

## ***Analysis of Emotional Well-Being in View of Personality Type: A Case Study on Early Voters After the 2024 Election***

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### **Abstract:**

*Indonesia is one of the countries that is building a healthy political civilization, a democratic spirit is needed by every citizen. If we talk about the context of democracy, the success of elections cannot be separated from people's participation in an election. The objectivity of this research explains the analysis of emotional well-being based on the personality type of first-time voters after the 2024 election. Emotional well-being is a condition where individuals have high levels of positive affect and low negative affect. The factors that can influence emotional well-being include self-esteem, positive social relations, needs and goals, self-control and personality. Personality type is thought to play a role in first-time voters in the 2024 election in understanding, interpreting, choosing and expressing their emotions in making choices. Extroverted personality type predicts reactivity to positive mood induction, and introverted personality type predicts reactivity to negative ones. To get a comprehensive picture, this research uses a quantitative approach design, with research subjects being first-time voters after the 2024 election. The instruments used are a scale constructed by the researcher himself and a personality scale based on C.G. Jung's thoughts developed by Utami (2017). The findings of this research are expected to provide differences in emotional well-being based on personality type.*

**Keywords:** *emotional well-being, personality type*

### **1. Introduction**

Indonesia is one of the countries that is building a healthy political civilization, a democratic spirit is needed for every citizen. Politics is a means that makes it possible to organize a democratic government in accordance with regulations. (Mustico, 2023). In Indonesia, general elections are a

tangible manifestation of democracy and a means for people to express their sovereignty over the state and government (Wardani, 2018).

When talking about the context of democracy, the success of elections cannot be separated from public participation in an election. The greater the percentage of people participating in voting when the election is held will determine the success of the general election. Public participation in elections is not only old people, but the voices of millennials and generation Z, where in this general election novice voters are very important and needed. Novice voters are an important aspect that cannot be ignored by political parties in determining votes in the 2024 elections. Novice voters have many roles in elections but as novice voters, they are always considered to have no voting experience in previous elections. The characteristics of novice voters who are still vulnerable or not yet independent in making decisions to vote independently become a separate space that can be touched by political parties.

First-time voters are people who are voting for the first time, either because they have just turned 17-22 years old or are married. In psychology, the age of first-time voters fall into the developmental stages of late adolescence (17-18 years) and emerging adulthood (19-22 years). In the old grouping, ages 19-25 were often referred to as young adults. However, the times have made young people not yet adults, but also not teenagers, so they are called emerging adults. At this stage of development, young people like to experiment in various ways and many things that may be different from their previous character. They are also criticized or underestimated by previous generations, experience conflicts with people around them, and try to overcome various life challenges that may succeed or fail.

What sets Generation Z apart from previous generations in their late teens and early adulthood is that they live in an era of high internet usage. Their lives are spent more online than offline, especially through social media. Although the internet is inseparable from Generation Z's life, the issues that concern them and need to be prioritized by the government are the same as those of baby boomers who are over 60 years old. Not only that, studies in the UK over the past 40 years have also consistently shown that young people's political behavior is strongly influenced by their parents or family background, Socio-economic status and political involvement of parents have a strong influence on their children's political involvement (Alfindra, 2023).

The amount of internet access that young people have today makes it easier and faster for Generation Z to be smart. They can get any information at their fingertips. Because they live on the internet, their political thoughts and choices will depend heavily on social media algorithms. A person's political choice, apart from being influenced by attitudinal values, identity, and personality, is also influenced by cognition or one's thought process and one's emotions.

Of the various factors that influence a person's political choice, emotions will summarize or encompass all of them. Although humans are trained to use their cognitive processes in assessing and doing all things, including determining political choices, in fact humans cannot escape the influence of emotions.

Emotions are the most important part of humans as well as an aspect of development found in every human being. It is because of emotions that individuals are able to feel themselves and express their feelings appropriately and positively. Emotions in principle describe human feelings in the face of different situations. The mental picture of a person who is intelligent in analyzing, planning and solving problems ranging from mild to complex. With this intelligence, a person can understand, recognize, and choose according to their wishes. People who have emotional intelligence can understand others well and make decisions wisely (Aan Ansori, 2020). Emotional well-being is an emotional state that includes happiness and life satisfaction as well as a balance between positive aspects and negative aspects, and the happiness that individuals feel in their lives.

Each individual has different emotional well-being, one of the influencing factors is personality (Sarafino in Febriana 2014). Then in an experimental study he conducted showed that extroverts predict reactivity to positive mood induction, and that introverts predict reactivity to negative. Personality type is thought to play a role in novice election voters in understanding, interpreting, choosing and expressing their emotions in determining their choices.

Personality type is the part that best reflects or represents an individual's personality, not only what distinguishes that individual from other individuals, but includes what is most distinctive in that individual (Hall & Lindzey, 2009). Jung said that personality includes all thoughts, feelings and behaviors, conscious and unconscious (Alwisol, 2009).

The concept of introverted and extroverted personality types was first proposed by Carl Gustav Jung (2017), who defined introverted personality types as individuals whose characteristics of mental

attitudes are oriented towards their own feelings and thoughts, which are shown by the characteristics of being closed, shy and withdrawn. In contrast, the extroverted personality type is described as an individual whose mental attitude characteristics are oriented towards others or things outside of himself. Extroverted personality type individuals are characterized as people who are friendly, like to socialize (Jung, 2017).

Based on the explanation described above, novice voters are interesting to observe and research how emotional well-being is in novice voters, with the psychological conditions possessed by novice voters, namely the unstable psyche they have, they are generally easily influenced by other people who are very influential with personality types. Whether it is a positive influence or a negative influence, novice voters also begin to introspect to find a balance between an inward attitude with a critical attitude towards political objects outside themselves.

From the description above, the researcher is interested in examining the Analysis of Emotional Well-Being in Beginner Voters of the 2024 Election in Review of Personality Type. to find out what emotional well-being is like in novice election voters who have different personality types.

## **2. Methode**

The design in this study uses a quantitative approach with a comparative research type. The quantitative approach is a research method based on positivistic (concrete data), research data in the form of numbers that will be measured using statistics as a calculation test tool, related to the problem under study to produce a conclusion (Sugiyono, 2019). Comparative research is research that compares the existence of one or more variables in two or more different samples, or at different times (Sugiyono, 2019).

The subjects in this study were novice voters after the 2024 elections in Aceh. The sampling method in this study uses a type of nonprobability sampling with an incidental sample type. Non probability sampling is a sampling technique that does not provide equal opportunities for each element (member) of the population to be selected. become sample members (Sugiyono, 2019).

Data collection techniques in this study are data collection techniques that are carried out by giving a set of questions or written statements to respondents to answer (Sugiyono, 2019).

### 3. Result

This research was conducted at several universities, both public and private universities in Aceh. The individuals who were the subjects in this study were students or individuals who first participated in the election in 2024, came from and lived in Aceh. The number of samples used in this study were 100 respondents.

#### **Characteristics of Research Subjects Based on Personality Type.**

Extroverted first-time voters	89	89%
introverted first-time voters	11	11%
<b>Total</b>	<b>100</b>	<b>100%</b>

Based on the table above, students who became research subjects amounted to 100 novice voters, consisting of novice voters with extroverted personalities of 89 or 89% and novice voters with introverted personalities of 11 or 11%. The distribution of research data on subjects based on gender can be seen in the following table:

#### **Subject Characteristic based on gender.**

Characteristics	Gender	Frequency	percentage
Extroverted first-time voters	Male	8	8%
	Female	81	81%
introverted first-time voters	Male	0	0
	Female	11	11%
<b>Total</b>		<b>100</b>	

Based on the table above, novice voters who became research subjects amounted to 100 novice voters consisting of men and women. Extroverted beginner voters with male gender amounted to 8 or 8%, extroverted students with female gender amounted to 81 or 81%. The introverted beginner voters with female gender amounted to 11 or 11%.

Subject characteristics based on regional origin. charact

Character isticis	Regional Origin	Frequency	Percentage
Ekstrovert	Bireuen	23	23%
	Lhokseuma we	15	15%
	Langsa	1	1%
	Bener	1	1%
	Meriah		
	Banda	1	1%
	Aceh		
	NorthAceh	29	35%
	East Aceh	8	8%
	SouthAceh	2	2%
	Aceh	1	1%
	Singkil		
	Aceh	2	2%
	Tamiang		
	Pidie	4	4%
PidieJaya	1	1%	
Introvert	Bireuen	2	2%
	Banda	1	1%
	Aceh		
	NorthAceh	6	1%
	Central	1	1%
Aceh			
East Aceh	1	1%	
Total		100	100%

Based on the table above, novice voters who are research subjects total 100 novice voters consisting of men and women. Extroverted beginner voters with origins in Bireuen, Lhokseumawe, Langsa, Bener Meriah, Banda Aceh, North Aceh, East Aceh, South Aceh, Aceh Singkil, Aceh

Tamiang, Pidie and Pidie Jaya totaled 88 subjects. Extrovert novice voters with regional origins in Bireuen, Banda Aceh, North Aceh, Central Aceh and East Aceh totaled 11 subjects.

*Normalitas test result*

Variables	One Sampel Kolmograv Smirnov Significant Value
Emotional Well Being	Sig 0.154
	Ket Normal

Based on the normality test conducted on 100 subjects, it shows that the emotional well-being variable and extroverted and introverted personality types have a significance value of 0.154, meaning  $\text{sig} > 0.05$ . It can be concluded that the data is normally distributed. So for hypothesis testing, researchers will use the Independent T Test (t-test).

**Homogeneity Test Results**

Test Of Homogenety

Significance Value	0,00
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Based on the homogeneity test conducted on a sample of 100 subjects on the emotional well-being scale, it was found that the significance value was 0.00, because the significance value.

**Hypothesis Test Results**

*HypothesisTestResults*

Variables	Personalitytype	Meanrank	Sig
Subjectivewell-being	Extroverts	19,58	0,00
	Introvert	13,25	

Based on the results of the assumption test, hypothesis testing can be carried out using the Independent T Test (t-test). Based on the results of the emotional well-being t-test analysis, the results show that the sig value. 0.00.

#### 4. Discussion

Based on the results of hypothesis testing that has been done, the results show that there are differences in emotional well-being in novice voters based on personality type. This can be seen based on the. Based on the results of hypothesis testing that has been done, the results show that there are differences in emotional well-being in novice voters based on personality type. This can be seen based on the hypothesis test with a coefficient of  $t_{0.00}(p < 0.05)$ . there are differences in the emotional well-being of novice voters based on personality type. The results of this study are in accordance with previous research by Afridah et al, (2018) related to emotional

well-being that the results showed that there were differences between the two groups given experiments, so that the miracle Islamic prayer training had an effect on increasing emotional well-being scores at SMK X. Furthermore, research conducted by Febriyanti, et al (2022) showed that there were significant differences in psychological well-being in terms of big five personality types in employees of the Ijen Suites Resort & Convention Hotel Malang. Of course, the results of this study are in accordance with research where there are significant differences in emotional well-being in novice voters based on personality type.

Personality according to Jung (2017) is a form of individual uniqueness consisting of two main aspects, namely consciousness and unconsciousness that directs individuals with the social environment and also the physical environment. The personality according to Jung is classified into two large groups, namely introverts and extroverts. Several previous studies have revealed that there is a relationship between positive affect and social activity. As Lucas (2000) states that extroverted personality types are more sensitive to appreciation and sensitivity, extroverts tend to enjoy social situations, feel energized when in a crowd, and easily get along with new people. Thus it can be seen that extroverts can actually result from individual differences in pleasurable influences. Diener (2009) reveals that extrovert is one of the factors that influence emotional well-being, where extrovert has a positive predictor of emotional well-being and the opposite of extrovert, namely introvert / neuroticism has a negative predictor of emotional well-being. Emotional well-being is defined as a state in which a person feels pleasant feelings and unpleasant feelings (Diener & Larsen, 2009)

Personal characteristics also influence the participation of novice voters. Socially open



personalities are more likely to accept political information in their environment. Voters who prioritize emotions alone are very pragmatic and support values that are practically needed. Such as bribes to vote, participation in organizations formed by candidate pairs, and becoming a success team for certain candidate pairs. Therefore, personality factors will be related to the figure of a figure as a result of people's assessment of him. Novice voters are always the center of attention ahead of general elections. Aside from the fact that they are a young generation with unstable emotions, the experience of deciding on political choices is something new. Due to this new experience, many suspect that the political behavior of young first-time voters is not constant. They lack understanding of socio-politics, so their choices depend on their environment (Arjawa, 2015).

Psychologically, the emotional connection with the personality type will influence the choice. This connection with voters is a good weapon used by candidates to gain support. Where voters will vote based on closeness to a candidate or in other words, voters will make their choice because voters Seurune: *Journal of Unsyiah Psychology*, Vo. x, No. x (will be filled by the editor) DOI: xxxxxxxx (will be filled by the editor) Year 20XX (will be filled by the editor) know or are close to the candidate (Mukti, 2005)

Another study conducted by Utami (2015) found that there were differences in emotional well-being between students who participated in musical instrument playing groups and those who did not participate in musical instrument playing groups. Other research related to personality types conducted by Nabila, et al (2019) found that there is a relationship between student personality and the achievement of mental well-being through a socializing environment. DRI adjustment concerns aspects of individual personality in their interactions with the surrounding environment which involves all individual responses to demands from both the internal and external environment. If an individual successfully adapts to the environment, psychologically they will prosper positively in living their lives with satisfaction, pleasure and appreciation. Meanwhile, individuals who have difficulty adapting to their environment psychologically, their well-being is negative because they tend to feel lonely, depressed and also alone. (Nabila et al, 2019).

Based on the results of categorization analysis on extroverted personality that extroverted novice voters have higher dominant positive affect and have lower dominant negative affect. so it can be concluded that more novice voters with extroverted personality types feel feelings of

pleasure, excitement, pride, admiration, relief, peace, and also optimism in their daily lives. So that these feelings can help beginner voters realize their abilities and can overcome normal life problems, be able to work productively and contribute to the social environment. Based on the results of the categorization analysis of aspects of introverted personality above, it can be concluded that introverted students have a lower dominant positive affect, this can be interpreted that many novice voters with introverted personality types feel stress, lethargy, fatigue, depression, anxiety, fear, and sadness during their activities. This means that novice voters with introverted personality types do not have good emotional well-being so that novice voters with introverted personalities have not been able to overcome normal life problems and work productively and have difficulty in expressing themselves in social life. Also, negative experiences such as sadness, anger, anxiety, guilt are also felt by many beginner voters with introverted personality types while living life and also various activities in the social environment. Therefore, they tend to be passive voters. Most of them are reluctant to be actively involved in the series of election activities. Even just looking for information. As a result, they have limited information about elections. This finding is similar to Hardini's (2008) research on election voters in Malang city. In this study, Hardini found that the majority of respondents were not interested in participating in political campaigns, but they were still enthusiastic about exercising their voting rights. This is because they are not yet able to express themselves in social life.

## **5. Summary**

Based on the results of the research that has been conducted, it can be concluded that there are differences in the well-being of emotional well being in novice voters of the 2024 election in terms of personality type. in individuals with extroverted personality types, it can be concluded that extroverted novice voters have higher dominant positive affect and have lower dominant negative affect. so it can be concluded that more novice voters with extroverted personality types feel feelings of pleasure, excitement, pride, admiration, relief, peace, and also optimism in their daily lives. So that these feelings can help beginner voters realize their abilities and can overcome normal life problems, be able to work productively and contribute to the social environment.

Whereas individuals with introverted personality types have lower dominant positive affect and also have lower dominant negative affect. many novice voters with introverted personality types feel stress, lethargy, fatigue, depression, anxiety, fear, and sadness during their activities. This means that novice voters with introverted personality types do not have good emotional well-being so that novice voters with introverted personalities have not been able to overcome normal life problems and work productively and have difficulty in expressing themselves in social life.

The limitations in this study are that data collection is only done with quantitative methods so that it is not able to see the broader dynamics that occur in research. Then another limitation is the lack of references or other supporting research because there are not many studies related to emotional well-being in novice voters.

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