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## **The Relationship between Self-Efficacy and Subjective Well Being among Tobacco Farmers**

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### **Abstract**

Tobacco is the main raw material for cigarette production, so it is a dilemma for farmers when choosing to plant it. Uncertain weather in Indonesia has an impact on the success of tobacco cultivation. This study aimed to analyze the relationship between self-efficacy and subjective well being in tobacco farmers in Jember Regency. This study used a cross sectional design with a proportional random sampling technique with a sample size of 422 tobacco farmers. The research instrument used the General Scale Efficacy questionnaire ( $\alpha$ -Cronbach 0.76-0.9), Scale with Life Satisfaction ( $\alpha$ -Cronbach 0.87), and Scale of Positive and Negative Experience ( $\alpha$ -Cronbach 0.80-0, 84). This study uses Chi Square (CI = 95%). The results showed there was a relationship between self-efficacy and subjective well being in tobacco farmers ( $p = 0.000$ ; OR = 4.856). The results of this study are tobacco farmers who have self-efficacy can face crop failure, and this is because of the experience of working as a tobacco farmer, which shows that tobacco farmers worked on average for 23 years with experience of crop failure as much as three times. If farmers have more experience, they can know the weaknesses and strengths of tobacco farming to overcome the problems in the scope of tobacco cultivation. Increased work experience, the farmer is getting bolder in making decisions and dare to bear the risk. This study are expected to help the public health office at the Primary Health Care Service to improve psychosocial health promotion efforts through a joint farmer group.

**Keywords:** Self efficacy, subjective well being, tobacco farmer.

## Introduction

Every job has problems that will impact the work, including tobacco farmers as well. The uncertain weather in Indonesia (Herminingsih, 2014), cheap tobacco selling price (Santoso et al., 2017) and the presence of the WHO (World Health Organization) to reduce smoking behavior and cigarette tobacco production (WHO, 2018) and the competition activities of anti-tobacco or cigarette campaigns (Ematia et al., 2012) is a vulnerability to farmer work stress. According to the research of Santoso et al. (2017) explained that farmers are still confused to manage tobacco results so that farmers are forced to sell their crop to the pressing of tobacco with a cheap selling price. It is undoubtedly detrimental to tobacco farmers. Farmers experiencing working stress will have an impact on declining health conditions due to high workloads. Therefore, it is crucial to know the psychological health as supporting welfare and increased productivity (Susanto et al., 2015).

Based on the results of the study of Septiani (2019) showed that tobacco farmers in Kalisat sub-district experience a key symptom including a sad feeling (68.1%) and loss of interest in any matter (59.3%). Tobacco farmers complained of stress due to irregular weather changes causing the crop to fail. Based on a qualitative study conducted by Susanto and Widayati (2018), farmers revealed that when the crop fails, it can have an impact on sleep quality and irritability. Farmers feel they have spent cost and expensed a lot of energy for tobacco planting. An irritable feeling is an indicator of the high negative emotions of subjective well-being. Besides, there is dissatisfaction due to an unpleasant crop failure experience also included in the subjective well-being. Farmers who have the satisfaction of their lives can control emotions and moods well. Diener et al., (1999) explains this individual happiness called the subjective well-being concept. Based on some research that has been explained, farmers have not been able to properly manage their emotions while facing tobacco farming problems. It can have an effect on subjective well-being on the farmer's self.

In the research of Yamin (2019) explain farmers often feel anxious and worried when conducting business in the field of agriculture such as ease to obtain the means of production of crops as desired, the occurrence of failed harvest flood, the presence of pests and diseases and the selling price of crops. In addition to the problems in tobacco farming, the problem related to the economy also affects the emotional condition of tobacco farmers (Septiani, 2019). Poor psychological conditions will result in a reduced sense of delight, comfort, and can reduce one's productivity.

In the problem mentioned above, tobacco farmers in the district Kalisat Jember District have an unstable emotional experience that is an indicator of subjective well being due to various problems during the planting of tobacco. Based on the above background, researchers to determine the level of self-efficacy with subjective well being in tobacco farmers in Kalisat District, Jember Regency.

## Method

Design research used observational analytic using a cross-sectional approach. The research samples are tobacco farmers who are incorporated in the farmer group in 12 villages in Kalisat subdistrict. The criteria of inclusion of research subjects include farmers as farm laborers, working only as tobacco farmers (during the tobacco planting season), aged 35–60 years (based on Diener's theory), already married, living with the family, have never experienced crop failure. The sampling technique uses proportionate random sampling, a large sample of 422 respondents taken using the Slovin formula.

The instruments used by the General Scale Efficacy. Questionnaire have ten statements with level indicators, strength, and generality. The Questionnaire was examined by Ralf Schwarzer and Matthias Jerusalem with the Alpha range of Cronbach 0.76-0.9 (Born, Schwarzer & Jerusalem, 1995). The measurement subjective well being with affective and cognitive indicators using two questionnaires, namely Scale with Life Satisfaction ( $\alpha$ -Cronbach 0.87) developed by Diener, Larsen, Emmons & Griffin (1985).

A questionnaire for the Scale of Positive and Negative Experience ( $\alpha$ -Cronbach 0.80-0.84) was scaled from Diener et al. (2009). This scale is a Likert scale that presents six lists of positive emotions, six lists of negative emotions. The statistical test used was Chi-Square (CI = 95%). It is given the

ethics commission of the Medical Research (KEPK) Faculty of the Dentistry University of Jember with the test number No. 684/UN 25.8/KEPK/DL/2019.

## Results

**Table 1 A characteristic description of tobacco farmer respondents in Jember district**

Variable	N	(%)
Age (median; min-max)	47	35–60 year
length of working (median; min-max)	23	2–49 year
The Experience of failed harvest (median; min-max)	3	0–15 time
Income (Rupiah) (median; min-max)	1000000	500000–2000000
Gender		
Male	317	75.1
Female	105	24.9
Education Level		
Elementary School	228	54.1
Junior High School	113	26.8
Senior High School	81	19.2

Source: Primary Data researcher, January 2020

**Table 2 Frequency of respondents in variable subjective well being**

Indicator	Median	Min-Max
Subjective Well Being	35	3–57
Affective: Life Satisfaction	26	12–33
Cognitive: Emotional Experience	9	(-8)–32

Source: Primary Data researcher, January 2020

**Table 3 Distribution of respondents in variable subjective well being**

Variable	Amount	Percentage
Subjective Well Being		
High	265	62.8
Moderate	157	37.2
Low	0	0
Total	422	100.0

Source: Primary Data researcher, January 2020

This study illustrates the demographic characteristics of tobacco farmers, subjective well-being, self-efficacy, and the relationship between self-efficacy and subjective well-being of tobacco farmers.

Demographic characteristics of tobacco farmers as follows (table. 1)

**Subjective Well Being of Tobacco Farmers**

The depiction of subjective well being on tobacco farmer’s Jember District includes life satisfaction and emotional experiences over the last four weeks (table 2).

Based on table 2. It indicates that the median value gained in the subjective well-being variable is 35, which means tobacco farmers have high subjective well being. The

median value of life satisfaction is 26, which means the average tobacco farmer is satisfied with his life, and an emotional experience indicator shows a median value of 9, which means tobacco farmers have a highly balanced emotional experience between positive and negative emotions.

**Self-efficacy of Tobacco Farmers**

An overview of the self-efficacy of tobacco farmers Jember District includes levels (relating to the level of difficulty experienced by individuals), strength (referring to the experience of the individual) and generality (relating to how broadly the task field is determined).

**Table 4 Frequency of respondents to self-efficacy variables**

Indicator	Median	Min-Max
Self-efficacy	32	21–40
Level	9	5–12
Strenght	10	6–12
Generality	12.50	8–16

Source: Primary Data researcher, January 2020

**Table 5 Distribution of respondents in variable subjective well being**

Variable	Amount	Percentage
Self-efficacy		
High Self Efficacy	281	66.6
Moderate Self Efficacy	141	33.4
Low Self Efficacy	0	0
Total	422	100.0

Source: Primary Data researcher, January 2020

**Table 6 Relation to self-efficacy with Subjective Well Being farmer Tobacco**

Self Efficacy	Subjective Well Being			p Value	OR
	High	Medium	Total		
High	211 (75.1)	70 (24.9)	281	0.000	4.856
Medium	54 (38.3)	87 (61.7)	141		
Total	256	157	422		



Based on table 4 it indicates that tobacco farmers have high self-efficacy with a median value of 32. The scoring mentions that the higher the score shows, the higher the self-efficiency, the lower the score under 21 indicates low self-efficacy. The minimum score of research is 21, so it can be said that no tobacco farmer has no low self-efficacy. The generality indicator obtains the highest median value of 12.50, while the level indicator acquires the lowest median value of 9.

The results showed a link between the self-efficacy with subjective well being on tobacco farmers ( $p = 0.000$ ;  $OR = 4.856$ ). Tobacco farmers have a high self-efficacy then will have a chance of 4 to five times having a high subjective well being.

## Discussion

### Subjective Well Being of Tobacco Farmers

Subjective well being interpreted as life evaluation with the indicator is life satisfaction and emotional experience. The results of this research show that tobacco farmers have high subjective well being. The results of this study supported the previous research on the characteristic relationship of farmers with the well-being of rice farmers conducted by Yamin et al. (2018) in Palembang, which showed that subjective well-being farmers gained an average high overall score. This research differs from the research conducted by Sukowati (2019) about the relationship between positive thinking and subjective well-being on farmers, where the research explains that the level of subjective well-being is relatively low, which means the satisfaction of his life is lacking. The difference of opinion with Sukowati (2019) is due to the rise of the selling price of crops that make farmers can only be resigned to the government to stabilize the price of crops. The low selling price affects the income that farmers have earned to meet the needs of the family.

Several factors can affect the level of subjective well-being of tobacco farmers, both on the indicators of life satisfaction and emotional experiences such as age, education, income, great work, failed harvest

experience, marital status, and social support. Among these factors that have the most considerable influence is income because it is related to the fulfillment of family needs. Lucas et al., (2007) explained that there is a relationship between income and subjective well being. Good financial condition will provide a good life for individuals.

### Self-efficacy of Tobacco Farmers

The results of self-efficacy research show that tobacco farmers in Jember district have high self-efficacy with a median value of 32 which is in the range 31-40. The results of this study were by previous research discussing the efficacy of self-associated with stress on tobacco farmers, in which individuals have self-efficacy in high category (Andriyani, 2019). Other studies that are consistent with this study are Puspita et al. (2019) which discusses the factors that influence the safety behavior of tobacco farmers, one of them self-efficacy shows that 66.7% of tobacco farmers have high self-efficacy. The study's results differed with the study discussing the relationship of self-efficacy with the use of Personal protective equipment (PPE) in farmers, where the research shows that farmers have a low category (Aji, 2015).

Self-efficacy has several indicators, such as levels, strength, and generality. The results of this research are known that tobacco farmers in Jember district have an indicator that shows the highest average value of the generality indicator. The generality indicator relates to the specified task field, how broadly with the abilities and beliefs possessed in completing the task (Bandura, 1997).

The strength indicator relates to the experience possessed by the individual. The increasingly long experience will increase the power of confidence and firmness in striving. This indicator can support the individual to encounter difficulties (Aji, 2018). Researchers argue several factors can influence the efficacy of self on indicator strength among others age, length of work over 23 years, experience failed to harvest. It can support farmers to create strength and confidence.

The results of self-efficacy research on the level indicators show the lowest average score. Level indicators relate to the level

of difficulty experienced by individuals. Different levels of individual stress will determine the ability to resolve the problem (Aji, 2015). Researchers argue that the educational factor is a significant factor in the level indicators. This indicator occupies the lowest value, so it needs to be improved in the required knowledge at the level of difficulty experienced. Knowledge enhancement can be done through educational activities or counseling in farmer groups.

Individuals have high self-efficacy so the individual is able to control the events and actions taken will be more effective because it can affect the mind, motivate and affect one's physical health when acting (Stuart, 2013).

#### **Relation to self-efficacy with Subjective Well Being farmer Tobacco**

This research showed there is a significant relationship between self-efficacy and subjective well-being on tobacco farmers in Jember District. It stated that people who have low self-efficacy would be at risk 4 to 5 times have a low level of subjective well being.

The research is in line with research conducted by Maujean and Davis (2013), which suggests that high individual self-efficacy can increase the individual's positive feelings and provide a positive relationship with life satisfaction. The study supported previous research conducted by Pramudita and Wiwien (2015) explaining that there was a connection between self-efficacy and subjective well being with a P-value of 0.000 and its correlate value of 0.341. The other studies explained that there is a positive relationship between self-efficacy and subjective well-being (Agustina and Afriyeni, 2016; Dearly & Sri, 2016). However, this study differed with the research of the Situmorang (2017), which examines the subjective well-being of the leader's contemplation reviewed from the role of optimism and self-efficacy, indicating that there is no correlation at all ( $p = 0.135$  and  $r = 0.486$ ).

Diener et al. (2009) Explaining someone is said to have a high subjective well when the individual has a life satisfaction, always feels joyful, and rarely feels negative

emotions such as sadness, anger, despair, etc. Individuals with high subjective well-being will feel more confident, friendly, and socially bonding, and can demonstrate better work performance.

Self-efficacy is the main source of the coping in the context of personal beliefs that can be used as an ability to organize and implement the set of actions needed to produce something that is wanted to be achieved, and It will ultimately provide life satisfaction an indicator of subjective well being. A person with high self-efficacy can see things positively, dare to face challenges, perform tough tasks, and consider problems as something to be solved rather than a threat to avoid (Ariyanto, 2016).

Individuals who have high self-efficacy can cope with deep pressure in life. In this research, tobacco farmers who have high self-efficacy capable of facing problems in the planting period of tobacco; this is because the experience of working as a tobacco farmer is shown that tobacco farmers work on average for 23 years. Work experience is required in tobacco farming activities that serve to take the opportunity of tobacco farmers to improve the optimal tobacco yield (Sari, 2017). If farmers have more experience, they can know the weakness and advantages of tobacco farming to overcome problems in the sphere of tobacco cultivation. According to Herminingsih (2014), Increasing work experience makes farmers increasingly brave in making decisions and dare to bear the risk. Knowledge of farming can indirectly affect a farmer's mindset. Farmers who have a long experience in the field of tobacco farming can plan and conduct better farming efforts due to understanding in all aspects of tobacco farming (Ariyanto, 2016).

Tobacco farmers who can plan and perform the actions needed to produce something that they want to achieve will ultimately give life satisfaction. Individuals who have high self-efficacies can see things positively, dare to face challenges, perform tough tasks, and consider problems to be solved rather than a threat to avoid. It will help the individual to evaluate his life thoroughly so that he is subjective well being. When individuals have low self-efficacy will be prone to depression, anxiety, and despair for fear of facing

challenges and fear of failure in tobacco farming efforts (Rachmah, 2017).

## Conclusion

There is a correlation between self-efficacies and subjective well-being on tobacco farmers in Kalisat district of Jember District. Tobacco farmers have a high self-efficacy then will have a chance of four to five times having a high subjective well being. This research aims to help Nurse improve psychosocial health promotive efforts through the combined farmer group. Farmers are expected to create high self-efficacy in the level indicators by increasing knowledge. In contrast, the family and social environment are expected to provide support and good attention so that the high subjective well being can be achieved.

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