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The Role of Quality of Life, Life Satisfaction, Feelings of Loneliness, and Adaptability to Purpose in Life Adults in Disaster-Prone Areas of Earthquakes

Eriyono Budi Wijoyo[1], Mustikasari[2*]
[1] *Doctoral Nursing Student, Faculty of Nursing, Universitas Indonesia*
[2] *Professor in Mental Health Nursing, Faculty of Nursing, Universitas Indonesia*
**Corresponding author: mustikasari@ui.ac.id*

ABSTRACT

Background: Young people often face challenges in determining their life goals due to various influencing factors. This issue is a major problem for young people living in earthquake-prone areas. Purpose: This study aims to develop and test a structural equation model (Structural Equation Modeling/SEM) of life goals in young adults in areas prone to earthquake disasters.

Methods: The model used in this study is SEM (Structural Equation Modeling) which is operated through the Smart PLS program. SEM data processing builds a measurement model and a structural model. The SEM process involved three key steps: confirmatory factor analysis to test the instrument's validity and reliability, path analysis to evaluate the relationships between variables, and structural model analysis to assess and predict the model's overall suitability.

Results: Most of the study participants were female (87.2%) aged 18-21 years (67.5%). More than half of the respondents were undergraduate students (68.9%) who were single (96.5%), and respondents who had no history of trauma (66.1%). Normality analysis showed that the absolute values of skewness and kurtosis of all variables did not exceed 1.97 and 2.58, respectively, thus meeting the recommended criteria for a normal distribution. In this study, the fit index of the hypothesized model met the recommended criteria so that the overall model fit was considered acceptable. This indicates that the hypothesized life purpose model for young adults in areas prone to earthquake disasters is appropriate. Path analysis showed that 10 of the 15 paths were statistically significant.

Conclusion: Model development shows variables that are quite effective in forming a model to improve the life purpose of young adults in areas prone to earthquake disasters.

Keywords: quality of life, life satisfaction, feelings of loneliness, adaptability, purpose in life, earthquakes-prone areas, disaster resilience

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BACKGROUND

Natural, non-natural, and human factors cause disasters. Disasters that occur due to nature, such as earthquakes, tornadoes, tsunamis, landslides, and floods. Furthermore, types of disasters are caused by non-natural factors such as technological failure, modernization failure, transportation accidents, armed conflicts, and wars. The last type of disaster is caused by humans, which includes social conflicts between groups or communities (BNPB, 2024). Natural disasters are one of the causes of disasters that often occur in the world (Prasad & Francescutti, 2016).

Natural disasters that occur significantly around the world will have an impact on individuals, families, communities, and the environment. The impact of these disasters can be detrimental both materially, physically, and psychologically (Wijoyo et al., 2023). Psychological losses experienced by the community after a natural disaster, such as post-traumatic stress disorder (PTSD) (Murdoch et al., 2017; Wijoyo et al., 2020). PTSD is a psychiatric disorder that occurs in someone who experiences or sees a traumatic event such as a natural disaster, accident, terrorism, war, rape, or other violent behavior (Figueroa et al., 2022; Lee et al., 2020; Murdoch et al., 2017). From the definition above, people who experience traumatic events such as natural disasters will be at risk of experiencing post-disaster stress disorder, which can occur at all ages, including young adulthood.

Young adulthood is a transitional period from adolescence to adulthood. Young adulthood is now used to refer to the transition from adolescence to adulthood. This age group ranges from 18 to 25 years, and this period is characterized by observation and experimentation activities (Gilleard, 2020; Syed & Mclean, 2019). The transition from adolescence to adulthood is marked by constant change. Young adulthood is a time of discovery, stabilization, and reproduction, a time of emotional problems and tensions, a time of social isolation, a time of attachment and dependence, shifts in values, creativity, and new lifestyles (Fardghassemi & Joffe, 2021; Kirkbride et al., 2024; Scardera et al., 2020). Young adults strive to become more independent people and try their best not to depend on others. As described in Erik Erikson's theory, young adulthood is between the ages of 20 and 30 (Maree, 2021). According to the Substance Abuse and Mental Health Services Administration, more than two-thirds of adolescents have experienced traumatic events, and these experiences can have long-term impacts on the mental health of young adults (Substance Abuse and Mental Health Services Administration, 2023). Approximately 64% of adults in the United States report that they have experienced at least one type of ACE (Adverse Childhood Experience) before the age of 18. Nearly one in six (17.3%) adults have experienced four or more ACEs (Merrick et al., 2019).

From the 2011–2020 Behavioral Risk Factor Surveillance System (BRFSS) data, CDC (Centers for Disease Control and Prevention) provides estimates of ACE prevalence among U.S. adults in all 50 states and the District of Columbia, and by key sociodemographic characteristics. 63.9% of U.S. adults reported at least one ACE; 17.3% reported four or more ACEs. Experiencing four or more ACEs was most common among women (19.2%), adults aged 25–34 years (25.2%), non-Hispanic American Indian or Alaska Native (AI/AN) adults (32.4%), non-Hispanic multiracial adults (31.5%), adults with less than a high school education (20.5%), and those who were unemployed (25.8%) or unable to work (28.8%). The prevalence of experiencing four or more ACEs varied substantially across jurisdictions, from 11.9% (New Jersey) to 22.7% (Oregon). The prevalence patterns of individual and total ACEs vary by jurisdiction and sociodemographic characteristics. This reinforces the importance of jurisdictional and local ACEs data collection to guide targeted prevention and reduce inequities (Swedo et al., 2023). Thus, young adults must be able to accept past events

that have a traumatic impact.

It is at this stage that people begin to accept and take on greater responsibilities, and it is also at this stage that intimate relationships begin to apply and develop. Every incident experienced by a person will be a valuable experience for that individual (Drummond, 2021). Each person's experience related to disaster events is different for each person, who will later have life satisfaction, quality of life, feelings of loneliness, and goals for each person's life, which will affect their ability to adapt.

Life satisfaction is a form of overall individual assessment that assesses whether or not they are satisfied with the life they are experiencing (Brennan et al., 2022; Engels & van Duijn, 2022). In addition, life satisfaction will improve the quality of life in every age range (Sulandari et al., 2024). The quality of life in young adults can be assessed to see the life goals that will be lived by these young adults (Ekasari et al., 2019). A good quality of life will affect a person's ability to adapt, and the feelings of loneliness experienced by the individual (Danvers et al., 2023; Kousha et al., 2022; Moeyersons et al., 2022). A person can show that the purpose of life will be good when someone feels that their quality of life is good, their life satisfaction is good, they are adaptable, and they do not experience feelings of loneliness, especially in young adults in disaster-prone areas. Based on these reasons, this study was conducted to see the effect of life satisfaction, quality of life, feelings of loneliness, and adaptability on the purpose of life in young adults living in areas prone to earthquakes. This study aimed to determine, develop, and test a structural equation model for the purpose of life of young adults living in areas prone to earthquakes.

OBJECTIVE

This study aims to test a model of young adults' life goals that have a direct influence on life satisfaction, quality of life, feelings of loneliness and adaptability in areas prone to earthquake natural disasters using Structural Equation Modeling (SEM).

METHODS

Design

We designed an explanatory study using a cross-sectional approach conducted between May and June 2024 in the Tangerang City area. This study describes developing a life purpose model in young adults in areas prone to earthquake disasters.

Sample

This study was conducted in an earthquake-prone area in Tangerang City, Banten. We use purposive sampling. The population criteria are young adults aged 18-23 who live in areas prone to earthquake disasters, especially in Tangerang City; they do not have mental illness, are cooperative, and have internet access, especially WhatsApp. We determined the sample using practical rules, and 203 respondents were recruited for this study. The exclusion criteria are those who have never experienced an earthquake disaster.

Variables and measurements

The independent variables in this study are quality of life, life satisfaction, feelings of loneliness, and adaptability. Meanwhile, the dependent variable is the increase in life purpose in young adults in areas prone to earthquake disasters.

Quality of life

The WHOQOL-BREF (World Health Organization Quality of Life-BREF) quality of life instrument is a development of the WHOQOL-100 instrument. These two instruments were created by a World Health Organization (WHO) team. The WHOQOL-BREF instrument is a valid (r = 0.89-0.95) and reliable (R = 0.66- 0.87) measuring instrument

(World Health Organization, 2024). The WHOQOL-BREF instrument summarizes the World Health Organization Quality Of Life (WHOQOL) -100, comprising 26 questions. WHOQOL-BREF consists of two parts derived from the overall quality of life and general health and one part consisting of 24 questions derived from WHOQOL-100. WHOQOL- BREF, then four domains are combined: physical, psychological, social relationships, and environmental. All questions are based on a five-point Likert scale (1-5) focusing on intensity, capacity, frequency, and evaluation. The intensity response scale refers to the level at which the individual experiences the status or situation. The capacity response scale refers to the capacity of feelings, situations, or behavior. The frequency response scale refers to the number, frequency, or speed of situations or behavior. Evaluation scales refer to situational estimates of a situation, capacity, or behavior (World Health Organization, 2024).

Life satisfaction

The Indonesian version of the Satisfaction with Life Scale (SWLS-ID) instrument consists of five statements that were used to measure life satisfaction (e.g., "I am satisfied with my life"). The SWLS response uses seven response options from 1 to 7 (1 = "Strongly Disagree; 7 = "Strongly Agree"). Based on previous research conducted in Indonesia, the SWLS has satisfactory factor structure validity with a unidimensional model (Hastuti & Budiarto, 2022; Natanael & Novanto, 2021). In addition, the SWLS has satisfactory reliability with a Cronbach's Alpha coefficient of .828 (Natanael et al., 2024). The five components of life satisfaction in The Satisfaction with Life Scale (SWLS) include the desire to change life, satisfaction with current life, satisfaction with past life, satisfaction with future life, and individual assessment of their life (Hastuti & Budiarto, 2022).

Feelings of loneliness

Several studies have used a loneliness scale developed by the University of California of Los Angeles (UCLA) Loneliness Scale. The revised UCLA loneliness scale (R-UCLA, Russel) has 20 statement items, namely (feeling in tune with people around, feeling unfriendly, having a place to share, not feeling alone, feeling part of a group of friends, having a lot in common with people, not close to anyone, feeling meaningless, feeling avoided, feeling close to someone, feeling abandoned, shallow social relationships, no one knows about him, feeling alienated from others, having friendships, having someone who understands, being unhappy because he is withdrawn, feeling alone, having someone to share with, having no place to share). The assessment of this instrument uses a Likert scale with answers never, rarely, sometimes, and often. Loneliness is divided into four categories, namely (not lonely (0-21), low loneliness (22-48), moderate loneliness (49-57), and high loneliness (58-62) (Russell, 1996).

Adaptability

The adaptability instrument consists of several questionnaire questions for adaptability using an ordinal scale consisting of 25 questions. The instrument distributed uses a Likert scale with a value range of 1-5. The researcher conducted a reliability test and obtained a Cronbach's Alpha value of 0.861 so that the questionnaire was reliable. The instrument has been tested for validity, and the results of all 25 questions are valid, with an r table of 0.361, and the results of the validity test with r count are 0.369-0.688 (Nurbaiti et al., 2024).

Purpose of life

The purpose of life can be assessed using the purpose in life (PIL) test questionnaire. This questionnaire is a test to measure the level of meaningfulness of life. It is an attitude scale to reveal responses that are believed to be related to or are to determine the scale of individuals feeling their lives are meaningful. This PIL test consists of 20 items, and the

answers are on a 7-point scale, starting from 1 (low level) to 7 (high level). The total score starts from 20 (low level) to 140 (high level). The higher the value obtained, the higher the level of meaningfulness of life; conversely, if the score is lower, then the level of meaningfulness of life will be low. The total score is interpreted as a) High if the total score is 140-113, b) Medium if the total score is 112-92, and c) Low if the total score is ≥ 91 (Crumbaugh & Maholick, 2011).

Data Analysis

The analysis test used in this multivariate study is SEM. SEM data processing builds a measurement model and a structural model. SEM carries out three activities simultaneously, namely checking the validity and reliability of the instrument (confirmatory factor analysis), testing the relationship model between variables (path analysis), and obtaining a suitable model for prediction (structural model analysis and regression analysis). In this study, SEM data processing uses statistical software, namely Smart PLS or Smart Partial Least Square. Model development is analyzed using SEM-PLS to identify external and internal models. The results are stated using a significance level of $p < 0.05$.

This study uses data analysis adjusted to the research pattern and the variables studied. The model used in this study is a causality model, and to test the hypothesis proposed in this study, the analysis technique used is SEM, which is operated through the Smart PLS program. SEM is a multivariate statistical technique combining factor analysis and regression analysis (correlation), which aims to test the relationships between variables in a model, both between indicators and their constructs or the relationship between constructs (Bae & Yeom, 2022). The quantitative approach is used to find detailed information that is currently symptomatic and identify problems or to obtain justification for ongoing conditions and activities. This approach is used to determine the effect of quality of life, life satisfaction, feelings of loneliness, and adaptability on life goals in young adults in areas prone to earthquakes.

Ethical Consideration

This study has passed the ethics of the Health Ethics Commission, Faculty of Health Sciences, Muhammadiyah University of Tangerang, Banten, Indonesia, with No: 184/KEP/III.3.AU/F/FIKes/2024. Prospective respondents were given a complete explanation of the objectives and procedures of the study, including information that respondents who took part in this study were voluntary. Next, if the respondent agrees, they will be given a consent form and asked to sign it as a statement of willingness without coercion.

RESULTS

Respondent characteristics

Most study participants were female (87.2%) aged 18-21 (67.5%). More than half of the respondents were undergraduate students (68.9%) who were single (96.5%), and respondents who had no history of trauma (66.1%) (Table 1).

Table 1. Respondent characteristics (*N* = 203)

Variable	*Category*	*N(%)*	*Mean± SD*
Sex	Female	177 (87,2%)	1.87±0.33
	Male	26 (12.8%)	
Age	18-21	137 (67,5%)	20.96±2.96
	21-25	66 (32,5%)	
Marital status	Married	9 (3,5%)	1.04±0.21
	Not Married	196 (96,5%)	
Education	Bachelor's degree	140 (68,9%)	1.31±0.46

	Profession Degree	63 (31,1%)	
History of trauma	Yes	69 (33,9%)	1.66±0.47
	No	134 (66,1%)	

Descriptive Statistics and Normality of Measured Variables

Table 2 presents descriptive statistics of measured variables. Normality analysis shows that all variables' absolute values of skewness and kurtosis do not exceed 1.97 and 2.58, respectively, thus meeting the recommended criteria for normal distribution (Mishra et al., 2019) (Table 2).

Table 2. Descriptive Statistics of Measured Variables (N = 203)

Laten Variable	Variable measured	Range	*Mean± SD*	Skewness	Kurtosis
Life satisfaction	Desire to change life (X1,1)	1-7	21.96±3.01	-0.078	-0.000
	Satisfaction with current life (X1,2)		*17.11±3.03*	0.05	0.03
	Satisfaction with life in the past (X1,3)		16.28*±3.22*	0.45	0.92
	Satisfaction with life in the future (X1,4)		*13.75±2.91*	-0.09	0.068
	Individual assessment of his/her life (X1,5)		*19.82±3,47*	-0.041	0.079
Quality of life	Physical dimension (X2,1)	1-5	*4.419±1.31*	-0.299	-0.030
	Well-being dimension (X2,2)		*4.709±1,45*	-0.45	-0.18
	Social dimension (X2,3)		*4.690±1,49*	-0.32	-0.53
	Environmental dimension (X2,4)		*8.07±2,711*	0.017	-0.605
Adaptability	Emotional maturity (X3,1)	1-4	*29.37±4.35*	0.101	-0.329
	Social maturity (X3,2)		*48.45±5.01*	0.7777	1.163
Feelings of loneliness	Feelings of loneliness (X4,1)	1-4	*55,99±5,42*	-0.207	0.287
Purpose in life	Purpose in life (Y1)	1-7	*28.631±5.01*	-0.353	0.437
	Life satisfaction (Y2)		*17.901±3.19*	0.249	0.457
	Freedom of life (Y3)		*10.951±3.59*	-0.124	-0.123
	Attitude toward death (Y4)		*17.197±*3.45	-1.051	1.208
	Ahoughts of suicide (Y5)		*5.424±3.80*	0.807	-0.650
	Worthiness of life (Y6)		*5.443±*3.04	0.703	-0.318

Goodness-of-Fit of Measurement Model

Confirmatory Factor Analysis of Measurement Variables

CFA of measurement variables showed that standardized factor loadings (range: 0.62–0.92) and AVE (range: 0.66–0.89) of all variables were 0.5 or higher, thus supporting the convergent validity of the variables (Muhson, 2022). The highest correlation coefficient between measurement variables, 0.65, indicated conceptual independence between variables. Discriminant validity was also achieved because the AVE value was greater than the squared

value of the correlation coefficient. The CR value of the measurement variables was ≥0.7 (range: 0.80–0.96), indicating the internal consistency of the variables.

Model Fit of the Measurement Model

The measurement model fit index meets the recommended criteria ($\chi 2 = 633.125$ (df = 254, $p < 0.001$), TLI = 0.91, CFI = 0.92, SRMR = 0.02, RMSEA = 0.06).

Model Fit of the Hypothesized Model

In this study, the fit index of the hypothesized model meets the recommended criteria ($\chi 2 = 573.767$ (df = 257, $p < 0.001$), TLI = 0.92, CFI = 0.93, SRMR = 0.02, RMSEA = 0.06), so that the overall model fit is considered acceptable. This indicates that the hypothesized life purpose model for young adults in areas prone to earthquake disasters is appropriate.

Path Analysis for the Hypothetical Model

Path analysis showed that 10 of the 15 paths were statistically significant (Figure 1).

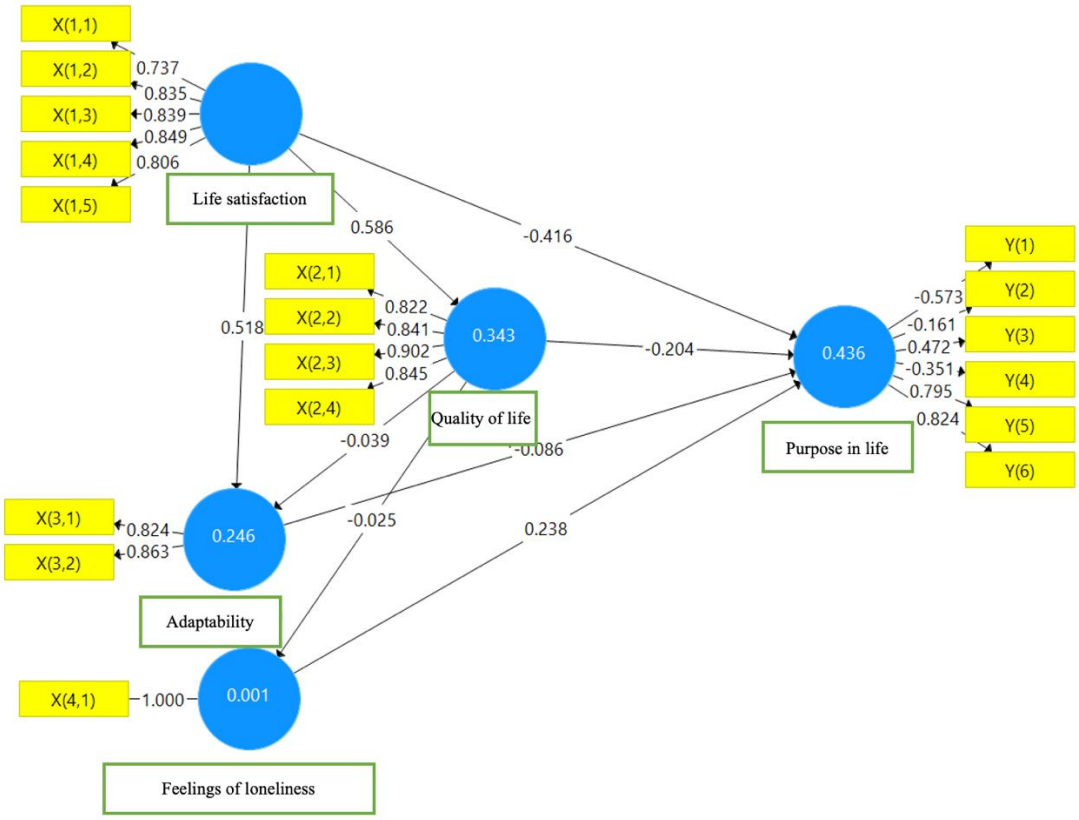

Figure 1. Outer Model Analysis

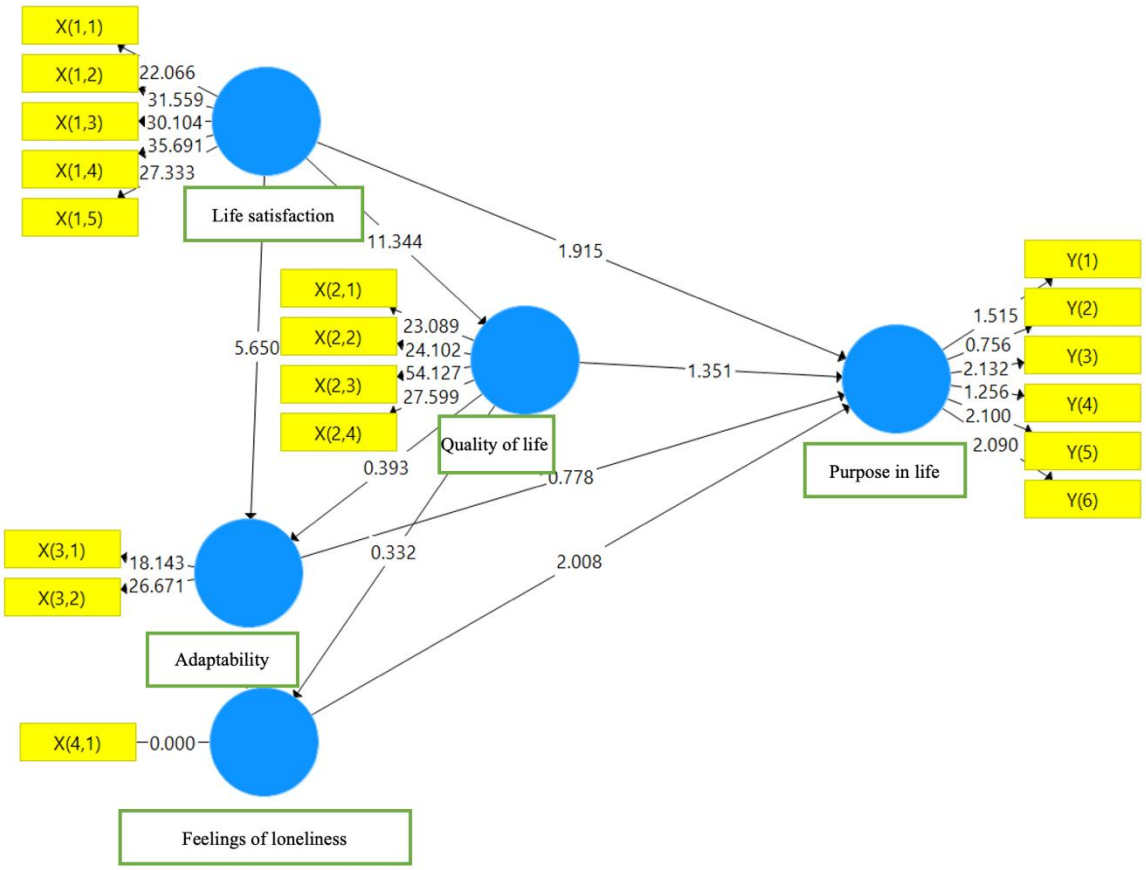

Figure 2. Inner Model Analysis

DISCUSSION

This study aims to develop and test a structural equation model (SEM) of life goals in young adults in areas prone to earthquake disasters. Therefore, several important discussion topics are needed from each variable to form an appropriate model for young adults' life goals in areas prone to earthquake disasters. In this study, 203 respondents were involved with an average age of 20.96 ± 2.96, with many women involved, around 177 (87.2%). Research shows that life satisfaction can affect adaptability and life goals or is directly correlated between life satisfaction and life goals. This is supported by other research, which states that as many as 166 young adults aged 19-25 years have lower life satisfaction values compared to late adults. This is influenced by social function, mental health, health perception, social support, and life goals (Sulandari et al., 2024).

According to Victor E Frankl, in his book, the meaning or purpose of life is the meaning of life for a human being. The meaning of life is not to be questioned but to be responded to because we are all responsible for life. The response given is not in the form of words but in the form of actions. The meaning of life is a motivation, goal, and hope that must be possessed by every individual living in this world. To achieve all that, a person must do something in his life, not just be silent and ask what this life is for. Everything that is desired in his life can be achieved with maximum effort (García-Alandete, 2015). The meaning of life is the result of life because of the purpose of life.

The purpose of life is a theoretical framework for the model hypothesized in this study. In this study, four attributes are derived from the life purpose framework as research variables, and a causal relationship is hypothesized in the model. The hypothesized SEM

model is presented in Figure 1 and Figure 2. The life satisfaction variable directly affects the purpose of life and contributes to adaptability and quality of life (Lachmann et al., 2018; Zhou & Lin, 2016). Therefore, in the hypothesized model, life satisfaction is an exogenous variable affecting quality of life, adaptability, and life goals. Previous research conducted in the United Kingdom stated that overall life satisfaction is influenced by age and marital status, while age, education level, and employment status do not significantly affect a person's life satisfaction (Malvaso & Kang, 2022). In this study, life satisfaction can positively and negatively affect the quality of life, adaptability, and life goals of young adults living in areas prone to earthquake disasters.

Quality of life variables directly affect life goals and contribute to adaptability and feelings of loneliness to achieve life goals (Kousha et al., 2022; Pineda et al., 2022). Therefore, in the hypothesized model, quality of life is proposed as an exogenous variable that affects adaptability, feelings of loneliness, and life goals. The quality of life in young adults pursuing higher education can change due to learning disabilities. In addition, new problems such as difficulty paying attention for a long time, difficulty sitting still, slow reading, and difficulty remembering may continue to be challenged in college and the workplace and become a source of social and emotional stress (Icekson et al., 2021). Young adults need reinforcement to improve their quality of life. In this study, the quality-of-life results can directly or indirectly affect either positively or negatively on adaptability, feelings of loneliness, and life goals (Figure 2).

Adaptability variables will affect a person's life goals (Lin & Jiang, 2023). Poor adaptation also makes a person have poor life goals (Gao et al., 2019; Jølstad, 2023). In this study, adaptability is defined as a mediating variable that directly affects life goals in the hypothesized causal path of the model. The variable of loneliness will affect a person's life goals; if a person experiences severe loneliness, their life goals will be less(Macià et al., 2021; Yanguas et al., 2018). Therefore, in the hypothesized model, feelings of loneliness are proposed as a mediating variable that directly affects life goals in the causal path. Feelings of loneliness cannot arise and stand alone; there need to be other variables that can influence it so that it will have a positive or negative impact on a person's life goals, quality of life, or adaptability (figure 2).

CONCLUSION

The study results show that life goals affect feelings of loneliness while other variables (life satisfaction, adaptability, and quality of life) will affect life goals. In this study, the hypothesized model, namely life satisfaction, is set as an exogenous variable that affects the quality of life, adaptability, and life goals. The quality-of-life variable is proposed as an exogenous variable that affects adaptability, feelings of loneliness, and life goals. The adaptability variable is set as a mediating variable that directly affects life goals in the causal path of the hypothesized model, and feelings of loneliness are proposed as a mediating variable that directly affects life goals in the causal path. Further studies are needed regarding the direct or indirect influence that affects young adults' life goals in areas prone to earthquake disasters.

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CONFLICTS OF INTEREST

The authors declare that they have no competing interests.

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