The Relationship Between Social Support and Resilience in Adolescents at the Harapan Adolescent Orphanage

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Abstract

The aim of this research is to examine the relationship between social support and resilience in adolescents in orphanages. This study uses a quantitative approach. Data collection in this research used a resilience measuring scale and a social support measuring scale in the form of a Likert scale. The respondents in this study were 100 teenagers from orphanages. The sampling method used in this research was purposive sampling with the criteria that the subjects taken were orphanage teenagers who had lived at least 1 year in the orphanage. The data obtained was analyzed using a correlation analysis technique of 0.404 (p=0.000), which means there is a very significant relationship between social support and resilience in teenagers in orphanages. This means that the higher the social support, the higher the resilience. Conversely, it means that the lower the social support, the lower the resilience.

Keywords	social support, resilience, orphanage adolescents

INTRODUCTION

Adolescence is a transition period from childhood to adulthood, where there is rapid maturity of physical, cognitive, social and emotional functions in both men and women (Wong, 2008). The population of Indonesia in 2016 was 258,700,000 people and 66,300,000 of them were teenagers (Antara, 2017). Adolescents are individuals who experience a developmental transition period starting from the age of 12-22 years (Santrock, 2002).

During this period, mood can change very quickly, drastic mood changes in teenagers are often due to the burden of homework, schoolwork, or daily activities, even though teenagers' moods change quickly, this is not necessarily a symptom or psychological problem. In terms of self-awareness during adolescence, there is a dramatic change, individuals are very vulnerable to other people's opinions because they think that other people really admire or always criticize the way the individual admires or criticizes themselves, this assumption makes teenagers really pay attention to themselves (Anonymous, 2013).

As stated by Hurlock (2002), teenagers also have developmental tasks, the task of teenagers is to be able to accept their physical condition, be able to understand and accept adult sexual roles, be able to build good relationships with the environment, develop the ability to be responsible, be able to think abstractly, be able to be independent. emotionally. Looking at these developmental tasks, teenagers are required to learn to be able to control their emotions, but in reality, when facing existing problems, teenagers tend to face them with uncontrolled emotions, and they are vulnerable to stress. Naturally, in facing the demands of developmental tasks during adolescence, it is the role of parents to care for and provide guidance and provide various means and support for their development period. Teenagers need attention and love from their parents to deal with the problems they

experience. The need for love and attention is a prominent need that is needed for teenagers, but in reality, not all teenagers can get love from their parents, including teenagers who do not have incomplete parents and teenagers who live in orphanages (Pahalani, 2015).

Social support will only be beneficial for the recipient if it is appropriate to the recipient's condition at that time or in other words the type of social support received and needed by the individual depends on the stressful situation they are facing (Smet, 1994). The results obtained from hypothesis testing show that there is a very significant positive relationship between social support attitudes and the level of stress resilience of flood survivors. Social support is divided into five components, emotional, emotional support, esteem support, instrumental support, information support, and social network support. Resilience according to Dumont and Provost (1998) explains that the emotional support received becomes a message to the individual that the individual is loved. Appreciative support will encourage individual confidence to overcome all kinds of difficult conditions and raise optimism for a better life to come.

Appreciative support can increase survivors' self-acceptance, which in turn also impacts their self-esteem and self-efficacy. Informative support, which includes mechanisms for providing information, giving advice and guidance is very important because it really helps individuals in making decisions (Rutter, 1993). Everall (2006) individuals will try to face these problems, plan and develop solutions creatively, and seek help from other people. With this level of resilience, instrumental support can ideally play a role in helping individuals with their activities. If this can be achieved, it will be easier for people to organize their lives again. Sarafino (1998) explains that instrumental support will be more valuable if individuals face stressful events that can be controlled. From the results of research conducted at most levels of resilience, there is a relationship between social support, namely emotional support, instrumental support, appreciation support and informative support, with the level of resilience (Tampi, Kumaat and Masi, 2013).

Based on the explanation and description above, the researcher wants to empirically test the relationship between social support and resilience in teenagers in orphanages.

The aim of this research is to empirically test the relationship between social support and resilience in adolescents in orphanages.

LITERATURE REVIEW
Definition of Resilience

Wagnild and Young (1993) argue that resilience results from a strength that comes from the individual so that he is able to adapt to unfavorable conditions that befall him. In other words, resilience is the ability to get up and continue life after falling or being worse.

Meichenbaum (2011) explains that resilience is characterized as the ability to bounce back from experiencing difficult times, survive in pressing stressful situations and persist despite ongoing stress and even when things do not match expectations. Resilience is a complex interactive process that involves various individual characteristics, as well as the community environment.

Resilience Aspects

Revich and Shatte (2002) explain that there are seven aspects of resilience, namely emotion regulation, impulse control, optimism, empathy, causal analysis, self-efficacy, and reaching out.

a. Emotion regulation

Emotion regulation is the ability to remain calm under stressful conditions. Research results show that people who lack the ability to regulate emotions have difficulty building and maintaining relationships with other people. This can be caused by various factors, one of which is the simple reason that no one wants to spend time with someone who is angry, frowning, anxious, worried and restless all the time. Emotions felt by someone tend to influence other people. The more we are associated with anger, the angrier we will become.

b. Impulse control

Impulse controlis an individual's ability to control desires, urges, preferences, and pressures that arise from within. Individuals have low impulse control abilities, quickly experiencing emotional changes that ultimately control their thoughts and behavior. They display irritable behavior, lose their temper, are impulsive and overly aggressive. Of course, this behavior displayed will make the people around them feel uncomfortable, resulting in poor social relations between the individual and other people.

Dimensions of Resilience

Wagnild & Young (1993) stated that there are five dimensions of resilience, namely:

1. *Equaminity*

   Equaminityis a balanced individual perspective on life and experiences. Equaminity means the ability to view experiences more broadly and calmly accept the experiences that come, so as to soften extreme responses to difficulties.

2. *Perseverance*

   Perseverance is persistent action in the face of adversity or despair. Perseverance also means a person's desire to continue to struggle in reconstructing life and practicing self-discipline.

3. *Self-Reliance*

   Self-Relianceis belief in oneself by understanding one's own abilities and limitations.

Definition of Social Support

According to Cutrona and Russell (1987) social support is a process of relationships formed by individuals with the perception that someone is loved and appreciated, cherished. The individual needs to receive comfort, care and encouragement from others.

Taylor, Peplau, and Sears (2000) define social support as interpersonal exchange in which individuals provide assistance to other individuals. Social support will be more meaningful if it is provided by people who have significant relationships with other individuals.

Dimensions of Social Support

There are three dimensions of social support according to Rosenthal and Jacobson (1983), namely emotional support, cognitive support and materials support.

a) *Emotional support*

Emotional support includes feeling comfortable, appreciated, loved and cared for

b) *Cognitive support*

Cognitive support includes information, knowledge and advice.

c) *Materials support*

Materials support includes assistance or services in the form of goods in overcoming a problem.

Definition of Teenager

Adolescence is one of the most unique stages of development throughout human life and is also full of challenges and hopes. During this period there were also fundamental changes in biological, cognitive and social aspects according to Steinberg (2011).

Youth Duties and Responsibilities

The tasks of teenagers according to Hurlock (2002) are:

1) Achieve new and more mature relationships with peers, both male and female
2) Achieve male and female social roles.
3) Accepting his physical condition and using his body
4) Expect and achieve responsible social behavior

Adolescent Development Period

According to Kartono (1990), the period of adolescent development is divided into three, namely:

a. Early teens (12-15 years)

At this time, teenagers experience very rapid physical changes and very intensive intellectual development so that children's interest in the outside world is very great and at this time teenagers no longer want to be considered children before they can leave behind their childish patterns. Apart from that, during this period teenagers often feel lonely, doubtful, unstable, dissatisfied and disappointed.

b. Middle teens (15-18 years)

The personality of adolescents at this time is still childish, but during adolescence a new element emerges, namely awareness of one's own personality and physical life. Teenagers begin to determine certain values and reflect on philosophical and ethical thinking. So, from feelings of doubt in early adolescence, at this vulnerable age, self-confidence begins to emerge. Apart from that, during this period teenagers find their identity.

Definition of Orphanage

According to the Ministry of Social Affairs of the Republic of Indonesia (2004) a child care social institution is a social welfare business institution which has the responsibility to provide social welfare services to neglected children by carrying out assistance and alleviating neglected children, providing substitute services for parents/guardians of children in meeting their physical and mental needs. , and social to foster children so that they obtain broad, appropriate and adequate opportunities for the development of their personality in accordance with what is expected as part of the next generation of national ideals and as individuals who will actively participate in the field of national development.

The Relationship Between Social Support and Resilience in Orphanage Adolescents

Children are the shots, potential and next generation of the nation's struggling ideals. Children will become potential assets for development if they are given the opportunity to be nurtured and developed as optimally as possible to grow and develop healthily both physically, mentally, socially, with noble character and receive protection to ensure their welfare. Children who can grow and develop naturally can make a positive contribution to society and national development, herein lies the important role of the family in accompanying children's mental development (Makatita, Krisnani, and Gutama, 2016). When children begin to enter adolescence, this is a time of new birth and storm and stress. During adolescence you will find someone who looks as if they have just been born because of the many changes, especially in the physical aspect. It was further stated that teenagers are faced with challenges and constraints that can make teenagers feel confused. More clearly, these teenagers are described as people who are emotionally uncertain, unstable and difficult to predict (Hurlock, 1994).

Social Support

Social support social support is a relationship that is formed from individuals in the form of assistance or actions, as well as the availability provided by social familiarity or obtained because of their presence and has emotional benefits or behavioral effects for the recipient so that the person given the assistance believes that they are loved, appreciated by other people. -people around their social network, the measurement of the social support scale in this study uses a social support scale, namely The Social Provision Scale (SPA) based on the theory developed by Cutrona (1987) which contains six components, namely emotional attachment, social integration (social integration), recognition (reanssurance of worth), reliable dependence, guidance (guidance), and opportunities for nurturing (opportunity for nurturance).

METHOD
Population and Sample

According to Sugiyono (2010) population is a generalized area consisting of objects or subjects that have certain qualities and characteristics determined by researchers to be

studied and then conclusions drawn. Meanwhile, according to Sugiyono (2010) the sample is the number and characteristics of the population.

The population used in this research were teenagers from the Harapan Pemuda orphanage. Meanwhile, the sample in this study consisted of one hundred (100) male and female youth from Hope Orphanage. The sampling technique used in this research is a purposive sampling technique to determine the research sample with certain considerations with the aim of making the data obtained later more representative (Sugiyono, 2010). In this study, the criteria for subjects taken were orphaned teenagers who had lived at least 1 year in the orphanage.

Research Preparation

The preparations carried out in this research started from preparing materials, measuring tools and research participants, namely teenagers from the Harapan Pemuda orphanage. This research questionnaire undergoes content validity by professional judgment which aims to determine the extent to which the existing statement items can be understood by the respondents, in this case the language test is carried out by the thesis supervisor.

The measuring instrument is the social support scale from Cutrona (1987) which includes six components, namely emotional attachment, social integration, reassurance of worth, reliable reliance.), guidance, and opportunities for nurturing. Then it was adapted and modified from Cutrona (1987). There are 23 statement items consisting of 12 favorable items and 11 unfavorable items. Next, the resilience scale is based on aspects arranged according to Revich and Shatte (2002), which includes seven aspects, namely emotion regulation, impulse control, optimism, empathy, causal analysis, self-efficacy, and reaching out. Then it was adapted and modified from Revich and Shatte (2002). There are 53 statement items composed of 27 favorable items and 26 unfavorable items. Then the researcher prepared questionnaires and other requirements.

RESULTS AND DISCUSSION

This research aims to determine the relationship between social support and resilience in orphanage youth. From the results of the calculations that have been carried out, it shows that there is a very significant positive relationship between social support and resilience in teenagers in orphanages. This is indicated by the correlation coefficient value of 0.404 (p = 0.000)

Masten (2005) believes that individuals who are able to achieve resilience are supported by the presence of one of their protective factors, namely social support. This means showing that people who receive social support will experience positive things in their lives, have high self-esteem and have a more optimistic outlook on their lives. Individuals need social support to make them resilient. This social support can come from different sources, such as loved ones, family, friends, coworkers or community organizations. People who receive this social support believe that they are loved, cared for, respected and appreciated, feel part of a social network, such as family and community organizations, and receive physical assistance and services, and are able to survive in times

of need or in situations of danger (Sarafino , 2006). These
results are supported by research conducted by Hadiningsih (2014), it is known that there is a very significant positive relationship between social support and resilience in adolescents in the Surakarta Muhammadiyah Orphan Family orphanage. The higher the value of social support, the higher the resilience and vice versa, the lower the value of social support. the lower the resilience value.

The categorization of the empirical mean of resilience based on age shows that early adolescents have high resilience, middle adolescents have high resilience and late adolescents have high resilience becauseAccording to research conducted by Wagnild (2009), age differences do not affect resilience. Resilience in adolescence is a teenager's ability to bounce back from life stressors and traumatic events, teenagers can quickly return to a normal life and can quickly adapt to the conditions they face and are able to build themselves to face new experiences, enthusiasm and always be able to develop positive emotions (Ruswahyuningsih and Afiatin, 2015).

The empirical mean categorization of social support based on age shows that early adolescents have moderate social support, middle adolescents have high social support and late adolescents have high social support because (Tarmidi and Ramde, 2010) say social support is the most important support. in adolescence. According to Kartika (1986), teenagers need support from the environment. The social support they receive varies, including enthusiasm, attention, appreciation, help and affection, making teenagers think that they are loved, cared for and appreciated by others. (Utami, 2013) states that the presence of the closest people, namely family, is needed to provide support, family is a place for individuals to tell stories and express complaints if individuals experience problems. Individuals tend to think that family is the most comfortable place to share in facing all life's problems and share happiness.

The categorization of the empirical mean of resilience based on gender shows that men have high resilience and women have high resilience. The results of this study are in line with previous resilience research, namely revealing that gender differences do not affect a person's resilience score (Azra and Nurwianti , 2014).

The categorization of the empirical mean of resilience based on education shows that junior high school education has high resilience, high school education has high resilience and vocational school education has high resilience. Based on research results, middle school, high school and vocational school students have high resilience because it is based on research conducted by Borman and Rachuba (inAyu, Hidayati, and Mardhiyah,2017) schools are able to increase student resilience because schools are able to create a harmonious atmosphere and protect children from difficulties.

The empirical mean categorization of social support based on education shows that junior high school education has moderate social support, high school education has moderate social support and vocational school education has high social support because according to research by Anjani (2012) there is a significant positive relationship between family social support and intelligence. emotions with self-efficacy, the higher the level of

family social support, the higher the self-efficacy and the higher the level of emotional intelligence, the higher the self-efficacy.

The categorization of the empirical mean of resilience based on parental status shows that the status of intact parents has high resilience, the status of divorced parents has high resilience and the status of divorced parents who have died has high resilience, this reveals that regardless of the condition of their parents' status , teenagers in orphanages both have good resilience abilities.Zautra, Hall and Murray (2010) stated that the purpose of life is one source for the formation of resilience in individuals. It is very important for teenagers whose parents are divorced to have goals in life, so that teenagers are able to become individuals who are resilient and function normally like other teenagers who come from intact parents. Bronk (2009) states that when teenagers whose parents are divorced try to do anything to achieve their goals, then teenagers are no longer mired in problems because their main focus is no longer worrying about the bad situation that befell them but the main focus is on successfully achieving their goals so that they can become resilient individuals.

The categorization of the empirical mean of resilience based on birth order shows that the eldest child has high resilience, the middle child has high resilience and the youngest child has high resilience. This means that birth order does not affect a person's resilience ability, because resilience according to Reivich and Shatte (2002) resilience is a person's ability to overcome and adapt to difficult events or problems that occur in life. Survive under pressure, and even deal with adversity or trauma experienced in life.

The empirical mean categorization of social support based on birth order shows that the eldest child has moderate social support, the middle child has moderate social support and the youngest child has moderate social support. This shows that the eldest, middle and youngest children receive the same family social support because Providing support can only be given to people who have an important meaning in achieving daily life (Cohen and Syme, 2005). (Ramadhan and Saripah, 2017) stated that the birth order or position of adolescents in a family is one aspect that can influence adolescents' personal development.

The categorization of the empirical mean of resilience based on the length of stay in the orphanage shows that teenagers who live less than one year have high resilience and teenagers who live more than one year have high resilience, meaning that all teenagers who live in orphanages more than one year and less than one year both have good resilience abilities, as stated by Kumpfer (1999) that one of the resilience factors is the external environmental context, including geographical location, namely orphanages.

The empirical mean categorization of social support based on length of stay in the orphanage shows that teenagers who live less than one year have moderate social support and teenagers who live more than one year have moderate social support, this means there is no difference in family social support obtained based on The length of time a teenager stays in an orphanage, because the type of support they will receive, namely in the form of a place to live, means that the support is useful and appropriate to the existing situation. Cohen and Syme (2005).

The categorization of the empirical mean of resilience based on the frequency of meeting family shows that adolescents who meet their family once a year have high

resilience, adolescents who meet their family twice a year have

high resilience and adolescents who meet their family more than twice a year have high resilience, p. This shows that teenagers in orphanages who are often visited by their families or do not have the same resilience abilities, this is in accordance with Kumpfer's (1999) theory, namely the factors that influence resilience, namely the external environmental context, includes the family.

The empirical mean categorization of social support based on the frequency of meeting family shows that adolescents who meet family once a year have moderate social support, adolescents who meet family twice a year have moderate social support and adolescents who meet family more than twice a year have social support. which is moderate, this means that there is no difference in family social support received by individuals based on the frequency with which they meet their family. This is in accordance with what Sarafino and Smith (2011) said. One of the factors of social support is the composition and structure of the social network. It contains the frequency of relationships, namely how often the individual meets these people.

The categorization of the empirical mean of resilience based on having friends shows that teenagers who have friends have high resilience and teenagers who do not have friends have high resilience. This means that whether or not there is a friend, resilience in orphanage teenagers will remain high, as per research. Muhammad (2016) stated that good resilience skills can be obtained only because of the support of peers.

The empirical mean categorization of social support based on having friends shows that teenagers who have friends have moderate social support and teenagers who do not have friends have moderate social support, this is in accordance with De Vito's statement (Anggita, 2015) because friendship is an interpersonal relationship between two people who produce each other and have positive characteristics who respect each other, close friends are able to respect and support the good things their friends do, so that individuals who have friends have higher social support. (Rahmawan, 2010) states that close friends are the main source of social support for teenagers because they can provide a sense of joy and support when experiencing a problem.

The empirical mean categorization of social support based on ethnicity shows that the Betawi tribe has moderate social support, the Sundanese tribe has moderate social support, the Javanese tribe has moderate social support, the Lampung tribe has high social support and the Batak tribe has high social support, meaning Individuals from the Lampung and Batak ethnic groups receive higher levels of family social support, this is influenced by the theory of factors influencing the receipt of social support, namely according to Cohen and Syme (2005) the receipt of support such as personality, habits, and social and cultural roles will determine the effectiveness of the relationship. given.kinship system. In the Batak tribe, this kinship culture has become a characteristic of legal relations between people in social relationships (Isabella, Suntoro and Adha, 2013).

This research has been attempted and carried out in accordance with scientific procedures, however it still has limitations, namely, there are research limitations in using questionnaires, namely limitations in the identity of respondents so that it does not reveal the

actual state of resilience and the identity of respondents that is less specific and limitations of research in the theory of resilience that should be can describe the true state of resilience for each respondent.

CLOSING
Conclusion

Based on the results of the research conducted, it can be concluded that the hypothesis proposed in this research is accepted, with a significant value of $0.000 (p < 0.05)$. This means that there is a very significant relationship between social support and resilience in teenagers at the Harapan Pemuda orphanage, and the correlation coefficient is 0.404, so the closeness of the relationship between the social support variable and resilience is not close and the direction of the relationship is positive, which shows that the higher the social support, the greater the Resilience is also high, conversely, the lower the social support, the lower the resilience.

The results of this research show that the teenagers from the Harapan Pemuda orphanage who were respondents had a high resilience category and a medium social support category.

Suggestion

Based on the research results obtained, the suggestions that can be given are as follows:

1) For Subjects

   From the research results, it is known that teenagers in this orphanage have resilience in the high category. Therefore, it is hoped that teenagers in orphanages will further improve their ability to bounce back from adversity (resilience) so that they can face problems that will come in the future.

2) For Orphanages

   The results of this research can be used as positive knowledge material for orphanages. Having a person's good problem-solving skills can help them face difficulties in their life. Because good problem-solving skills are needed so that a person is more resilient in facing problems or difficulties and does not become discouraged in carrying out his life.

3) For Further Researchers

   It is hoped that future research that will examine the same theme will pay attention to the characteristics of resilience in the subject so that aspects of resilience can be seen. Apart from that, it is also hoped that this will be accompanied by observations and interviews or using in-depth open questions to further strengthen the research results.

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