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Living Away from Home During Emerging Adulthood: The Role of Place Attachment in Psychological Well-Being

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Abstract: Living away from home during emerging adulthood involves psychological and environmental transitions that may affect well-being. Although place attachment has been linked to well-being across various populations, empirical evidence on this relationship among emerging adults in Indonesia remains scarce, particularly within Ryff's multidimensional framework of psychological well-being. This study addresses that gap by examining the association between place attachment and psychological well-being among emerging adults living away from home in Indonesia. A quantitative correlational approach was employed with 316 participants aged 18–25 years who had lived away from their place of origin for at least three months. Participants were recruited using incidental sampling and completed measures of place attachment and psychological well-being, and data were analyzed using simple linear regression. Results revealed a significant positive association between place attachment and psychological well-being ($\beta = 0.591$, $p < 0.001$), with place attachment accounting for 34.9% of the variance ($R^2 = 0.349$). By focusing on Indonesian emerging adults living away from home, a population and cultural context rarely examined in existing place attachment research, this study offers novel, context-specific evidence on how individuals' bonds with their living environment relate to psychological functioning during the transition to adulthood.

Keywords: Emerging Adulthood, Place Attachment, Psychological Well-Being, Living Away from Home, Environmental Psychology

INTRODUCTION

The transition from adolescence to adulthood represents a period of substantial personal and contextual change. Arnett (2000) describes this period as emerging adulthood, characterized by identity exploration, increasing independence, and instability in various aspects of life. Changes during this period may also involve relocation, particularly when educational or employment opportunities require individuals to establish residence away from their place of origin. For emerging adults, moving to a new environment involves more than a change in physical surroundings, as it may also require adjustments to unfamiliar social relationships, cultural contexts, and everyday routines. These changes can create additional demands as individuals establish themselves and adapt to life in a new place. In Indonesia, internal migration is particularly prevalent among individuals aged 20–25, with employment

and education being among the primary reasons for migration, particularly in urban areas (Sari & Tanur, 2023). The process of moving away from home involves not only a physical change of environment but also changes in social networks, culture, and daily life patterns. Those living far from their places of origin may experience a range of emotions and challenges and feel isolated from people and resources in their new environment due to difficulties accessing social resources and adapting to their new surroundings (Eviliani et al., 2024). These conditions may expose emerging adults to adjustment stress, homesickness, difficulties with social adaptation, and emotional strain, which may in turn affect their psychological well-being. Research indicates that moving to a new residence during the early stages of college, particularly during the first 10 weeks, can lead to homesickness, difficulties with social adaptation, and emotional distress that impacts students' psychological well-being (English et al., 2017). Lane & Fink (2015) further emphasized the importance of considering this transition in psychological counseling and interventions for emerging adults, particularly those who are experiencing life away from home and adjusting to a new environment.

In this context, psychological well-being (PWB) is an important psychological outcome to consider, particularly among individuals undergoing major life transitions such as moving away from home. Psychological well-being refers to a state in which individuals can function effectively, participate productively and creatively in their daily activities, and adaptively cope with everyday demands (Wan et al., 2025). According to Ryff & Singer (2008), conceptualize psychological well-being as a multidimensional construct consisting of six dimensions: autonomy, positive relations with others, environmental mastery, personal growth, purpose in life, and self-acceptance.. For emerging adults living away from home, maintaining these aspects of psychological well-being may be more challenging due to the demands of adapting to a new environment. Individuals who adapt well tend to report more positive psychological well-being, whereas those who experience greater difficulty adapting may face greater vulnerability to loneliness and psychological distress (Eviliani et al., 2024). Cemalcilar & Falbo (2008) found that most students experienced a significant decline in psychological well-being during the first three months of studying at a large university in the United States. Research has also indicated that greater homesickness is significantly related to poorer psychological well-being among students studying away from their home regions (Mohamud & Bhat, 2023). These findings emphasize that the ability to adapt to and effectively navigate a new environment plays an important role in maintaining psychological well-being among individuals living away from home.

The relationship individuals develop with their surroundings may also be relevant to psychological well-being. One concept that captures this relationship is place attachment, which refers to the emotional bond formed between individuals and particular places through personal experiences and interactions with the environment. Arani et al., (2021) describe place attachment as a context-dependent concept that can provide insight into both well-being and individuals' experiences of a place. Within the broader concept of place attachment, Astuti & Djuwita (2019) explain that place dependence reflects the degree to which a particular place enables individuals to fulfill their needs and pursue their goals, thereby creating a functional connection with that place. Frequent experiences and positive interactions within an environment can strengthen individuals' emotional bonds with the places they inhabit. For migrants, such bonds may develop as they become familiar with and establish connections to their new surroundings. Developing place attachment may provide migrants with a greater sense of security and connectedness to their living environment, highlighting the potential relevance of the environment in which they live to their psychological well-being. Supporting this perspective, a literature review involving 79 studies of refugees and migrants found that place attachment was related to well-being, particularly when individuals were able to form meaningful bonds with places that fulfill their basic psychological needs (Albers et al., 2021).

Previous research has established a connection between individuals' relationships with their surrounding places and various indicators of well-being and psychological functioning. Maricchiolo et al., (2021), for instance, found that among adults, identification with the local environment was associated with greater life satisfaction and happiness, as well as stronger identification with local groups, place identity, and social relationships. Similarly, Lager et al., (2012)reported that individuals' attachment to a place was related to well-being through experiences of autonomy, perceived control, self-confidence, and social identity. These findings are relevant to Ryff's multidimensional conceptualization of psychological well-being, particularly its dimensions of autonomy, environmental mastery, and positive relations with others. Research involving older adults has likewise shown that place attachment is associated with more positive attitudes toward aging and higher levels of subjective well-being (Chen et al., 2024). In addition, Ariccio et al., (2021) found that perceiving one's environment as supportive of basic psychological needs, including autonomy, competence, and relatedness, was associated with stronger affective bonds to that environment. Collectively, these findings indicate that attachment to place may be relevant to both general well-being and specific aspects of psychological functioning. However, the extent to which place attachment is associated with the distinct dimensions of psychological well-being within Ryff's framework remains relatively underexplored.

Although evidence has connected place attachment with higher levels of well-being, the existing literature has largely approached well-being as a broad construct or from a subjective well-being perspective, emphasizing individuals' evaluations of life satisfaction and positive affect (Albers et al., 2021; Chen et al., 2024; Maricchiolo et al., 2021). The present study approaches psychological well-being through Ryff's multidimensional framework, which defines well-being as a construct consisting of self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth (Ryff & Singer, 2008). Therefore, examining place attachment in relation to psychological well-being may offer a more specific understanding of how individuals' bonds with places relate to broader psychological functioning.

Furthermore, research addressing this relationship among emerging adults living away from home remains relatively limited, particularly within the Indonesian context. Previous studies have generally focused on broader adult populations, older adults, or migrants, leaving the developmental characteristics of emerging adults who are navigating significant life transitions and adapting to new environments comparatively less explored. This developmental period involves unique challenges, including identity formation, increasing independence, and adjustment to new social and physical environments. For emerging adults living away from home, these developmental processes occur alongside the need to establish new routines, relationships, and a sense of familiarity in a new environment. In the Indonesian context, this transition may be further shaped by the practice of *merantau*, in which young people move away from their place of origin for education or employment while maintaining connections with family and their home communities (Clendenning, 2025). Thus, the development of attachment to a new living environment may occur alongside continued social and emotional ties to the place of origin, creating a context in which increasing independence and continued relational connectedness coexist. This dynamic may differ from migration experiences in more individualistic populations, where such continued ties to one's place of origin are often less central. These challenges may shape both the development of place attachment and psychological well-being. Accordingly, this study aims to contribute to the environmental psychology literature by providing empirical evidence on the relationship between place attachment and psychological well-being among emerging adults living away from home in Indonesia.

METHOD

The research employed a quantitative correlational design to examine the association between place attachment and psychological well-being among emerging adults living away from home. A simple linear regression analysis was conducted to evaluate the predictive role of place attachment in psychological well-being. In the regression model, place attachment was entered as the predictor, whereas psychological well-being served as the outcome variable. The analysis was intended to determine whether variations in place attachment were statistically associated with differences in psychological well-being among the participants.

The participants comprised 316 individuals who were living away from their hometown or region of origin, either as university students or working individuals. Of the total participants, 80 were male (25.3%) and 236 were female (74.7%), with a mean age of 21.33 years. Participants were selected according to several inclusion criteria: : (1) being 18–25 years old, (2) currently living outside their hometown or region of origin, and (3) having lived away from home for at least three months. The age criterion was established to represent the emerging adulthood period as conceptualized by Arnett (2000), while the minimum duration of three months was established as an operational criterion to ensure that participants had sufficient experience adapting to a new living environment and opportunities to develop meaningful experiences and interactions with their place of residence. The participants were recruited using incidental sampling, a nonprobability sampling technique in which individuals are recruited based on their accessibility and availability during the data collection process while still meeting the predetermined inclusion criteria. Incidental sampling was chosen due to practical constraints in accessing a fully random sample of emerging adults living away from home across Indonesia, as no centralized sampling frame exists for this population. While this technique facilitated the efficient recruitment of eligible participants, it may limit the generalizability of the findings because participants who were more accessible or willing to participate may not fully represent the broader population of Indonesian emerging adults living away from home.

Two instruments were used to measure the variables examined in this study. Place attachment was assessed using the scale adapted by Pratiwi (2020) from Williams and Vaske (2003). The instrument consists of 15 items rated on a four-point Likert scale, with response options from 1 (strongly disagree) to 4 (strongly agree). The scale covers two dimensions, namely place dependence and place identity, which represent the functional and identity-related aspects of individuals' relationships with a place, respectively. In this study, place attachment was defined as the psychological bond emerging adults establish with their current living environment while residing away from their place of origin.

The Psychological Well-Being Short Scale developed by Humaidah & Mulyono (2025) was used to assess psychological well-being. The scale was based on Ryff & Singer (2008) six dimensional conceptualization of psychological well-being, covering self acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth. It comprises 18 items rated on a four point Likert scale, with response options ranging from 1 (strongly disagree) to 4 (strongly agree). Higher total scores indicate higher levels of psychological well-being. Prior to hypothesis testing, the validity and reliability of both instruments were examined using data from the current study to confirm their adequacy for measuring the intended constructs.

The reliability of both instruments was examined based on their internal consistency. The place attachment scale (X) produced a Cronbach's alpha value of 0.806, whereas the psychological well-being scale (Y) recorded a value of 0.712. These results suggest that both scales had adequate internal consistency and could be considered sufficiently reliable for assessing place attachment and psychological well-being in this study.

The questionnaire was administered online to participants who fulfilled the predetermined eligibility criteria. Prior to completing the questionnaire, participants were

informed about the study objectives, participation criteria, confidentiality of the data, and their freedom to withdraw from the study at any time without facing any consequences. Participation proceeded only after participants had received and agreed to the informed consent information in accordance with ethical principles for research involving human participants. Those who agreed to participate subsequently completed the questionnaire, which included demographic questions, a place attachment scale, and a psychological well-being scale. Once the data collection process had been completed, the submitted responses were reviewed for completeness and checked against the inclusion criteria before being included in the subsequent analysis.

Statistical analyses were performed using IBM SPSS Statistics version 27. The analysis began with descriptive statistics to summarize the demographic characteristics of the participants and provide an overview of the score distributions for each variable examined in the study. The data were then examined through assumption tests, including tests of normality and linearity, to determine whether the requirements for regression analysis were met. Hypothesis testing was subsequently carried out using simple linear regression to assess whether place attachment could predict psychological well-being. The statistical significance of the regression coefficient was determined based on the p value, while the proportion of variance in psychological well-being accounted for by place attachment was evaluated using the coefficient of determination (R^2). It should also be noted that the cross-sectional nature of this study, combined with the use of simple linear regression, allows for the identification of statistical associations between place attachment and psychological well-being but does not permit conclusions regarding causal relationships or the temporal sequence between the two variables.

RESULTS AND DISCUSSION

Result

The respondents' characteristics were examined to provide an overview of the sample included in this study. The characteristics considered in this study include gender and age, which describe the demographic composition of the respondents. The distribution of respondents across these characteristics is presented in Table 1.

Table 1. Characteristics of the respondents

Characteristic	Category	n	Percentage
Gender	Male	80	25,3%
	Female	236	74,7%
Age	18 years	5	1,6%
	19 years	32	10,1%
	20 years	48	15,2%
	21 years	83	26,3%
	22 years	92	29,1%
	23 years	37	11,7%
	24 years	11	3,5%
	25 years	8	2,5%
Duration of living away from home	3-12 months	55	17,4%
	13-24 months	59	18,7%
	25-48 months	182	57,6%
	>48 months	20	6,3%

Source: research data *(2026)*

Based on Table 1, the study involved 316 respondents, with 236 female respondents (74.7%) and 80 male respondents (25.3%). The largest proportion of respondents was aged 22 years (29.1%), followed by those aged 21 years (26.3%). Regarding the duration of living away from home, most respondents had been living away from home for 25–48 months (57.6%).

Table 2. Descriptive Statistics of Research Variables

Variable	N	Min	Max	Mean	Std. deviation
Place attachment	316	17	60	45,25	6,263
Psychological well-being	316	27	70	52,78	6,117

Source: research data *(2026)*

Based on Table 2, complete data were available for 316 respondents on both the place attachment and psychological well-being variables. For place attachment, respondents obtained scores between 17 and 60, with an average of 45.25 (SD = 6.263). Meanwhile, psychological well-being scores fell within a range of 27–70, with a mean score of 52.78 (SD = 6.117). The differences observed across the minimum and maximum scores indicate variation in respondents' levels of both place attachment and psychological well-being.

Assumption Tests

Table 3. Results of the Normality and Linearity Tests

Assumption Test	Sig.	Decision Rule	Interpretation
Normality	0,071	0,071 > 0,05	Normally distributed
Deviation from Linearity	0,082	0,082 > 0,05	No significant deviation from linearity

Source: research data *(2026)*

Table 3 presents the results of the assumption tests conducted prior to the regression analysis. The normality test produced a significance value of 0.071 ($p > 0.05$), suggesting that the residuals followed a normal distribution. The linearity assessment also indicated an adequate linear relationship, as the Deviation from Linearity value was 0.082 ($p > 0.05$). Since both tests met the established criteria, the assumptions of normality and linearity were satisfied, allowing the data to be further analyzed using simple linear regression.

Hypothesis Testing

Table 4. Summary of the Simple Linear Regression Model

R	R Square	Adjusted R Square	F	Sig.
0,591	0,349	0,347	168,386	<0,001

Source: research data *(2026)*

Based on Table 4, The model yielded $R = 0.591$ and $R^2 = 0.349$, showing that place attachment accounted for 34.9% of the variability in psychological well-being, while 65.1% remained attributable to other factors not included in the model. The adjusted R^2 was 0.347, corresponding to 34.7% explained variance after adjustment. The overall model was statistically significant ($F = 168.386$, $p < 0.001$), indicating a statistically significant association between place attachment and psychological well-being within this regression model.

Table 5. Simple Linear Regression Coefficients

Variable	B	β	t	Sig.
Konstanta	44,819	-	72,384	<0,001
Place attachment	0,176	0,591	12,976	<0,001

Source: research data *(2026)*

Based on Table 5, place attachment was significantly associated with psychological well-being, with a positive regression coefficient ($B = 0.176$, $\beta = 0.591$, $t = 12.976$, $p < 0.001$). This positive coefficient indicates that higher levels of place attachment corresponded with higher levels of psychological well-being, although this association should not be interpreted as

evidence of a causal relationship given the cross-sectional design. These results provide support for the proposed hypothesis of a positive association between the two variables.

Discussion

The findings demonstrate a significant positive association between place attachment and psychological well-being among emerging adults living away from home ($\beta = 0.591$, $p < 0.001$), with an R^2 value of 0.349, indicating that the regression model accounted for 34.9% of the variance in psychological well-being. These results suggest that individuals with stronger attachment to their place of residence tend to report higher levels of psychological well-being. A possible explanation is that a residential place can fulfill psychological functions beyond serving as a setting for everyday activities. Through their relationship with a place, individuals may develop familiarity and symbolic connections that become part of their psychological experience. Place attachment has been conceptualized as involving a sense of familiarity and symbolic connection with a place, extending beyond its functional role in supporting daily activities (Zahnow, 2024). Consistent with this view, a review of studies on place attachment in urban contexts found that attachment to a place may simultaneously contribute to three dimensions of well-being, namely subjective well-being, psychological well-being, and social well-being, while also reducing the adverse effects of environmental stressors on individual well-being (Fard & Paydar, 2024). Thus, attachment to a place of residence may extend beyond its practical value and become a source of meaning and psychological experience for individuals living in that environment.

The association identified in the present study can be understood by considering both the functional and identity-related aspects of place attachment. Williams and Vaske (2003) conceptualized place attachment through two interconnected dimensions, namely place dependence and place identity. Place dependence reflects the extent to which a particular environment enables individuals to meet their functional needs and engage in daily activities, whereas place identity refers to the incorporation of a place into an individual's sense of self. Although these dimensions represent different aspects of attachment, they may operate together in shaping individuals' experiences with their environment. For example, when a place is perceived as capable of meeting an individual's needs, this may be associated with a stronger sense of identification with that place. This interpretation is supported by findings showing that international students who were satisfied with their living environment tended to report greater life satisfaction and stronger attachment to their surroundings (Wang et al., 2021). The relationship between place attachment and psychological well-being may also be considered from the perspective of Self-Determination Theory. Landon et al., (2020) suggested that attachment to a place is related to the extent to which individuals perceive their environment as supportive of their basic psychological needs for autonomy, competence, and relatedness. An environment that provides opportunities to satisfy these needs may be linked to stronger emotional bonds with the place. This perspective offers a possible conceptual explanation for the association observed between place attachment and the dimensions of psychological well-being proposed by Ryff. More specifically, the fulfillment of competence and relatedness may be conceptually linked to environmental mastery and positive relations with others, respectively, while experiences of autonomy and personal choice within the environment may correspond to the autonomy dimension of psychological well-being. These proposed connections should, however, be understood as theoretical interpretations based on previous literature rather than as direct empirical evidence of relationships between the specific dimensions.

These findings become particularly relevant when considered in the context of emerging adulthood, a period marked by identity exploration, greater autonomy, and ongoing changes in individuals' social and environmental contexts. Living away from home can intensify these

demands, as individuals must establish their lives in a new environment while simultaneously navigating the transition toward greater independence. A study of 450 undergraduate students in France and Romania found that attachment to the campus environment was associated with student well-being, including the psychological well-being dimension measured using Ryff's model (Bogdan et al., 2012). Consistent with this finding, a more recent study of college students in the United States further demonstrated that individuals' relationships with their environments are important for well-being during this transitional period, particularly because the university environment serves as a central setting for many emerging adults during this critical stage of development (Tan et al., 2024). Together, these findings suggest that individuals' relationships with their living environments may become particularly important during periods of transition. Attachment to a new place may be associated with individuals' sense of continuity amid ongoing life changes, as well as with their psychological functioning throughout the adaptation process.

A sense of attachment to a new place does not develop instantly but develops through an individual's experiences while living in that environment. Most respondents in this study, 182 individuals (57.6%), had been living away from home for 25–48 months. Although this duration alone cannot be used to conclude that longer periods of living away from home are associated with stronger place attachment, a relatively long period of residence provides individuals with opportunities to repeatedly experience their environment, establish routines, become familiar with the characteristics of the place, and develop social relationships. Research on international and internal migrants indicates that the development of place attachment is associated with various post-migration experiences, including length of residence, involvement in social networks, and individuals' experiences and interactions with the local environment. For migrants, social networks and local experiences are important factors in developing attachment to a place (Lynnebakke & Aasland, 2022). Qualitative research on Indian expatriates in Dubai also shows that adapting to a new place, recreating elements of one's home country, and rebuilding social networks can help individuals develop a sense of attachment to their destination (Balakrishnan & Bleibleh, 2024). Thus, repeated experiences of daily life in a new environment may provide a context in which a place that was initially unfamiliar becomes more familiar, acquires personal meaning, and gradually becomes integrated into an individual's life.

The findings provide further support for previous research showing that the relationship individuals develop with their surroundings is associated with multiple aspects of well-being, while also offering a more specific perspective on emerging adults who live away from their homes. In general, the way individuals relate to places has been linked to well-being through the development of social identity, feelings of belonging, and connections with the surrounding environment (Maricchiolo et al., 2021). For individuals experiencing migration, attachment to a place may likewise support the rebuilding of belonging and social relationships within a new environment (He et al., 2023; Yashadhana et al., 2023). Research among college students aged 18 to 25 years suggests that attachment to the campus environment is associated with psychological well-being through psychosocial experiences such as perceived social acceptance and a sense of belonging to the educational environment (Chang et al., 2025). The present findings extend this evidence by showing that the relationship between place attachment and psychological well-being is also apparent among individuals experiencing the transition toward greater independence while adapting to a new living environment. This context is particularly relevant because a residence away from home represents more than a location for educational or occupational activities. It also becomes an environment where individuals establish daily routines, form social relationships, and gain new experiences. Accordingly, this study contributes to the existing literature by examining place attachment and psychological well-being within the combined context of emerging adulthood and living away from home, offering a broader perspective on how individuals' relationships with their

living environment may relate to their psychological well-being. In this way, the study adds to the existing discussion of place attachment, which has commonly examined college students, migrants, and the general population as separate groups.

The findings can further be interpreted in relation to Ryff's view of psychological well-being as a multidimensional form of positive psychological functioning. This perspective encompasses self acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth (Ryff & Singer, 2008). In the context of living away from home, attachment to a place can provide an environment that becomes increasingly familiar and understandable to the individual, which is conceptually related to the experience of managing environmental demands and carrying out daily activities effectively. The relationships formed with people in that environment can also provide a social context that supports a sense of connectedness and positive interpersonal relationships. Furthermore, when a place acquires personal meaning, the environment can become part of an individual's experience of building a new life and maintaining a sense of continuity in the self during the transition toward greater independence. Place attachment reflects more than the practical benefits provided by a living environment, as it can also be shaped by the personal meanings individuals assign to a place and the social connections formed through their experiences within it (He et al., 2023; Friesinger et al., 2022). Therefore, the positive relationship found in this study may indicate that place attachment has the potential to serve as one contextual factor supporting individuals' psychological functioning while living in a new environment. However, this interpretation remains conceptual, as this study used an overall measure of psychological well-being and did not examine the relationships between place attachment and each of Ryff's PWB dimensions separately.

Although place attachment explained 34.9% of the variance in psychological well-being, a substantial proportion of the variance (65.1%) remained unaccounted for by the model. This finding is consistent with the characteristics of psychological well-being as a multidimensional, multifaceted, and dynamic construct that cannot be reduced to a single environmental factor, as its development involves the simultaneous interplay of various personal, social, and environmental factors (Pelagi et al., 2025). Evidence from previous research also suggests that psychological well-being among university students is influenced by factors beyond their immediate living environment. For instance, a longitudinal study demonstrated that students' capacity to adapt to new situations was a stronger predictor of psychological well-being than the social support they received, although social support remained an important factor over time (Holliman et al., 2022). Consistent with this finding, a cross-national study of college students in Thailand and Singapore showed that psychological well-being was consistently predicted by several personal factors, such as mindfulness, resilience, and self-efficacy, in addition to social support from individuals' surroundings (Thanoi et al., 2023). Research involving individuals who have experienced relocation suggests that attachment to a new place is shaped by several interconnected factors. These include material conditions, such as the availability of housing and public spaces, psychosocial experiences reflected in feelings of belonging and connection with the local community, as well as structural characteristics of the surrounding environment. Together, these aspects can influence individuals' health and overall well-being (Yashadhana et al., 2023). The findings suggest that, although place attachment is associated with psychological well-being among emerging adults living away from home, it does not fully explain variations in their well-being. With the model accounting for 34.9% of the variance, other individual and social factors, such as adaptive capacity, social support, mindfulness, resilience, and self-efficacy, may also be relevant. Future research may therefore incorporate these variables to develop a more comprehensive understanding of psychological well-being in this population.

From both theoretical and practical perspectives, the findings highlight the relevance of the environmental context in understanding psychological functioning among emerging adults.

The present study demonstrates that place attachment is associated with psychological well-being among individuals who are living away from their home environment. This finding is supported by previous research conducted in Norway, which demonstrated that the quality of both social and material environments plays a meaningful role in the development of place attachment and is subsequently related to individuals' overall quality of life (Friesinger et al., 2022). Thus, for emerging adults who have relocated from their hometowns, maintaining a positive relationship with their current living environment may be an important consideration alongside efforts to strengthen their personal resources. From a practical perspective, the findings underscore the importance of providing support that enables emerging adults to develop a positive connection with their new living environment. Such support may complement efforts aimed at developing individual capacities for coping with the demands of relocation. This is in line with a systematic review and meta-analysis of 14 intervention studies involving college students adapting to new environments, which found that psychoeducational and sociocultural orientation programs can help reduce adjustment-related stress and facilitate students' adaptation to unfamiliar settings (Aljaberi et al., 2021). Based on these findings, universities, student communities, and housing administrators could provide similar programs that offer individuals opportunities to become familiar with their surroundings, develop social connections, and participate in community activities, thereby helping their new environment become a more familiar and meaningful place.

In summary, this study provides empirical evidence on the association between place attachment and psychological well-being among Indonesian emerging adults living away from home, a population that remains relatively understudied in research on place attachment and psychological well-being. Previous research has predominantly examined migrants, older adults, or broader adult populations, with relatively limited attention to emerging adults living away from home in Indonesia. The context of Indonesian emerging adults is particularly relevant because living away from home may involve developing attachment to a new living environment while maintaining meaningful connections with their place of origin and family. This condition may create a distinctive context for understanding place attachment during emerging adulthood, as individuals simultaneously experience increasing independence and adaptation to a new environment while remaining connected to their place of origin. Thus, this study offers a more specific understanding of how place attachment is associated with psychological well-being among emerging adults living away from home in Indonesia.

CONCLUSIONS

Conclusion

Overall, this study demonstrates a significant positive association between place attachment and psychological well-being among emerging adults living away from home and highlights the relevance of the living environment in understanding psychological well-being during this developmental period. Those who experience a stronger emotional and psychological connection with their current place of residence tend to report better psychological well-being. These findings highlight the importance of considering the living environment when examining psychological functioning during emerging adulthood, particularly for individuals navigating the transition to adulthood while adapting to life away from their place of origin. Furthermore, this study adds to the existing literature by focusing on emerging adults in Indonesia who have relocated from their hometowns, a population and cultural context that remain relatively underexplored in research on place attachment and psychological well-being.

Limitations

Several limitations should be considered when interpreting the findings of this study. The cross-sectional design provides information about the relationship between place

attachment and psychological well-being at one particular stage of participants' relocation experience, but it does not allow changes in these variables to be examined over time. Consequently, the findings cannot describe how individuals' attachment to their new environment or their psychological well-being may develop as they become more accustomed to living away from home. Longitudinal studies would therefore be valuable for examining these changes across different stages of the adaptation process.

Recommendations

Further studies could track emerging adults across different stages of living away from home to examine whether changes in place attachment are accompanied by changes in psychological well-being. A longitudinal approach would make it possible to observe these developments as individuals gradually become familiar with their new surroundings. Future research may also examine the six dimensions of psychological well-being separately to determine whether place attachment is more closely associated with certain aspects of well-being than others. Such an approach could provide a deeper understanding of the psychological processes involved in individuals' relationships with their living environments.

Author Contributions

This study was developed and conducted through the collaborative efforts of all authors. The research process involved the formulation of the research objectives, development of the study design, and establishment of the theoretical and methodological foundations. All authors participated in the collection and analysis of data, interpretation of the findings, and preparation of the manuscript. The manuscript was further reviewed and refined through collaborative discussion to ensure clarity, coherence, and alignment between the research objectives, methodology, results, and conclusions. All authors reviewed and approved the final version of the manuscript prior to submission for publication.

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