



## **DYNAMICS OF EMOTIONAL STABILITY IN THE KUTAI'S FAMILY**

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**Abstract:** This article is based on the results of a mini-research that aims to describe the dynamics of emotional stability in the Kutai's family in East Kalimantan. This research uses the descriptive method with a quantitative approach. The instrument in this study used a questionnaire, then continued with interviews, and observations made to the families of the Kutai tribe in Kabupaten Kutai Kartanegara and Kabupaten Kutai Timur. The data that has been collected is then analyzed using ANOVA quantitative analysis. The results showed that the dynamics of emotional stability in the Kutai's family were not significantly different between the Kutai's family in Kabupaten Kutai Kartanegara and Kabupaten Kutai Timur. The results of this study can be used as a starting material to develop a family counselling and guidance program that focuses on the dynamics of emotional stability in the family, especially in Kutai's family.

**Keywords:** Emotional stability, The Kutai's Family

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## **INTRODUCTION**

Family is the main garda to maintain and strengthen the nation. The definition of the family, in general, refers to a universal concept that covers social and economic characteristics, structure, family life cycle stage, and different family contexts, including the setting of race, ethnicity, and culture. That is, the family is functionally is the smallest unit that there are functions to share resources and property economics, the relationship that care and support, commitment or identification with other family members, as well as the preparation of the children who were born or grew up to become a member of

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a mature society (Ooms and Preister, 1988; Purdue, 2015; Prayitno, U.J., et al, 2016).

Achievement of targets such as Indonesia Sejahtera in 2025 and 2045 Golden Generation is a mid-term plan and a long term of the Republic of Indonesia, which is one of the programs on family strength (Manullang, B., 2013; Puspitawati, H., et al. 2016; Kemendikbud, 2017). Family resilience according to UU no. 10 of 1992 is a dynamic condition of a family that has tenacity and resilience and contains material physical and mental spiritual and mental abilities to live independently, develop themselves and their families to achieve a harmonious state in improving physical and mental well-being. This is also in line to form a family that is to achieve family welfare and resilience (Hughes & Hughes, 1995; Puspitawati, H., 2013).

Welfare and family strength can be measured by the Quality of Life approach that is measured based on the need for the pleasure of someone in a family environment that includes the Unfulfilled needs of the happiness of family life (Farnkl, V.E., 1963; McCall, S., 1975; Puspitawati & Megawangi, 2003; Puspitawati, H., 2013). Besides, well-being and resilience of families can be characterized by the spirit altruism between family members are trying to do something for others, perform and move with, the maintenance of family relationships, creating a positive atmosphere, protecting the dignity together and celebrate life together in the presence of a strong emotional bond between members of the other family members (McCubbin., et al, 1988; Pearsall, 1996; Martinez,. et al, 2003; Puspitawati, H., 2013).

The emotional bond between family's members can be created by the existence of a stable condition. This condition is called emotional stability. Emotional stability can be identified as a response to someone who consciously to control the emotional changes that occur to him that is not easily changed to the stimulus of the physical circumstances and the surrounding environment as indicated by the behavior of the adjustment to the environment (Golberg, 1992; Reuven dan Mayer, 1990; Goleman, 1995; Stein dan Book, 2000; Allport dalam Feist & Feist, 2013).

In addition, some relevant articles have been conducted on emotional stability in the family, namely: (1) emotional stability with marital satisfaction in particular on the role of emotional stability to the conflicts in the marriage (the emotional state of the child, the wife/mother, husband/father in the household / married), parenting between mother-child and father-child

(Adhim, 2002; Khairani, Rahma., & Putri, D.E., 2008; Khalatbari, et al. 2013; Wulan & Chotimah, 2017; Abbasi, 2017; Piermattei, Claudia., et al., 2017); (2) Emotional stability and cultural factors concerning the role of traditional cultural values and attitudes towards indigenous peoples developed personalities including, in particular, the emotional stability as a form of personality, mothers and women who understand the characteristics of romantic love as well as the complexity of socio-ecological hypotheses about the perfect family (Galinha., et al., 2012; Guo, Qingke., et al., 2017; Lukaszewski, AW., et al. 2017; Morrisseau, et al, 2017; Volsche, 2017); and (3) emotional stability in achieving well-being and quality of life are addressed through marriage in the family (Ruiz, 2005; Stokes, 2017).

Kutai tribe is indigenous and the fifth largest ethnic occupying some areas of East Kalimantan. Kutai tribe or commonly referred to urang Kutai (the Kutai) into tribes based on political interests in the kingdom of Kutai. Thus, Urang Kutai closely linked to the Kingdom of Kutai sultanate. Urang Kutai community embraces a kinship system that patrilineal lineage is drawn to the part of men. In ancient times, the Kutai people were also divided into social classes such as nobility, people, and slaves. The rest of the nobility can be seen from the title they wear like Kiamas, Mas, Aji Raden, and Pangeran Datu. The formation of consideration for urang Kutai, means of determining a mate usually determined by both parties. There are two ways to search for a mate, namely: (a) a mate who has been determined by either parent when the child is an adult or when the child is still in the womb; and (b) choosing their own potential partners (Depdikbud, 1978; Murjani, 2012; Ahyat, I.S., 2016). Thus, based on this concept, the researchers describe the dynamics of emotional stability in the family Kutai.

## **METHOD**

Research subjects in this study was a tribal family who were in the Kutai Kartanegara and Kutai Timur. The research object consists of a family of Kutai consisting of father, mother, son and other family members, aged between 16-45 years, consisting of 30 members, namely 15 members of the family Kutai located in Kutai Kartanegara and 15 family members Kutai located in the Kabupaten Kutai Timur.

Questionnaires, interviews, and observations are used as research data collection tools. The questionnaire used is a development based on an instrument by Cohen, F.M (2013) called the emotional stability questionnaire. 32 statements represent each indicator, namely: (1) Understanding emotional situations; (2) emotional awareness; (3) Understanding self-evaluation; (4) expression of emotions; (5) emotional drive; (6) emotional control; and (7) Conformity between oneself and the environment. The indicator includes a three-dimensional dynamics of emotional stability, the dimensions of cognitive, affective and psychomotor. The emotional stability questionnaire was then tested for validity and reliability and it was found that there were 24 valid statement items with Cronbach's Alpha reliability figures of 0.886.

While the dynamic categorization of emotional stability is divided into three, namely the dynamics of emotional stability that fast, medium and slow with the calculation of empirical data categorization. The categorization of the emotional stability dynamics of the empirical data contained in Table 1.

**Table 1. The Dynamic Categorization of Emotional Stability**

Slow	$X < M - 1SD$ $X < 48 - 8$ $X < 40$
Medium	$M - 1SD \leq X < M + 1SD$ $48 - 8 \leq X < 48 + 8$ $40 \leq X < 56$
Fast	$M + 1SD \leq X$ $48 + 8 \leq X$ $56 \leq X$

Source: Azwar, 2012

This research uses the descriptive method with a quantitative approach. There are several steps carried out during the study, the preliminary studies, literature, data collection, data analysis and conclusions of the study.

The data have been collected are then analyzed using ANOVA analysis to show the degree of difference in the dynamics of emotional stability in the family's Kutai of Kabupaten Kutai Kartanegara and Kabupaten Kutai Timur is assisted using SPSS.

## FINDINGS AND DISCUSSIONS

The research results indicate a few things, namely:

### A. Description of the Emotional Stability Dynamics of the Kutai's Family in Kabupaten Kutai Kartanegara and Kabupaten Kutai Timur

Dynamics is something that means power, always moving, developing and able to adapt adequately to the situation. The dynamics are also defined as the interaction and intercedes between members of the group with the group as simple. That is, the constraint that major changes or in small or changes quickly or slowly it is dynamic, that is a fact that relates to changing circumstances (Ulpa, 2009). Dynamics of changes in the emotional state of emotion is either fast, medium or slow; big or small as a result of adjusting to interactions and interdependence of individuals, groups and the environment (Rohmah, 2018).

The description of the dynamics of emotional stability in the Kutai's family in Kabupaten Kutai Kartanegara is lower than that of the Kutai's family in Kabupaten Kutai Timur which can be illustrated in Figure 1.

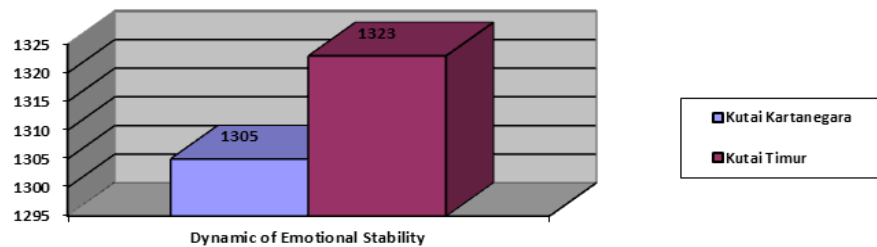


Figure 1. The description of the dynamics of emotional stability in the Kutai's family

The level of dynamics of emotional stability in the Kutai's family in Kabupaten Kutai Kartanegara and Kabupaten Kutai Timur are categorized as medium and can be illustrated in Figure 2.

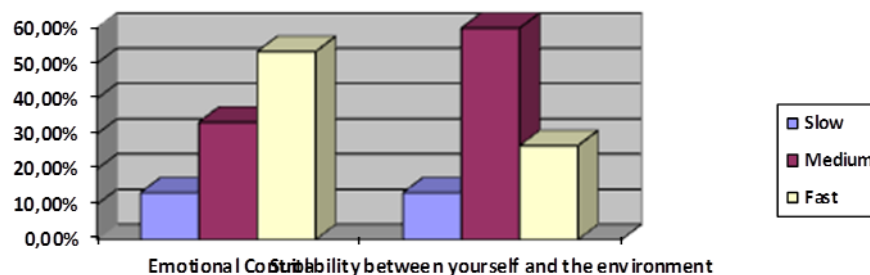
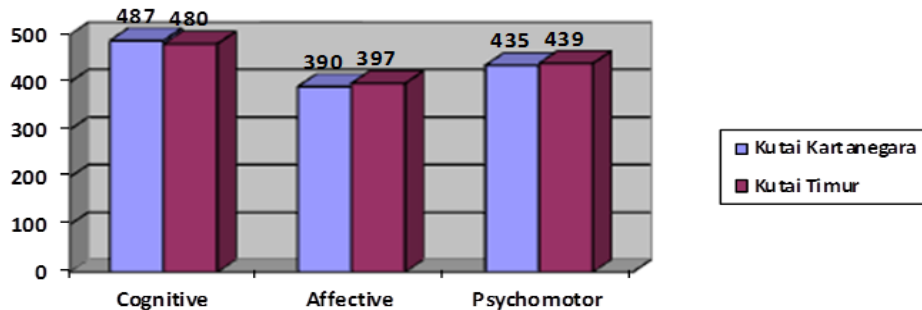


Figure 2. The level of dynamics of emotional stability in the Kutai's family

In detail, the dynamics of emotional stability in the Kutai's family are identified based on three dimensions, namely cognitive, affective and psychomotor and the results are illustrated in Figure 3.



**Figure 3. Description of the Dimensional Dynamics Emotional Stability of the Kutai's Family**

Further analysis shows that there are no significant differences in the dynamics of emotional stability between the Kutai's family in Kabupaten Kutai Kartanegara and Kabupaten Kutai Timur both in the cognitive, affective and psychomotor dimensions. The details are explained in Table 2.

**Table 2. ANOVA Analysis of the Kutai Family's Emotional Stability**

		Sum of Squares	Df	Mean Square	F	Sig.
T. Cognitive	Between Groups	1.633	1	1.633	.167	.686
	Within Groups	273.733	28	9.776		
	Total	275.367	29			
T. Affective	Between Groups	1.633	1	1.633	.180	.674
	Within Groups	253.733	28	9.062		
	Total	255.367	29			
T. Psychomotor	Between Groups	.533	1	.533	.029	.865
	Within Groups	508.933	28	18.176		
	Total	509.467	29			
EmotionalStability	Between Groups	10.800	1	10.800	.164	.688
	Within Groups	1842.400	28	65.800		
	Total	1853.200	29			

Based on the above table, it can be identified, that the difference between of Kabupaten Kutai Kartanegara and Kabupaten Kutai Timur with the total cognitive dimension of the emotional stability dynamics of the Kutai

family that is equal to  $F = 0.167$ . Then the difference between the region and the total affective dimensions of the emotional stability dynamics of the Kutai's family is equal to  $F = 0.180$ . While the difference between the region and the total psychomotor dimensions of the emotional stability dynamics of the Kutai's family is equal to  $F = 0.029$ . With the overall level of difference between regions and the total dimensions of the emotional stability of the Kutai family, that is,  $F = 0.164$ . As for  $F_{table} = 0.420$ , the data shows that  $0.164 < 0.420$  which means that  $F_{count} < F_{table}$ . The analysis means that there is no significant difference in the dynamics of the emotional stability of the Kutai family residing in Kabupaten Kutai Kartanegara and Kabupaten Kutai Timur.

## B. Description of the Dimensional Dynamics of the Emotional Stability of the Kutai Family

The dynamics of emotional stability in the Kutai's family are identified based on cognitive, affective and psychomotor dimensions with indicators (1) Understanding emotional situations; (2) emotional awareness; (3) Understanding self-evaluation; (4) expression of emotions; (5) Emotional impulse; (6) Emotional control; and (6) Suitability between oneself and the environment. As for further description of each dimension, namely:

### 1. The cognitive dimension of dynamics of emotional stability

The cognitive dimension of dynamics of emotional stability includes indicators: (a) understanding emotional situations; (b) emotional awareness; (c) understanding self-evaluation. The detailed description of the cognitive dimensions of the dynamics of emotional stability the Kutai's family has a higher level of indicators of understanding emotional situations and emotional awareness than understanding self-evaluation in both regions. It can be further visualized in Figure 4.

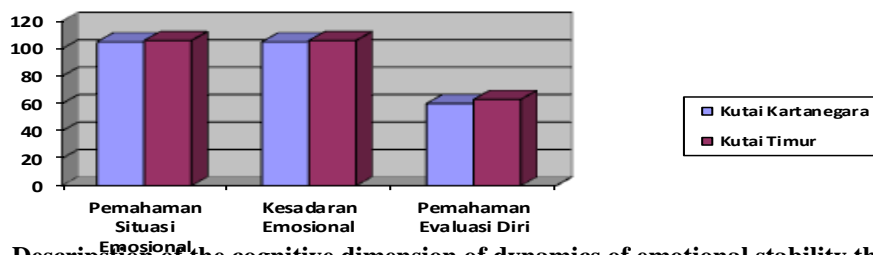


Figure 4. Description of the cognitive dimension of dynamics of emotional stability the Kutai's Family

The cognitive dimension categorization of the dynamics of emotional stability in the Kutai's family in Kabupaten Kutai Kartanegara is at a Medium level in all indicators of cognitive dimensions that can be visualized in Figure 5.

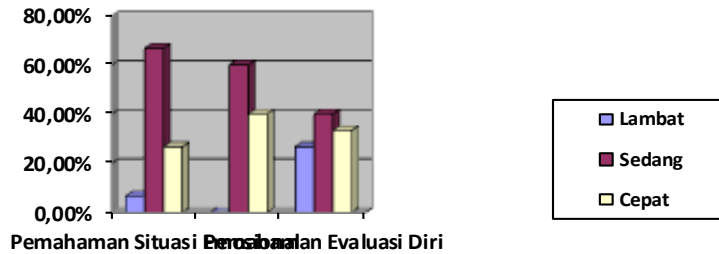


Figure 5. The cognitive dimension categorization of the dynamics of emotional stability in the Kutai's family in Kabupaten Kutai Kartanegara

Whereas the categorization of the cognitive dimensions of the dynamics of emotional stability in the Kutai family in Kabupaten Kutai Timur is at a medium level in all indicators of cognitive dimensions that can be visualized in Figure 6.

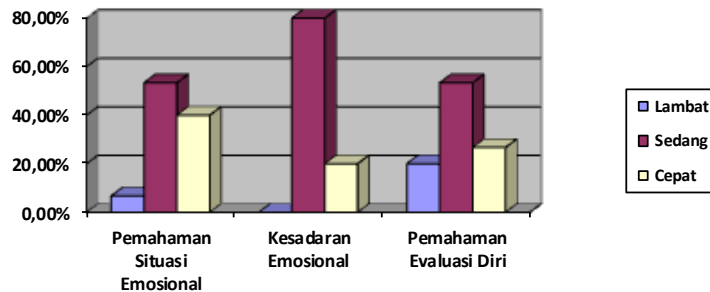


Figure 6. the categorization of the cognitive dimensions of the dynamics of emotional stability in the Kutai family in Kabupaten Kutai Timur

2. The affective dimensions of the dynamics of emotional stability

The affective dimensions of the dynamics of emotional stability include indicators: (a) emotional expression; and (b) emotional drive. The detailed description of the affective dimensions of the emotional stability dynamics of the Kutai's family is visualized in Figure 7.

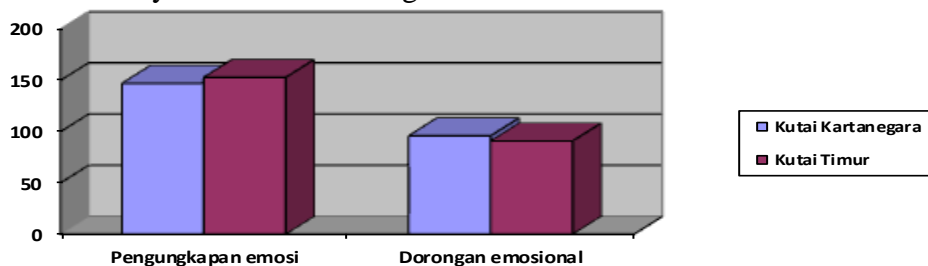


Figure 7. The Affective Dimensions of the Dynamics of Emotional Stability Kutai's Family



The categorization of the affective dimensions of the dynamics of emotional stability in the Kutai's family in Kabupaten Kutai Kartanegara is at a medium level and can be visualized in Figure 8.

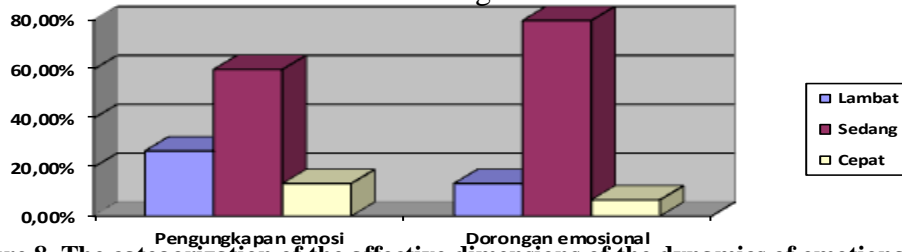


Figure 8. The categorization of the affective dimensions of the dynamics of emotional stability in the Kutai's family in Kabupaten Kutai Kartanegara

The categorization of the affective dimensions of the dynamics of emotional stability in the Kutai's family in Kabupaten Kutai Timur is at a medium level and can be visualized in Figure 9.

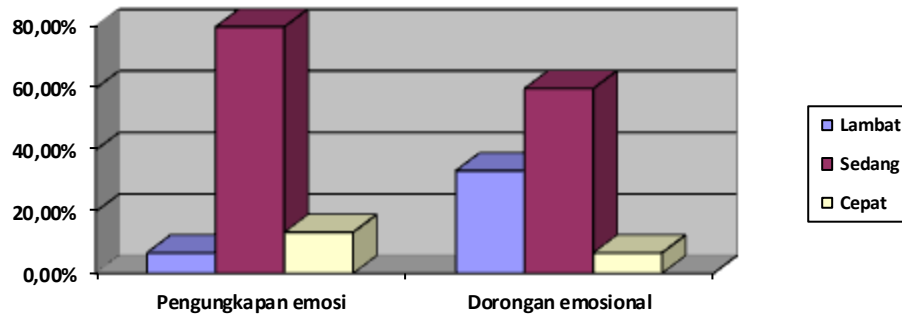


Figure 9. The categorization of the affective dimensions of the dynamics of emotional stability in the Kutai's family in Kabupaten Kutai Timur

### 3. The Psychomotor Dimensions of the Dynamics of Emotional Stability

The psychomotor dimensions of the dynamics of emotional stability include indicators: (a) emotional control; and (b) Conformity between oneself and the environment. The detailed description of the psychomotor dimensions of the dynamics of emotional stability in the Kutai family is visualized in Figure 10.



Figure 10. Description of the psychomotor dimensions of the dynamics of emotional stability in Kutai's Family

The categorization of the psychomotor dimensions of the dynamics of emotional stability in the Kutai's family in Kabupaten Kutai Kartanegara can be visualized in Figure 11.

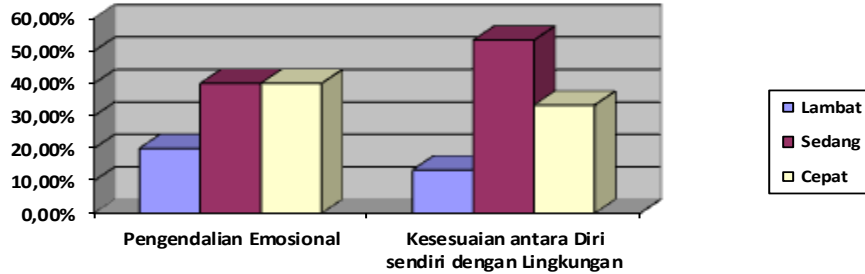


Figure 11. The categorization of the psychomotor dimensions of the dynamics of emotional stability in the Kutai's family in Kabupaten Kutai Kartanegara

The categorization of the psychomotor dimensions of the dynamics of emotional stability in the Kutai's family in Kabupaten Kutai Timur can be visualized in Figure 12.

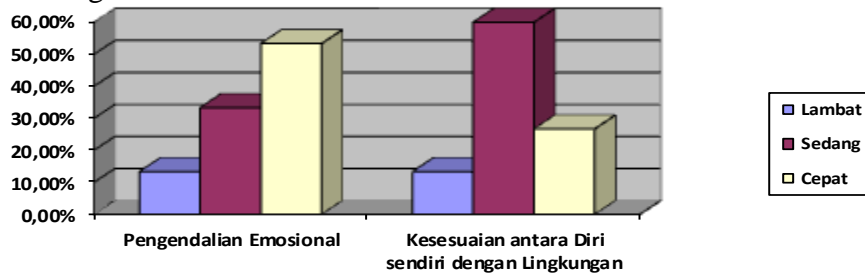


Figure 12. The categorization of the psychomotor dimensions of the dynamics of emotional stability in the Kutai's family in Kabupaten Kutai Timur

### C. The Dynamic of Emotional Stability in Kutai's Family in Kabupaten Kutai Kartanegara and Kabupaten Kutai Timur

Contextually the dynamics of emotional stability in the Kutai family were formed due to several factors that were interrelated with the development principle. In general, some factors influence the dynamics of emotional stability, namely internal factors related to (1) physical conditions such as personal health, anxiety about illness due to feeling of self-pain and other symptoms of pain, and completeness of the limbs; (2) empathy; (3) self-efficacy and self-esteem, and (4) the level of stress and anxiety over something (Terracciano, et al. 2008; Sutin, A.R., et al. 2010; Neff, et al. 2011; Undheim, et al. 2015). While external factors are related to (1) interaction with others; (2) the environment; (3) culture and (4) external motivation (Dolgova, V.I. 2014; Ridhi Arora., and Santosh Rangnekar. 2015; Telef and Furlong. 2017).

Based on the explanation of the above analysis, it was found that there were no significant differences in the dynamics of emotional stability in the Kutai family in Kabupaten Kutai Kartanegara and Kabupaten Kutai Timur. If it is reviewed geographically, there will be a phenomenon of social change that affects the personality of the individual (Henslin, 2007; Herimanto dan Winarno, 2009; Baharuddin, 2011; Djazifah, 2012, Hidayati, 2018). However, Gea (2010) argues that there are differing views on the relationship between culture and personality which Anthropologically views as personality is culturally specific, which is formed by the unique strengths of each culture according to its environmental conditions. While the cross-cultural psychological approach views personality as something different and separate from culture. Another approach that emerged later was the cultural psychology approach. In this approach, culture and personality are seen not as truly separate from one another, but as a system that creates and nurtures one another. Culture and personality are two things that mutually form and develop together.

The dynamics of emotional stability as part of personality are shaped by cultural processes. The quality of the dynamics of emotional stability reflects cultural processes and serves to continuously revive cultural processes. Thus, the dynamics of emotional stability as psychological phenomena are formed from and reflect social activities and their relationship with the concept of culture (Ratner, 2000). Emotions can be classified into two groups, namely, first, socially disengaged emotions that encourage self-independence against others. Some emotions such as pride in yourself or a sense of superiority occur when someone has succeeded in achieving his goals or desires or has recognized desirable inner attributes such as intelligence and a wealth of other understanding. These emotions tend to separate or detach themselves from social relations. The second is socially engaged emotions. Emotions such as friendly and valuable feelings, result from dynamic relationships and attachments as part of a group (Gea, 2010; Elfira, 2018).

Historically, initially, Kutai was not a tribal name but referred to the name of the place/region and the name of the Kingdom where the Yupa inscription was discovered by Dutch researchers. Kutai became the name of a tribe as a result of the political interests of the rulers at the time who had the ambition to unite the archipelago, namely Maharaja Kertanegara, the successor to Singasari who came from Java intending to hold back the

expansion of Kubilai Khan's power from the Mongol Dynasty. (Depdikbud, 1978; Depdiknas, 2001; Sudiran, F., dkk, 2018). That is, the transition which was originally a place name to become a Tribal name begins with the urge to unite and achieve peace to win. Of course, philosophically this is an inseparable part of the Kutai's Family in shaping the cultural personality of the Kutai's tribe. Thus, although geographically the Kutai's tribe is scattered in several regions, historically it has played a role in shaping the Kutai's tribal personality.

### **CONCLUSION AND RECOMENDATION**

Based on the above explanation, it can be concluded that: (a) the dynamics of emotional stability in the Kutai's family refer to three aspects including cognitive, affective and psychomotor aspects which are interrelated with one another; (b) cultural background is a factor that shapes personality, especially in the dynamics of emotional stability as one part of the personality that follows; and (c) the dynamics of emotional stability in the family have an influence on achieving the goals for the formation of the family.

This research can also be used as initial material to develop guidance and counseling programs for counselors who provide premarital, marriage and family counseling and counseling services, especially focusing on the continuity of marriage and family endurance to always learn from each other between husband/wife or between family members with the other so as to achieve the goal of marriage and the formation of a family.

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