

# Children's and adolescents' subjective well-being during the COVID-19 pandemic in Indonesia: Two data collections

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## Abstract

The COVID-19 pandemic has been two years and affected many aspects of human's life, not only health issues. With children confined at home, many were unable to play outside or meet with friends. Studies on the COVID-19 mainly focused on its effects in the first year of the pandemic. There were still limited studies investigating the effect of the COVID-19 in the second year of the pandemic. This study is the first to empirically investigating cognitive and affective components of SWB of children and adolescents during the first and second year of the COVID-19 pandemic and the effects of satisfaction with contact or communication with friends and use of time on their subjective well-being (SWB) in Indonesia. We do so by using data from two samples of children and adolescents (10-18 years old;  $N = 1,011$  -  $M$  age = 14.61 and  $N = 1,640$  -  $M$  age = 14.86, respectively) collected in two periods of time (May to July 2020 and March to May 2021). Its aims are twofold: (1) to examine the state of SWB among Indonesian children, including its cognitive component (measured using the CW-SWBS), positive affect (PA), and negative affect (NA), and the participants' satisfaction with their contact with friends and how they spend their time; and (2) to compare the evolution of these SWB-related aspects from the first to the second year of the COVID-19 pandemic. Data were collected using Google Forms with convenience sampling. The results showed that boys displayed significantly higher mean SWB scores than girls, while elementary students displayed significantly higher mean scores for the cognitive component than middle and high school students for both data collection periods. Boys also displayed significantly higher mean PA scores than girls. There were significant school grade differences on PA and NA, depending on the period of study. In the first year of the COVID-19 pandemic, children and adolescents were less satisfied with the contact with friends than in the second year of the COVID-19 pandemic. Children and adolescents were significantly sadder, more stressed, and

more bored in the first year of COVID-19 than in the second year. These results suggest that children and adolescents adapted to the COVID-19 situation during the second year, and this adaptation protected their SWB from further decrease, as defended by the homeostasis theory. In order to understand how children's SWB is affected by adverse situations, such as the COVID-19 pandemic and lockdown, this study uses Cummins' theory of SWB homeostasis.

**Keywords:**

Adolescents, Children, COVID-19, Positive and Negative Affect, Subjective Well-Being