



Well-Being in a Foreign Land: A Study of Foreign Students from Outside Java

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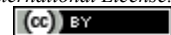
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Abstract

Students who travel to study education Far from area origin often face challenges and pressure alone . Challenge is not only in the realm of academic , will but also their obligation to complete all his needs in a way independent . This condition can affect welfare psychological problems in students from out of town . It is not uncommon impact from pressure The psychological problems experienced by these students from other regions have been reported in the media and scientific studies . Although this is a phenomena that are often encountered in everyday life , but deepening about dynamics welfare psychology of migrant students in a way qualitative Still limited . This study aims to explore description welfare psychology of students from out of town based on six dimensions : self -acceptance , relationships positive with others, autonomy , mastery environment , goals in life , and personal growth . Data collection was carried out through interview method . As many as four informants from out-of- town students level bachelor from college high in West Java selected through *purposive sampling* . The research results describe themes specifics found from statements respondents . Some of these important themes including : self - acceptance advantages and disadvantages of adapting and do n't compare situations material show self -acceptance of students from out of town , communication as an important aspect in establishing Good relations overseas , determine own decision without put aside other people's views show autonomy , self -control in controlling many activity as a form mastery environment , establishing relations abroad to determine future career , and challenges or new experiences abroad can encourage you self - development . This study also found several factors that can play a role in the dimensions certain from welfare psychology of students living away from home .

Keywords : welfare psychology , students from out of town , dynamics life migration , mental health , qualitative studies

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1. Introduction

Students are candidate expected graduate own attitudes intellectual that can be applied in the future come . However , because distribution quality education in Indonesia is known is still not evenly distributed , most students are encouraged to migrate . Generally , Java Island, especially West Java Province is province with a number of college tall popular that has been known throughout Indonesia so that is one of destination favorite destination for students across Indonesia to pursue higher education . As is known , students who migrate generally aiming to achieve education high with better quality than area origin [1].

Out-of-town students are those who go through education high outside the area origin and must settle in the new environment for a certain period of time to complete his studies [2]. Out-of-town students required to be able to adapt himself with the environment and change existing conditions . Students from other regions can face various good pressure from realm lectures , social , family , or feelings of loneliness so that it can cause pressure or stress [3]. A number of students who are studying abroad tend feel symptom depression and suicidal ideation compared to those who do not migrate

[4]. Various The challenges faced by students from other regions can influence welfare psychological they [5].

Welfare psychological refers to a condition Where individuals can function in a way positive and can mobilize all potential owned [6]. In students, the statement previously proven by several studies that welfare psychological tall individual characterized by low anxiety and depression [7], stress [8], and even suicidal ideation . The emergence of [7], [9] welfare psychological considered as a result of the good quality life lived someone and become aspect crucial for individuals , especially students in undergoing college life tall [10].

Welfare psychology can be explained based on six dimensions among them [6]:

1. acceptance (*Self-Acceptance*)

Referring to to someone who behaves positive in itself , namely capable accept all aspects and conditions of himself both sides positive and negative like lack or excess , and feel comfortable with one's own condition without needing to look at other people,

2. Connection positive with other people (*Positive Relationship with Others*)

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Ability individuals to establish connection warm , have the concept of giving and receiving in relationships with other people, as well as Want to compromise to be able to maintain something relationships with other people.

3. Autonomy

Autonomy referring to to someone who can think and behave without affected pressure social and does not depend on the presence of others.

4. Ability control surrounding environment (*Environmental Mastery*)

Ability control activities external like daily demands and affordability create an environment that suits your needs and values .

5. Purpose in Life

Individuals who have purpose in life means having purpose and a sense of direction for the future so that it can provide meaning in living his life . This goal can be become productive , creative , or achieving maturity emotional in the future come .

6. Personal growth

Functionality optimal psychological well-being involves someone to continue develop , grow , and expand all over potential owned along with new experiences and the passage of time.

Out-of-town students expected to have welfare psychological good, considering life abroad is not easy . However , previous research in a way quantitative find welfare psychological on students who are studying abroad in this research tend low . Other [11]previous research also found that students from other regions tend own welfare psychological currently until low , which means there is dynamics in dimensions certain things that can reduce welfare psychological in a way general [12].

As far as researchers know , literature qualitative about welfare psychology of students from out of town is still very limited . Apart from that, specifically want to know dynamics of each dimension psychology of students from out of town , this study also aims to expand findings from previous studies by describing discussion in more detail in each dimension welfare psychological aspects of students living away from home by finding similarities themes for each informant . In addition, this study also aims to describe factors welfare psychological aspects of out-of-town students that may arise and play a role to dimensions welfare psychological , where This section has not been reported by qualitative research previous . Dimensions the among them *self-acceptance* , *positive relations with others* , *autonomy* , *environmental mastery* , *purpose in life* , and *personal growth* .

2. Research methodology

This research is a descriptive research with a method qualitative deductive . Qualitative method deductive is something method qualitative Where researchers collect data based on guidance theory [13]. Characteristics Participants in this study were undergraduate students. bachelor equal originating outside Java within the range 18-24 year olds who migrate and continue their education high in West Java. The sampling technique The samples / informants in this study were *nonprobability sampling* in the form of *purposive sampling* . In this study, the relationship social researchers recommend suitable students from other regions to be recruited and interviewed for the purposes of this research . Then contact candidates informant the through social media . The number of The informants in this study were 4 students from out of town who met the criteria . Characteristics The informants in this study were as in Table 1 below :

Table 1. Demographic Data Table of Informants

Initial s	Age	Gender	Region of Origin	Colleg e Years	Interview Location
AV	20	Woman	Padang Panjang	3	Jatinangor
AQ	21	Woman	Bengkulu	3	Zoom
AR	18	Man	Denpasar	1	Gmeet
UL	20	Man	Pontianak	2	Gmeet

In this study, researchers trying to equalize type sex informants in order to find any factors that may arise from the interview results. In addition, researchers also tried get informants who come from from area different to find possibility emergence factor culture .

Main interview conducted at different times with each informant in the period September 2024 – January 2025. Then , in order to explore lack information , researchers conducting *follow-up* interviews with two informants namely AV and AQ in February 2025. The interview question guide has been lowered based on dimensions psychological well *-being* mentioned previously and associated in a way specific to life wandering to students.

Interview later implemented and recorded based on agreement participant . Participant informed about The purpose of the interview and the confidentiality of the research data. Analysis of the interview results using method analysis thematic , where researchers grouping answer informant based on similarities themes that refer to theory welfare psychological . The results of the interview were then written in the form transcript which is then reviewed repeat to analyze the interview results in detail thematic . Next , the interview results are compiled based on several codes and divided become equality theme .

3. Results and Discussion

3.1. Self-Acceptance

3.1.1. "Adapting to socialize"

In this theme, each informant own different dynamics in describing advantages and disadvantages and how this has an impact on life migrate. However, in this study it was found similarities themes in three participants namely AV, UL, and AQ regarding adaptation and socializing while away from home. For AV and UL, realizing the advantage of being able to adapt to differences culture and language give impact positive, namely to be able to weave connection good social interaction with new people you meet abroad.

"...if there is excess I think I can adapt and make friends. ...Alhamdulillah I find Friend here. When I got home, I suddenly thinking, "Wow, if my friends were n't here What should I do? It's like I'm just wandering around Jatinangor. " That 's why I'm so grateful if they become friends. I " (AV)

"If there is excess I ... actually I feel that I can be a more adaptive person actually in a new environment. Previously, when I was in high school, I'm classified as an introvert. Talking as is Just, nothing too special. Here (Pontianak), the people are always the same. There (Depok), the people are like... we've just met for the first time. various area too. I feel like I can get along well with them. I'm more adaptable and more sociable. " Sociable like that" (UL)

Meanwhile, in AQ, it turns out that adapting is shortcomings that can ultimately hinder AQ from being able to socialize with new people in the diaspora. Even though However, AQ is still trying to establish a relationship connection social with other people though takes time to get used to.

"If there is a shortage I myself... I'm a difficult person adapt. So, if you meet someone, you have to approach them for a week first, so you can't just do it right away. So, the impact is that it's difficult to socialize. right. Then, the one who is nervous is also... there are no parents or none friend ...so the problem is you have to deal with everything yourself, you know? sis " (AQ)

3.1.2. "Don't compare your situation with other people who are well off"

On the side dimensions acceptance of others, equality themes that were also found is about how each informant accept his situation abroad and not compare with other people. For AR and UL, accept condition especially from aspect facilities and materials to undergo life abroad alone without Comparing yourself with others is one thing form reception himself.

" Sometimes I do, bro (comparing myself with friends). It's just very rarely. It occurred to me like...Oh, it's nice if you don't go abroad, it's easier. to play anywhere, anything There is. That's just a fraction seconds pass in my head. Because it's like...for what comparing like that. I feel like it's a bit of a waste of time doing that.

comparing things like that. Because each has its own unique qualities. I'm comfortable just do it. " (AR)

"...As a migrant, I walk to campus or take the commuter train everywhere. I compare myself to my friends there. Yes, I feel a little inferior. But I can't be discouraged. heart like that. Because we know we can't from In terms of ... economics, the facilities we have. But in one The side also cannot just keep quiet, we also try to catch up a good life like those here ... because I can also enter the place (college) "High) which is good, so there is also a sense of pride in itself" (UL)

Meanwhile, for subject AQ, it states that He Still difficulties and still comparing his situation with friends, especially friends who do not live away from home.

"Because if you look at my friends who don't migrate, right? There is the facilities Enough because it's at home. Then if anything happens, it's easy to do. Because there are parents. Because if you go away from home right Far Yes, it's not that easy to meet your parents " (AQ)

3.2. "Weaving communication to maintain connection "Good social relations" - Positive relations with others

All over informants in this study showed braid strong relationships with people around him in his diaspora. In general general, all informant emphasize importance communication and mutual assistance to maintain positive relationship.

"...And now also because I There are a lot of old people and adults here too, so yeah What he said yes- yes Just don't fight back like that. That's to keep the relationship safe. just " (AV)

"Perhaps a simple example is if my friends in my boarding house need help. I will help. If for example there is something they need I love " (AQ)

"... their response was positive, the important thing is...meeting the right people never mind, I don't know if it's just style his life ... his vision is the same as ours want that. Well, if there is conflict small yes ... we yes communication just like that...sorry -sorry just. Finish it in a way family is better compared to method other negatives. " (UL)

In a way specific Informant AR admitted that the people around him were very accepting. his presence and establish good relationship. Although sometimes feel difficult opening up, informant AR continues to emphasize communication with the people around them so that they can accept and understand each other.

"...if faced with The situations that trigger and challenge me are close friends who are also from Bali and in the same study program. I'm quite close to them. ...Even when I looking at them, they are different from method think or look something sometimes I'm the one who closes myself off...but what I emphasize " Until now, that's how communication is" (AR)

3.3. "The views of those closest to you are very valuable , but " The decision is still made by yourself" – *Autonomy*

There is difference dynamics dimensions *autonomy* for each informant while abroad . Considering undergo living abroad demanded to be independent , informants AV, AR and UL admitted that himself Enough independent and not easy influenced or too dependent on others in making decisions or actions something . Even though it requires the presence of other people, will but each informant still takes decisions and actions in a way independent .

"At most if I ask an adult that I can believe it , then also call mom. Ngadu there's this and that. But in the end yes Do you want to Want to Yes, it has to be done alone too.... But I don't think I can force my friends to do that. So yes , it's important (presence friends), but I Try not to depend on that" (AV)

"But because Since high school, I 've been quite independent , I like to explore on my own. You could say I 'm quite... feel I 'm ready to do anything alone. Because I 'm the first child too , so the impression is that I have to find out everything myself... If, for example, I can't contact my parents , and my friends are also busy, I feel like why bother contacting them if I can just break up with them myself" (AR)

"...I'll definitely ask friends who might also have similar problems. And also ask the community . They've probably experienced the same problem . So I can get an idea. " a new perspective . Well, from corner the views that have been gathered ...well, I will do that later decide which one is more worth it me do it like that. So it's more of an option "Just like that... I 'll make my own decision later " (UL)

Meanwhile, in AQ, although Still depends to others, AQ seeks to reduce intensity and realize that he can't always depend on others.

"If I'm abroad ... honestly still hardship (still (it depends) yeah . But it's like...it's become less so , not so dependent . Because if you depend on someone...if one day that person is no longer there , you 'll be in a panic and not know what to do. where yes tea yes " (AQ)

3.4. "The importance of self -control will activity external " - *Environmental Mastery*

Informants AR, AQ, and UL admitted that they are quite capable of holding his busyness not quite enough the answer is in the diaspora both from aspect daily life in the boarding house, until life academic and non-academic , Dynamics mastery The environment of each informant is different as listed below :

"It's not really a burden, is it, sis ? In the past, right? I don't wash , cook , anything like that. Now you have to do it yourself. So I prefer to give myself a challenge. As small as whatever his achievements I give self-reward...Meanwhile in college...it's like... project

assignments ... it's like five or five straight away, you know . Moreover, you have to take care of it everyday life too. So how do you do it? I for finishing it, huh ... like it or not , you have to throw it all in like that" (AR)

"Or for example, if there is an event or program, that is necessary , right? tea Yes . So sometimes, H-1 H-2, deadlines pile up so it's like stress , sis ... the first one i do that I close, I closed while his duties . Then like... what yes Rest Just a moment . Because if you do everything, you could burn out, right? tea Yes . So it's like resting for 1 hour or 2 hours, after I calm down, then I acting like thinking in a way head cold, how to complete assignments said " (AQ)

" I use this...schedule or something like Google Calendar or a reminder like that. Well, that's for if, for example, there is Activities that are definitely scheduled from a certain time to a certain time... I 'll definitely enter them into Google Calendar and also my class schedule. So I can see which hours are free. So I can make time there . If there's a free hour, I can make time for myself... whether it's me time or cleaning . a room or anything that can help me develop myself ... I don't know going to the gym too. "Thank God, I wasn't (overwhelmed) ... there were no clashes like that." (UL)

3.5. "Relationships abroad as a support description future career " - *Purpose in life*

The results of this research interview found that that generally objective life informants are more focused on their careers . This is likely because of the informants Still status as a student. The role of information from local people in the diaspora help AQ get description about his goals in the future. Traveling give information addition to AQ through interaction with new people

" In the future , I want to be a data analyst. tea ... me I 'll meet lots of people friends here . Coincidentally in the field me too. So I can get a lot "The information came from them. So I can get an idea of what the future holds." (AQ)

Meanwhile AR and UL admitted still don't have it clear picture of his future goals . However , secondly This informant is still try explore through people they meet overseas

" Explore as much as possible. Because if I'm visionary like that... I'm afraid of daydreaming, sis . I want to be in the research field , but I can't say how confident I am. ... And there's a lot of information about the goal). As simple as information that is directed come from all over I " (AR)

" Actually, I'm a bit doubtful, yeah? sis . Because no one knows the future . Well, the problem is... like what are you going to do, where do you do your internship , what will you do later? what , want chase what , I still don't know. Even though I already have an idea (from relations abroad) work here ...work here ...later, for

example, when it's your third year , just let me know , if there's an internship, find out about it." (UL)

3.6. "New experiences, new learning " - Personal Growth

Every informant confess that undergo undergo life abroad as a student with various not quite enough answer can provide learning their own which they pick for personal use informant ,

"I just learned not to trust people that quickly in other areas ... in the past I did that. never mind, just follow along channel just like that..." (AV)

"If it was like that earlier... it would be more responsible. "Answer , it's more like learning that not everyone can be relied on . Then, one day, you'll definitely have to be able to do it alone." (AQ)

"It's more like I feel like I can finish it. not quite enough answer We in a way independent as long as We Put in the effort to do it . But if you look too much outward, see other people commenting too much , it seems like it's not important. Try it yourself first... Then... because it's here right? from accent The language and speech are not like Balinese. Furthermore, the cultures of students who are of the same age I am also different just like that, not like people in the area origin I (Bali). The children are here Very ambitious . And very target-oriented. So I 've been extra diligent in adapting to how to be more ambitious " (AR)

"Here (Pontianak) it's more of a slow-paced lifestyle . In the regions ... especially Jabodetabek , that's the hustle culture , people who want to The workload is really high ... Honestly, the thing that is most noticeable is the hustle culture and the people at that level. his work It's that high . That's a challenge . as well as being a motivation for I. At first I felt what I had Doing this and that is already the maximum. But there are people who can take advantage of it. time much more optimal. So, I can take it I also learned from them. I can also learn from them Lots Good things like that to develop myself in the future . And also like... if for example I want to do something useful like that ... do n't be afraid to try it. Because there will definitely be something the benefits . The same... this is a responsibility answer to yourself. Whether it's a error or is it a success ." (UL)

In carrying out life abroad , every individual expected to have welfare good psychological . Moreover , with good dynamics in every dimension welfare psychological then it can show life positive experiences experienced by students from out of town [6]. The results of this study found that there were differences dynamics of each dimension welfare psychological impact on students from out of town . Based on six dimensions welfare psychological theory proposed by Ryff, found similarities theme in each statement respondents as described following .

This study found two themes in the dimensions self - acceptance in students from out of town . First , the informants in this study realized advantages and disadvantages , esp about ability adaptable which can provide impact on life social in the diaspora . Realizing lack of adaptation make students from out of town feel difficulty in socializing with new people in a foreign land . Although thus , as said one of them informant , he still tries to socialize with new people even though It takes time. Second , don't compare your situation with your current situation abroad. is form self- acceptance of students from other regions in undergoing life in a faraway land from parents and have limitations from aspect material . If students are overseas own positive self -acceptance , then he can come to terms with his situation abroad [14]. One study found that Good self- acceptance in students can improve mental health in general general [15].

In dimension *positive relationship with others* or relationships positive with others, all informants in this study admitted that they can establish connection positive , good, and warm while abroad . One of them important factors found in establishing A good relationship is maintained communication to understand each other with each other, whether with family , friends, or other people in the environment wandering . As a creature social , human created to love and fill each other each other through communication social [16]. Through interpersonal communication , students can overcome loneliness and share the problems they experience with other people so that they can improve mental health . If overseas students can establish connection positive with others, then this can reduce loneliness that may be felt when living away from home [17].

In dimension autonomy , although it is important to establish relationships and communication with other people abroad , but it is also very important to be able to take own decisions as expressed by the informants of this research. For students who are away from home , autonomy become very important thing because far away distance from family and relatives so you have to be able to take something decisions and take responsibility answer on his actions [1]. Students from out of town who can initiate their own choices and behavior are more likely explore new things in the environment overseas for personal [18].development and growth

Related mastery environment or environmental *mastery* , three informants namely AR, AQ, and UL acknowledge that control all activities and demands in the diaspora are very important so as not to provide pressure on oneself. Meanwhile , reflecting on AV , the number of demands that must be met like activity academic , organizational , business , and needs individuals can make somebody difficulty arrange activities As is known , that being a student from out of town means having to study and live Lots matter like culture in a foreign land , different customs or demands from normal life , until environment

new social . Therefore , mastery environment or *environmental mastery* is a very important thing for students living away from home , considering life as a student away from home is not only fixated on life academic , but also non- academic activities and taking care of needs other individuals . As is known , mastery environment can help migrants to feel life safe , comfortable , and can also develop himself [14].

next dimension is *personal growth* or self- growth . Overall informants in this study admitted that undergo life abroad with various new challenges and experiences can provide learning to apply to themselves. For AV and AQ lessons learned is independence . Meanwhile for AR and UL, besides importance independence and responsibility answer to yourself, other lessons learned is use time to be more productive . When away from home, various challenges faced , learning from other people , achievements made , and support and good interpersonal relationships can encourage individual self- growth [19], [20].

Dimensions of well-being the last psychological one is *purpose in life* or goals in life . Similarity of themes found in the role relation social in helping students from out of town build his views about the future. This study found two informants still don't have it certainty will their goals . After further examination , one of the factors found is that both of them Still step on one year and the first two years away from home and studying , so that still don't have it a much broader view to determine objective life in a way specific [21].

This study also found one of the important factors that support several dimensions welfare psychological like *autonomy* and *purpose in life* are support social from other people in the diaspora . The students from the diaspora in this study received support social from other people, in the form of views or opinions as support their autonomy to be able to take own decisions abroad . Based on draft *relational autonomy* , a person can achieve autonomy personal through interaction and communication with other people [22]. Likewise in building objective life , presence support from relationships encountered while away from home helping students from other regions find a new view for future steps come . According to a study on international students , the presence of support and guidance from friends abroad can help students get through life academic , life social and cultural , up to improvement ability as well as new views [23] This is also what was found in this study.

Other factors found is factor culture especially style life different roles in the dimensions *personal growth* or self- growth of respondents while away from home . This factor was found in two informants , where style live in the area origin opposite to the area region with high work ethic and environment a more dynamic life and this becomes something new challenges for students from other regions . Lifestyle This difference encourages

students from other regions to improve ambition as well as self -motivation in living life as a student living away from home . Facing challenges and adapting to new cultures can encourage self -growth , abilities think critical , formation meaning as well as objective live , until welfare psychological in a manner general [24].

4. Conclusion

This research can provide insight and overview about welfare psychology in students from out of town to limitations literature qualitative regarding the topic . This study also found several important factors that play a role in the dimensions certain on welfare psychology of students living away from home , such as support social which is important in supporting *autonomy* and *purpose in life* and factor style life that plays a role to dimensions *personal growth* . Factors such as the year of study undertaken were also found to play a role. to *purpose in life* for students living away from home .

Of course, this research cannot be separated from from shortcomings . First , the results of this study may not be generalizable. in a way general considering students as informants here all of it studying in West Java province . Furthermore , although distribution type sex informant evenly distributed , no differences were found dynamics welfare psychological between men and women in this study. Further research expected to increase amount informants to enrich data and research factors likely demographics play a role to welfare psychological informant more specifically , such as influence difference type gender , socioeconomic status , and others.

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