) background to Group 6 with a (*idem above*) background. These results supported the assumption that educational background has a significant influence on the level of psychological well-being of Aisiyiah Sidoarjo members.

### 4.3. Discussion

The results of the ANOVA test that was carried out showed that there was no significant difference between levels of psychological well-being in terms of age ( $p=0.108$ ), Marital Status ( $p=0.236$ ), and Number of Children ( $p=0.363$ ). A significant difference was found in the level of psychological well-being in terms of educational background ( $p=0.035$ ).

The findings in the age aspect are in accordance with previous studies such as research conducted by Springer, Pudrovskaya, and Hauser (2011) revealing that age has a slight variant impact on several aspects of psychological well-being, so it can be said that the level of psychological well-being of an individual is not too affected by the age or age of the individual. These findings are also in accordance with the Costa et al (1987) study about a national survey of the influence of age on psychological well-being (N=4942) among people aged 25 to 74 years. This research also presents that age does not have a significant influence on an individual's level of psychological well-being. The results of this research show that some of the stigma of the well-being of elderly people cannot always be said to be low, because apart from the age

factors which was found to be insignificant, several studies have shown in several cases that elderly people can maintain psychological well-being. which they have is good at doing regular physical activity to maintain health (Netz et al., 2005). Several assumptions in previous research show that individuals can adapt to the conditions they experience at all ages so that they can help maintain the level of psychological well-being they have (Murrell et al., 1988)

The insignificant influence of marital status on a woman's psychological well-being is contrary to several research results conducted by Marks and Lambert (1998) stating that marital status, including unmarried, married, and divorced status can affect a person's level of well-being. The other research conducted by Reneflot and Mamelund (2012) demonstrates that people who are married or have a partner tend to have better psychological well-being than people who are not married or have experienced a divorce. Meanwhile, when we look at the mean value of each group, it can be found that the lowest value was in the category unmarried (Mean=76.947). (Mean=81.174). The results of the average psychological well-being value indicate that there are differences, but on a small scale, but these average results are in accordance with several arguments from previous research that marital status can influence a person's psychological well-being (Hsu & Barrett, 2020; Kim & McKenry, 2002; Marks & Lambert, 1998; Reneflot & Mamelund, 2012).

The number of children also found no significant difference in the psychological well-being of each group ( $p=0.363$ ). Some references such as the McLanahan and Adams article (1987) explained that parents with children at home will tend to feel less happy and less satisfied with their lives and they will experience high levels of anxiety and depression. In the article it also explained that one of the causes of this pressure arises from time and economic pressures that arise from the role of a parent who has to support their child. The results of this study contradict the results of that study (McLanahan & Adams, 1987) because no significant differences were found between members who have children and members who do not have children. The results of this study are more in line with research conducted by Nomaguchi (Nomaguchi, 2012) which states that parental satisfaction or satisfaction with being a parent can be a variable that explains the difference in levels between parents who have children aged toddlers up to 5 years, who have a higher level of psychological well-being than parents with children who have grown up. The feeling of satisfaction of being a parent will encourage members to have the same psychological well-being tendency but tends to be higher regardless of the number of children they have. Several explanations such as good self-acceptance and self-esteem can explain the results of this research due to the existence of self-acceptance. Good self-esteem will direct research sample members to avoid severe stress and various negative emotions (Maclnness, 2006).

Of the other three factors, education shows a significant difference in the level of psychological well-being of the research sample ( $p=0.035$ ). These results are in accordance with research conducted by Ryff and Heidrich (Ryff & Heidrich, 1997) and Ryff et al (1999) which states that the level of education can influence the level of psychological well-being of mothers who have children. The research article explains that mothers with a higher level of education tend to have a higher level of self-acceptance and purpose in life when compared to mothers with a lower level of education, where the argument given is that mothers with a higher level of education can see things. positive in the achievements achieved by their children, in contrast to mothers

with a lower level of education who they tend to compare themselves negatively with their children who have achieved higher achievements than themselves. As for other research, it is explained that. Research conducted by Glenn and Weaver also showed similar results (1981) where education has a significant influence on a person's level of psychological well-being.

Several studies explain that several educational processes such as peer learning are related to all aspects of psychological well-being (Hanson et al., 2016), The level of education that influences the psychological well-being of young mothers (Thompson, 1986), and research conducted by Chow (2010) which shows that individuals with a higher level of education can have a higher level of psychological well-being because these individuals will tend to be involved in activities that require or strengthen their cognitive abilities, especially those that are socially active, which can then reduce the level of stress experienced by further improving one's cognitive and intellectual abilities. Several explanations from previous research and the results of this research imply that the level of education greatly influences a person's level of psychological well-being. The results of this research also show that the highest level of education, namely S3, received the highest average score (mean=88.667), and an increase in the average level was found. S1 education (mean=80.007) to S2 (mean=82.913) which can indicate that the higher a person's education, the higher the person's level of psychological well-being.

Some explanations that can be given regarding this finding are that research samples who are members of religious organizations will tend to have good religiosity (Ismail & Desmukh, 2012) resulting in several attributes such as age, marital status, and number of children they have not showing a significant influence on level of psychological well-being possessed, as in Islamic teachings, a person must learn to be sincere with the situation he is experiencing. Furthermore, another explanation that researchers can give is a good sense of community among Aisyiyah members, as in research conducted by Wang et al (2015) which states that a sense of community can have an effect on a person's level of psychological well-being. because being active in a community causes Aisyiyah members to have constant psychological well-being so that they are not too affected by age, marital status, and number of children, it can be said that by actively joining the Aisyiyah organization, members can have a good sense of community so that they can maintain a good level of psychological well-being.

Overall, this study highlights the importance of improving the quality of education, especially for women of every age group in order to increase the level of psychological well-being. This implies women activists should encourage themselves to improve their education to a higher level. Therefore, leaders of women's organizations can provide space for their members to pursue higher education. Likewise, institutions of education should provide space for women activists to get more opportunities for having access of education in order to improve their human resources. Through this way, it is hoped that women will be able to have better quality education, thereby increasing their psychological well-being.

One limitation of this research is the lack of a comprehensive analysis of psychological well-being based on existing aspects of psychological well-being. The research limitations can be used in further research to examine psychological well-being in education as a significant influencing factor in order to obtain a more comprehensive explanation.

## 5. Conclusions

This research aims to explain the psychological well-being of Aisyiyah Sidoarjo members in terms of age, marital status, number of children, and educational background. It was found that there were significant differences in the psychological well-being of Aisyiyah members in terms of educational backgrounds ( $p=0.035$ ) while age, marital status, and number of children were found to have no significant differences in the factor groups ( $p>0.05$ ).

The advice that researchers can give is to improve the quality of education for women of all ages, where the results of this research show that education is one of the significant factors that makes a difference in psychological well-being. It is hoped that this scientific paper can encourage a start where education is more prioritized for someone by facilitating access or facilities that make it easier for someone to learn and enrich their intellectual abilities, especially for women, as education can lead individuals to be happy and understand the life they have better.

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