



Hear My Voice in Silence: Exploring Psychological Well-Being in the Sandwich Generation through Photovoice

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Abstract

This research contributes to understanding adolescents' awareness of psychological well-being within the sandwich generation. The unique challenges faced by sandwich generation teenagers, due to the demands of balancing multiple responsibilities, heighten their vulnerability to mental health issues and suicidal ideation. The study involved eight participants who met specific criteria: active college students in Yogyakarta, aged 18 to 22, residing in Yogyakarta, employed in part-time, full-time, or freelance work, who had experienced thoughts of self-harm, and who were willing to participate. A qualitative approach was employed using the photovoice method, guided by the SHOWED framework (focusing on what is Seen, what is Happening, how it relates to Our lives, why it Exists, and what can be Done about it). Data analysis was conducted through content and thematic analysis, using both photographs and narratives as primary data sources. The study provides a comprehensive understanding of the psychological well-being of the sandwich generation, exploring dimensions such as perspective, environmental mastery, mood, life purpose, self-acceptance, autonomy, personal growth, and religiosity.

Keywords: photovoice, psychological well-being, sandwich generation.

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Introduction

Suicide is becoming an increasingly prominent issue in public discourse, with recent reports indicating a rise in cases across various demographics. According to data from the National Crime Information Center (Pusiknas) of the Indonesian Police (Polri), as cited by Muhammad (2023), Indonesia recorded 971 suicides between January and October 2023, with Yogyakarta ranking fifth with 48 cases. Databoks further reported that two of these incidents involved student suicides.



Santrock (2016) noted that most student suicides occur among individuals aged 18 to 22, a developmental stage classified as late adolescence. Kompas.id highlighted that those aged 18 to 25 are particularly susceptible to suicide, a trend linked to the challenges associated with transitioning from adolescence to adulthood, including physical, social, and responsibility-related changes (Wahyudi, 2023). Additionally, research by Lalenoh et al. (2021) found that elevated stress levels can trigger suicidal ideation among students aged 18 to 24.

Beyond academic pressures, financial burdens also weigh heavily on students. The term "sandwich generation" describes individuals who face significant financial responsibilities while balancing personal and family obligations. Hernandez et al. (2019) defined the sandwich generation as working adults who feel trapped between family and professional demands. However, this concept increasingly applies to adolescents who shoulder similar pressures. Individuals aged 18 and older often face personal burdens as well as responsibilities to their immediate family and parents. Data from the Badan Pusat Statistik suggests that the growing elderly population imposes social and economic pressures on families and communities (Damopolii, 2024). As a result, the sandwich generation now includes not only those with families of their own but also younger individuals with dependent responsibilities.

The combined effects of academic and financial stress can contribute to high stress levels, which, in turn, may lead to suicidal ideation. Research by Choi and Noh (2019) found a significant negative correlation between psychological well-being and suicidal ideation. Furthermore, Ryff (as cited in Hardjo et al., 2020) explained that individuals with low psychological well-being often struggle with self-acceptance, are dissatisfied with themselves, and feel disillusioned about their past and present. They may also experience difficulties forming relationships, lack purpose, and have little sense of meaning in life. Safaria (Deviana et al., 2023) emphasized that low psychological well-being affects cognitive, emotional, and physiological functioning. Cognitively, it can lead to difficulties with self-regulation, increased anxiety, sadness, anger, and frustration. Emotionally, it can impair concentration, memory retention, and the ability to comprehend academic material. Physiologically, it can weaken the immune system, cause fatigue, and disrupt sleep patterns. Consequently, psychological well-being plays a crucial role in helping students adapt to academic pressures.



The study by Thayeb and Suryadi (2023) revealed a significant difference in psychological well-being between men and women of the sandwich generation. Male participants scored 68.61, while female participants scored 87.25. These differences impact individual autonomy, with the research suggesting that women may experience pressure from managing multiple roles, while men appear better equipped to address personal growth challenges (Thayeb & Suryadi, 2023). Additionally, observations of individuals facing financial and academic burdens indicate tendencies to withdraw, experience anxiety in social settings, struggle with self-control and decision-making, and project an outward appearance of being fine. Interviews with female participants further revealed that they often felt unable to express themselves or share their struggles due to societal pressure to appear strong, particularly as role models for younger siblings. These women often coped by immersing themselves in work to distract from their personal challenges. One individual also reported a lack of close relationships with her brother and parents.

According to Ryff (2014), psychological well-being encompasses an individual's ability to make autonomous life decisions, navigate their environment effectively, foster positive relationships, set and pursue meaningful life goals, exhibit self-acceptance, and realize their potential. Ryff identified six dimensions of psychological well-being, and a positive balance across these dimensions is linked to greater happiness, improved social adjustment, and enhanced resilience to stress.

This study aims to explore the inner thoughts and experiences of the sandwich generation using the Photovoice technique, assessing their current state of psychological well-being. Individuals with higher well-being tend to maintain a positive outlook on life, experience happiness, and are less affected by psychological stressors that might otherwise lead to suicidal ideation. While previous research has examined the psychological well-being of individuals in the sandwich generation, there is limited understanding of the nuanced, lived experiences and internal struggles they face, particularly through their own voices and perspectives. Existing studies primarily rely on quantitative measures or external observations, which may fail to capture the depth of emotional and psychological complexities experienced by this group. Furthermore, there is a lack of research utilizing participatory methods, such as Photovoice, that allow sandwich generation individuals to express their psychological well-being visually and narratively, providing a more holistic and authentic insight



into their mental health and resilience. This gap in qualitative, participant-driven research limits our ability to fully understand the unique challenges and coping strategies within this population, particularly in terms of how they navigate their roles and maintain psychological well-being in silence.

Method

Design

This study employed a qualitative approach, which involves using text and image data and follows distinct steps in data analysis, incorporating various designs (Cresswell, [2018](#)). The research methodology adopted in this study is photovoice. Photovoice is a method that enables individuals to identify, represent, and enhance the community through specific photographic techniques (Wang & Burris in Malherbe et al., [2017](#)). According to Wang (Hidayah et al., [2020](#)), a photovoice is described as a photograph with meanings that conveys a portrayal of the photographer or a particular community or provides an overview of a phenomenon.

Selection criteria and participants

The study used a purposive criterion sampling technique to determine the sample. A total of 8 subjects were used in this study. The criteria we have set for the sample are as follows: they must be active college students in Yogyakarta, aged between 18 and 22 years old, living in Yogyakarta, actively engaged in part-time, full-time, or freelance work, experiencing thoughts of self-harm, and willing to participate as financial subjects. This criterion was chosen because of the consideration of the vulnerability experienced by the sandwich generation in developing psychological well-being. Information to find subjects was distributed using posts through various social media, such as Instagram, WhatsApp, and Twitter.

Data collection and analysis

Data were collected and analyzed following the photovoice methodology outlined by Malherbe et al. ([2017](#)). The process commenced with identifying research needs using the photovoice approach, engaging participants to familiarize them with the research methods and techniques for capturing images with a camera or smartphone. Subsequently, participants were tasked with capturing photos



that reflected their emotions or experiences over the previous week. This task was followed by a session where participants shared narratives associated with the photos and composed five narratives based on the images they had taken. A follow-up meeting was conducted to allow participants to present and discuss their photos, enabling researchers to gain deeper insights into the content of the images. The discussions during the meeting were guided by the SHOWED (what do you **S**ee here, what's really **H**appening here, how does this relate **O**ur lives, why does this situation **E**xist, what can we **D**o about it) framework (Wang & Burris, [1997](#))

The data was analyzed using Thematic Content Analysis (Anderson. [2007](#)). Initially, the researcher carefully reviewed and read through the collected photos and narratives multiple times. The researcher then proceeded to interpret the pictures and narratives, describing each one based on the themes identified in the content. Researchers read the narrative multiple times to understand the meaning corresponding to the narrative and photographs. In addition, the analysis results were given to the participant for validation as a member check. The final stage involves implementing the exhibition to express the research subjects' thoughts and feelings.

Methods of Validation

Data triangulation is conducted through member checking to enhance the credibility of research findings. This process involves confirming the analysis results with the subjects to ascertain the alignment between the analysis and the intentions expressed by the subjects in narrative and photographic forms.

Ethical consideration

From an ethical standpoint, this research clearly employs informed consent as a mechanism of agreement between the investigator and the participant regarding their involvement in the study. Additionally, informed consent serves as a pledge from the researcher to uphold the confidentiality of all data related to the participant.

Result

After conducting the analysis, the researchers identified nine themes in the narratives written by

each participant based on photos they took themselves. These photos represent the feelings, thoughts, and reflections on life as members of the sandwich generation who have suicidal ideation. The psychological well-being of the sandwich generation can be understood through factors such as way of viewing, environmental mastery, mood, purpose in life, self-acceptance, autonomy, personal growth, and religiosity. The themes listed below are based on the narratives written by the participants.

	Subjek 1	Subjek 2	Subjek 3	Subjek 4	Subjek 5	Subjek 6	Subjek 7	Subjek 8	Subjek 9
Foto 1	Suram, Cara Pandang Pesimis, Kebingung banyak problem, perasaan sedih, Hidup banyak rintangan	Alasan untuk bertahan, Keikhlasan, Harapan, Mood Booster, Pernah merasa kesepian/sendiri, Kemampuan untuk mengapresiasi	berusaha kuat, cara pandang kehidupan, pengambilan makna hidup	lelah terhadap rutinitas, positive thinking, keinginan untuk berproses, cara pandang baru dalam melihat masalah, rendah diri, menyebarkan emosi positif	Pikiran yang "bersik", mencari ketenangan, keinginan untuk mengeluarkan emosi, ketidakberanian	Harapan, keraguan, ketidaksiapan akan perubahan	Harapan, pengungkapan perasaan melewati seni, kebebasan, memiliki tujuan hidup tetapi belum dapat diproses, cara pandang terhadap kehidupan, keinginan untuk berproses	cara pandang baru, melihat pantulan diri lewat keindahan alam, pengungkapan alasan untuk bertahan, usaha untuk bahagia, overthinking, optimisme, keinginan untuk bahagia, merasa kesepian, tidak sadar dengan lingkungan atau orang sekitar	Pikiran yang "bersik", mencari ketenangan, kebersyukuran, cara mengherikan pikiran, perasaan bebas
Foto 2	energi positif, kehidupan penuh warna, ketenangan alam, KEBUTUHAN AKAN KETENANGAN, kebersyukuran, usaha untuk bebas	Alasan untuk bertahan, Keikhlasan, Harapan, Mood Booster, Pernah merasa kesepian/sendiri, Kemampuan untuk mengapresiasi	kebutuhan untuk merasa didukung, kesepian, kesendirian	Survive, moodbooster, ketenangan, mengetahui cara belajar yang efektif, memahami konskuensi perlakunya	Mood booster	Berusaha melihat positif meski terluka, pemaksaan hidup, keyakinan terhadap suatu proses	Kegigihan, keberanian, percaya dengan kemampuan diri, keinginan untuk berkembang, harapan, kehati-hatian, persiapan yang matang, menyadari proses kehidupan, optimisme, kesabaran	menghargai tiap momen yang ada, pengalihan	Keinginan untuk bangkit, cara pandang positif dalam melihat masalah, optimisme
Foto 3	kesepian, bimbang/pelisah, galau, bingung, pengorbanan, sedih namun ada HARAPAN, kekhawatiran dalam melewati hal penting dalam hidup	Kehilangan, Defense Mechanism (Penolakan), Merasa dihargai atau dicintai, Keputusan	emosi positif untuk bangkit, mencari pengalihan dari situasi yang membuatnya stres, pemaksaan hidup, motivasi untuk bertahan	Moodbooster	mencari ketenangan, sedih namun ada harapan	Mencari ketenangan, religiusitas, defense mechanism	Adaptasi diri, keinginan yang terwujud, optimisme, berhasil survive (berhasilan)	pemecaran jari diri, ketakutan terhadap kenyataan, penyesuaian terhadap perubahan, self esteem/efficacy/raguasi diri, kerinduan, ketidaknyamanan, belum ada penerimaan lingkungan, support system,	Kecenderungan/kesepian, memenangkan diri,
Foto 4	pengorbanan, ketenangan, harapan, support/dukungan dari pasangan, motivasi untuk bertahan, rasa dicintai, merasa dihargai (menimbulkan percaya diri)	support dari pasangan, perasaan saling mencintai, safe zone, kebersyukuran	bukan seseorang yang selalu benarannya, keyakinan spiritual (religiusitas), mencari ketenangan	dikuasai mood, capek fisik, tidak percaya diri,	Bingung, Kesepian, kecemasan, tidak mengenal diri/emosi				Bertahan, percaya diri, adaptability, self esteem/efficacy/raguasi diri
Foto 5	emosi positif untuk bangkit, harapan, motivasi untuk hidup, bertahan dari situasi yang tidak menyenangkan, cara pandang baru dalam melihat masalah	Perasaan dihargai dan dicintai, aware ke hal-hal kecil (muncul perasaan kehilangan),	ingin dihargai, ingin dicinta, merasa ingin dipahami dan memahami, perasaan tidak dihargai/dicintai	refleksi diri, pemaksaan hidup, harapan, merasa sendiri/sepi, coping mechanism, perasaan ri/membandingkan, berani keluar dari zona nyaman, menghargai diri sendiri, overthinking, ketakutan masa depan	Keputusan, broken home, membutuhkan kasih sayang, membutuhkan dukungan, loneliness	Percaya dengan kemampuan diri, keinginan untuk berproses atau berkembang, semangat/tekad yang besar, ketakutan, ketidakpercayaan diri			

Table 1. Thematic Content Analysis Photovoice

Subsequently, based on these findings, a conclusion is drawn based on the constructs used as references, detailed as follows:

Way of Viewing

Way of viewing is the ability of an individual to select or even create an environment that aligns with their psychological conditions. Below are several photos that illustrate the perspective of the sandwich generation.



Figure 1. Subject F



Figure 2. Subject A

The study revealed that each participant held distinct perspectives on the challenges they faced in their lives. Participants tended to perceive life's problems in a pessimistic light, engaging in behaviors such as overthinking, worrying, fearing, despairing, lacking self-confidence, and experiencing confusion. Common life problems experienced by individuals in the Sandwich Generation included feelings of loneliness, lack of affection, a sense of gloominess, multiple issues, appreciation for small joys in life, unpreparedness for change and life's realities, and a persistent feeling of mental clutter. Despite these challenges, few participants demonstrated optimism, attempted to find a positive side in life's problems, recognized the principle of reciprocity in life, and maintained faith in the life process.

Environmental Mastery

Environmental Mastery refers to an individual's ability to select or even create an environment that aligns with their psychological condition (Ryff, 2014).



[Figure 3](#). Subject C

[Figure 4](#). Subject N

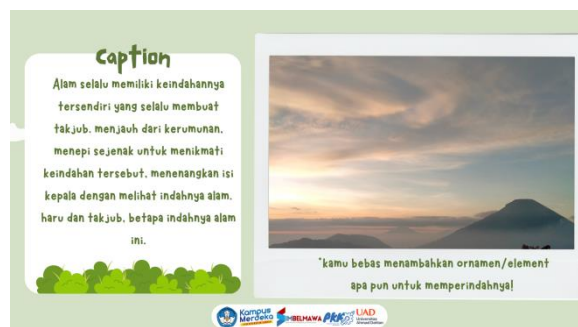
In this study, the participants perceived nature as a source of tranquility and a reflection of beauty amidst the various circumstances in their lives. They endeavored to cultivate motivation for survival, hardiness, strength, happiness, and freedom by integrating these perceptions into their own lives. The participants also aimed to develop adaptability, persistence, courage, adjustment to change, and appreciation for every experience. Nevertheless, they expressed fatigue from their daily routines, physical exhaustion, a lack of awareness of their surroundings, and a desire for distraction.

Mood

Less intense emotions or feelings arise when responding to the circumstances and context they encountered. Additionally, how individuals interact with each other can influence the level of intensity experienced (Malentika et al., [2017](#)).



[Figure 5](#). Subject AC



[Figure 6](#). Subject R

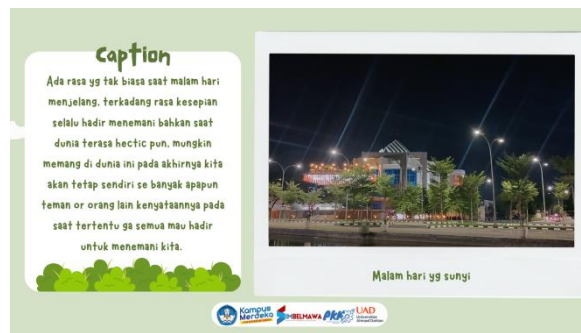
The emotional state experienced by the individuals results in various feelings, including sadness, a yearning for tranquility, a need to express emotions, longing, unease, needing happiness, and freedom. Nevertheless, certain individuals possess strategies to elevate their mood or manage their emotional state, often finding themselves influenced by their prevailing mood.

Relationship with Other

This theme is the ability to love. This aspect also demonstrates the capacity to manifest strong feelings of empathy and affection for all individuals and the ability to experience great love (Ryff, [2014](#)).



[Figure 7.](#) Subject M



[Figure 8.](#) Subject N

The connection between individuals often results in feelings of loneliness, sacrifice, and loss, leading to increasing awareness of minor details, a sense of missing others, and a desire for support, companionship, and affection. Some participants struggle to adapt to their surroundings; in fact, some of the subjects encounter broken homes. Nonetheless, three out of the nine subjects have reported feeling loved, reciprocating that love, feeling valued, capable of showing appreciation, receiving support from their partners, and spreading positive emotions. These positive experiences are intertwined with other emotions that may evoke negative feelings.

Purpose in Life

Purpose in Life refers to an individual's belief that generates internal emotions of having a defined purpose and significance in life (Ryff, [2014](#)).



Figure 9. Subject N



Figure 10. Subject L

In the quest to ascertain the purpose and significance of life, subjects' beliefs often reside in a realm of hope tinged with sad feelings, a yearning for personal growth, the presence of aspirations yet to be fully comprehended, a drive for advancement, and a longing for elevation. Conversely, one out of nine participants reported instances where their aspirations had been realized.

Self-Acceptance

Self-acceptance is recognized as a fundamental aspect of mental well-being, serving as a key attribute of self-actualization, optimal functioning, and psychological maturity (Ryff, 2014).



Figure 11. Subject R



Figure 12. Subject Z

The subjects' self-acceptance is demonstrated through a sense of gratitude, sincerity, and growing self-confidence. Additionally, it involves coping effectively, exercising self-reflection, and practicing

self-regulation while doing self-regulation. However, some individuals are still in denial, using defense mechanisms to avoid facing reality, struggling to find their identity and understand their emotions, dealing with low self-esteem, and seeking distractions from stressful situations.

Autonomy

Autonomy refers to individuals' capacity to shape their own destiny, exercise independence, and self-regulate their actions. In this context, personal functioning shifts away from the need for external validation, allowing individuals to assess themselves according to their own criteria (Ryff, 2014).



Figure 13. Subject Z



Figure 14. Subject N

The subjects are experiencing significant challenges in terms of autonomy, with feelings of hesitation, anxiety, and dependence on others. It is crucial to address their lack of confidence and doubt in order to support their autonomy. However, some subjects also feel confident and have thorough preparation.

Personal Growth

Personal growth is the individual's ability to develop their potential to grow and evolve as a person (Ryff, 2014).



Figure 15. Subject L



Figure 16. Subject N

The subjects have a strong determination and a desire to progress in developing their potential. The subjects have also attempted to find purpose in their lives, cultivate positive vibes, and experience life to the fullest.

Religiosity

Religiosity refers to the profoundness of an individual's religious understanding and conviction in the existence of a God, manifested through the earnest adherence to divine commandments and the avoidance of prohibitions, engaging both the heart and the entirety of one's being (Mardiana et al., 2021).



Figure 17. Subject A



Figure 18. Subject M



Despite their challenges, the individuals still hold on to their spiritual beliefs (religiosity) and trust Allah's path as they seek inner peace. They also strive to cultivate patience amidst these difficulties.

Discussion

In this study, researchers employed the photovoice method to demonstrate that each photograph captured by an individual encapsulates emotions, feelings, and personal experiences. Crafting a narrative based on these photographs serves as a communication mode to comprehend the images' significance. The photos and accompanying narratives also highlight an individual's capacity to attribute meaning to their experiences and the opportunity to introspect and address challenges they encounter or give away themselves into the problems (Malherbe, [2017](#)).

The findings of the analysis show that the photovoice method is a viable way of expressing suicidal thoughts in the sandwich generation. The analysis of the photovoice revealed nine themes in the narratives written by individuals in the sandwich generation experiencing suicidal thoughts. The primary theme was the sandwich generation's viewpoint on life's challenges, which are riddled with concerns about being unable to achieve certain matters, even leading to feelings of hopelessness. The sandwich generation often feels "trapped" between family and professional responsibilities due to the numerous pressures they face (Hernandez et al., [2019](#)). On the flip side, the sandwich generation is characterized by a sense of optimism and a commitment to finding the silver lining. They are confident and have faith in the life process, which enables them to see different perspectives on their lives.

Another theme identified in the results of the photovoice analysis was Environmental Mastery, which refers to an individual's ability to select or shape their environment based on their psychological state. The sandwich generation, the focus of this study, frequently experienced physical fatigue that impacted their mental well-being. This fact is consistent with the study conducted by Yeyeng and Izzah ([2023](#)) on the sandwich generation phenomenon among students, which found that it had negative impacts, such as physical and psychological fatigue.

The theme of mood emerges prominently in the findings of this photovoice. Participants expressed feelings of sadness and discomfort, coupled with a desire for tranquility, largely due to the pressures



of their work and the challenging conditions of their environment, which contribute to their fatigue. As the economy continues to develop and financial pressures escalate, individuals feel compelled to exert themselves continuously in their professional roles (Pinarang, [2023](#)). The workplace serves not only as a means of livelihood and enhancement of well-being but also as a significant source of stress, adversely affecting mental health (Fakhriyani, [2019](#)). Consequently, the emotional state of this sandwich generation may serve as a potential indicator of suicidal ideation.

Social support or Relations with Others affect the sandwich generation's mental health. The photovoice results revealed a recurring theme, indicating that the sandwich generation experienced feelings of loneliness, a strong need for support, a desire for companionship, and a need for affection, among other emotions. This finding demonstrates a lack of assistance from their social network, including family and peers. According to Sarafino and Smith ([2011](#)), social support encompasses a range of forms of assistance and emotional sustenance that individuals receive from others or social networks, including comfort, attention, appreciation, and practical aid. The provision of social support can engender feelings of acceptance and affection, effectively mitigating feelings of loneliness and deterring thoughts of suicide.

The absence of social support for the sandwich generation can contribute to their stress levels (Khalil & Santoso, [2022](#)). A study by Salsabhilla and Panjaitan (2019) indicated that social support from parents, peers, and significant others plays a crucial role in the development of suicidal ideation. One prominent theme in the photovoice findings is the concept of Purpose in Life, which refers to an individual's conviction that fosters a sense of purpose and meaning (Ryff, [2014](#)). Members of the sandwich generation possess aspirations and ideals they strive to realize, which motivates them to endure their circumstances. Hope serves as a significant predictor of enhanced well-being across various demographics, including students, children, adolescents, and adults (Murphy, [2023](#)). However, they also face the challenge of fulfilling additional responsibilities that hinder their ability to achieve these aspirations.

Self-acceptance often becomes evident in individuals who have reached the bottom end of their lives; thus, the frequency with which a person encounters significant challenges can indicate their progress in enhancing their capacity for self-acceptance. This investigation revealed that sandwich generation



members are grateful and sincere about their life circumstances. Conversely, there remains a tendency to reject the realities they confront, leading to avoidance of issues and difficulty acknowledging their emotional experiences. According to Faustino et al. ([2020](#)), individuals who can embrace their true selves, irrespective of their actions, are likely to be more receptive to understanding, validating, and appreciating their humanity, which encompasses strengths and weaknesses. By fostering self-appreciation, individuals are more inclined to value their existence and mitigate suicidal ideation.

The findings from the photovoice study revealed additional interpretations indicating that individuals experienced feelings of insecurity, anxiety, restlessness, doubt, and reliance on external objects. These emotions contrast sharply with the concept of autonomy, which encompasses an individual's capacity to shape their destiny, maintain independence, and exercise self-regulation. In a state of genuine autonomy, individuals no longer seek affirmation from others but instead assess their circumstances according to their established standards (Ryff, [2014](#)). Within the sandwich generation, there appears to be a notable deficiency in independence and the courage to make significant life decisions.

The sandwich generation relies on external support to fulfill their social roles due to internal conflicts in their own minds that necessitate assistance from others in decision-making (Khalil & Santoso, [2022](#)). They feel they should seek validation from others for their decisions. This reliance contrasts the theme identified in the photovoice findings, which emphasizes personal development or the capacity of individuals to realize their growth potential (Ryff, [2014](#)). The sandwich generation possesses the ability to continue evolving; however, the pace and extent of this growth remain limited due to unmet fundamental needs (Nuryasman & Elizabeth, [2023](#)). Despite experiencing feelings of insecurity, there exists a desire among individuals to cultivate their potential. The potential development process commences when essential growth needs—such as authenticity, empathy, unconditional positive regard, and psychological safety—are addressed and the individual demonstrates a willingness to engage in personal development (Maurer et al., [2023](#)).

The last theme that emerged was about religiosity in the sandwich generation. Religion is a complex concept consisting of symbols, belief systems, value systems, and institutionalized behavioral patterns.



These elements are central to important issues that have significant meaning for people (Stark & Glock, 1968). People with unwavering faith in God and who regularly reflect on their beliefs tend to see life closely connected to God's presence. This steadfast belief enables people to discover positivity amid challenging circumstances (Yuniaty & Hamidah, 2020). This conviction is what brings the sandwich generation closer and compels them to seek help from Allah when confronted with difficulties. They firmly believe that supplicating to Allah SWT provides them a profound sense of tranquility.

Religiosity entails internalizing religious values, wherein one wholeheartedly believes in the teachings and faithfully applies them in daily actions (Aviyah & Farid, 2014). Research conducted by Yuniaty and Hamidah (2020) states that religiosity significantly influences a decrease in suicidal intentions by 13.4%.

Conclusion

The analysis of photovoice data across all participants revealed nine distinct themes related to the sandwich generation. These themes represent the psychological well-being of individuals within this demographic. Among these themes, several indicate positive conditions, such as environmental mastery, which reflects the subjects' efforts to cultivate motivation for living and thriving. Additionally, the presence of a meaningful life purpose is evident, as demonstrated by the subjects' hope and determination to survive. Regarding personal development, the participants exhibited positive attributes characterized by optimism, empathy, and a strong motivation for advancement. Certain individuals demonstrated commendable self-acceptance, which included traits such as gratitude, authenticity, and self-efficacy, while others displayed poor self-acceptance, marked by issues like lack of self-control, diminished self-esteem, and feelings of rejection. Furthermore, the dimension of interpersonal relationships revealed that some participants experienced high levels of social support, feelings of being loved, and the capacity for appreciation. In contrast, others faced challenges associated with low levels of social connection, including loneliness, isolation, and experiences of familial disruption.



Subjects also exhibit several themes that are significantly detrimental, contributing to the emergence of suicidal ideation. In terms of autonomy—the capacity to shape one's future, maintain independence, and regulate internal behaviors—the individual displays signs of sadness, uncertainty, and a diminished sense of self-efficacy. The individual's emotional state is characterized by feelings of sorrow, a yearning for tranquility, discomfort, and an aspiration for happiness. Their outlook on life's challenges is marked by pessimism, excessive rumination, anxiety or fear, despair, a lack of self-assurance, and confusion. Nevertheless, amidst these challenges, the individual maintains spiritual beliefs, including faith in the divine plan, while actively seeking the peace they desire.

The researchers noticed that this study had limitations and deficiencies. The proposed course of action for future research is to enlarge the size of the research sample in order to yield a more diverse set of data for analysis. The limited timeframe for conducting this research has hindered achieving perfection in the final output. Hence, future studies should be thoroughly prepared in the best manner possible.

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Conflict of Interest

The researchers declare that this paper has no conflicts of interest.

Author Contribution

All authors have contributed equally to the study's conceptualization, interpreting data, reviewing, and editing the manuscript.

Data Availability

Data can be provided upon request to the author.

Declarations Ethical Statement

The study followed the guidelines of the Declaration of Helsinki.

Informed Consent Statement

Informed consent was obtained from all persons involved in the study.

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