

Youth Resilience review based on Religiosity and Social Support

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Abstract

This research is motivated by the presence of symptoms that appear in adolescents at the Bening Nurani Padang Foster Home who do not yet have the ability to make sense of the events and life events they experience and make adolescents sink and dissolve in misery, without the flexibility to rise.. Religiosity and social support are factors that are thought to influence adolescent resilience. Religiosity and social support are factors that are thought to influence adolescent resilience. This study aims to analyze: 1) religiosity, social support, and adolescent resilience, 2) the relationship between religiosity and adolescent resilience, 3) the relationship between social support and adolescent resilience, and 4) the relationship between religiosity and social support together with youth resilience. This research uses a quantitative descriptive correlational method. Respondents in this study were adolescents at the Bening Nurani Padang Foster Home. The research sample was taken as a whole from the existing population with a total of 97 people. The research instrument used a questionnaire with a Likert scale model. Data were analyzed with descriptive statistics, simple regression and multiple regression. The research findings show that: (1) on average, adolescent religiosity is in the high category, (2) social support is in the high category, (3) adolescent resilience is in the high category, (4) there is a positive and significant relationship between religiosity and adolescent resilience, (5) there is a positive and significant relationship between social support and adolescent resilience, and (6) there is a positive and significant relationship between religiosity and social support and adolescent resilience.

Keywords: Religiosity, Social Support, Resilience.



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Introduction

Adolescence is an important period in the human life span, because the impact will be immediately visible on behavior and attitudes that will affect the long term (Mulyadi, Wiliangan & Andriani, 2015). The family is a place for adolescents to complete their development period. In fact, not all teenagers in their life journey can pass through their teenage years with the assistance of their parents. In a condition where adolescents are forced to be away from their families. There are several factors that cause them to be willing to separate from their families so that they are in an orphanage, such as a low economy, being

orphaned, or even orphaned.(Tricahyani, Widiyasavitri, & Putu, 2016). This condition causes orphanage adolescents to receive less love, attention and guidance in depth as well as decreased academic achievement(Yendork & Somhlaba, 2014).The many challenges faced by adolescents must force them to survive, be strong in overcoming challenges and problems that arise. The ability of adolescents to interpret events and life events that they experience makes them not sink and dissolve in their misery. Resilience is a quality possessed by individuals to survive, adapt, and continue to develop when faced with difficult conditions(Connor & Davidson, 2003).Adolescents who are in orphanages, besides experiencing many changes in their growth, they also face several life problems that must be resolved properly and are able to adapt to various types of situations that affect the growth of adolescents from orphanages. In addition, they will also face various risks and life challenges that cannot be solved alone and require other people. Then they also separated from their parents and family with one particular person. The reason, they are afraid of poverty, destroyed households and orphans. Overall, for those teenagers who live in foster care it is caused by the inability of parents to provide good protection for their children(Neviyarni & Netrawati, 2019).

Observing the current social phenomena, it is known how important resilience is for individual adolescents in order to be able to face challenges in their lives and to avoid stress, depression and negative behavior that is detrimental to themselves and their social environment. Based on observations from March 15 to 30 2021, the phenomenon that existed at the Bening Nurani Padang Foundation Foster Home, illustrated several things related to their ability to live life with the various problems they experienced. Children who live in foster homes are children who still have parents. As a result of various factors, they must be willing to be away from their parents, one of the reasons is the weak family economy.Children or adolescents living in foster homes will be able to live a good life and be able to rise from difficult situations, if they are able to survive, have the flexibility and fighting spirit to get up. This is known and called resilience.

In developing adolescent resilience there are many contributing factors including religiosity and social support. Reich, Zautra & Hall(2010)said that in developing resilience, the role of religiosity is quite important, because one of the internal factors that influence resilience is religiosity. A high level of religiosity can be assumed to be able to increase a person's ability to overcome all difficult and pressing problems.Taylor (Trimulyaningsih & Subandi, 2011)say thatone of the significant resilience factors is religiosity. The religiosity factor is felt to have a very big influence on adolescents, especially when it is felt in stressful difficult situations, but don't forget to be grateful when you are happy. Religiosity fosters sincerity, reduces sadness and psychological stress, helps adolescents to make positive meanings of their experiences and life, self-acceptance, and strengthens the growth of hope and faith in adolescents. Individuals with strong religious beliefs have more life satisfaction, greater personal happiness, and are less affected by traumatic events than people who do not want to be involved with religion.

In addition, another factor that influences adolescent resilience is social support. Social support is one way to increase resilience so that individuals can feel positive emotions(Karadag, Ugur, Mert & Erunal, 2019). Social support is also a protective factor against burdens in resilience(Ruisoto, 2020). Social support with resilience also has a very significant relationship. That is, the higher the social support a person receives, the higher the resilience in a person. Providing social support can increase individual well-being and resilience when facing problems(Wu, Connors & Everly, 2020). Individuals will involve other individuals in their emotional life(Zaki & Williams, 2013). This means that individual

conditions will be influenced by interpersonal relationships with other individuals. Healthy emotional relationships make it easier for individuals to control their emotions (Fong, Scarapicchia, McDonough, Wrosch & Sabiston, 2017). Good social support will have better mental health (Lakey & Orehek, 2011).

Method

This research uses a quantitative descriptive correlational method. Sugiyono (2017) explaining research with a descriptive approach is a systematic scientific research method of parts and phenomena and their relationships by developing and using mathematical models, theories or hypotheses related to phenomena, which aims to find out the nature and relationships more in depth between the two variables by observing certain aspects more specifically to obtain data that is in accordance with the existing problems with research objectives, where the data is processed, analyzed, and further processed on the basis of the theories that have been studied so that a conclusion can be drawn. conclusions based on existing data. Respondents in this study were adolescents at the Bening Nurani Padang Foster Home. Sample The study was taken as a whole from the existing population with a total of 97 people. The research instrument used a questionnaire with a Likert scale model. Data were analyzed with descriptive statistics, simple regression and multiple regression. Data collection in this study consisted of three types, namely data on religiosity, social support, and adolescent resilience. Data were analyzed using regression analysis with the help of SPSS software. 20.

Results and Discussion

The results of the analysis show that Table 1 presents the relationship between religiosity and social support with adolescent resilience. The categorization of religiosity refers to the categorization of scores and percentages put forward by Ardi, Daharnis, Yuca & Ifdil (2021).

Table 1. Descriptive research data

Variable	Ideal	Max	Min	Σ	Means	SD	%	Ket
Religiosity								
Islamic Dimension(12)	60	56	34	4379	45,1	6.01	75,2	Q
Dimensions of Faith (12)	60	59	34	4463	46,1	5,48	76,6	Q
Kindness Dimension(12)	60	59	34	4521	47	5,25	77,6	Q
Overall (36)	180	168	104	13363	138	14,43	76.5	Q
Social support								
Emotional Support (6)	30	29	17	2343	24,2	2.72	80.5	Q
Instrumental Support (8)	40	38	22	2954	30.5	3.53	76,1	Q
Information Support (6)	30	29	18	2258	23,3	2.64	77.5	Q
Award Support (8)	40	38	23	3031	31,2	3.38	78.1	Q
Overall (28)	140	128	85	10586	109,1	9.93	78.1	Q
Youth Resilience								
Trusts (7)	35	35	14	2518	26	6	74,2	Q

(Youth Resilience is reviewed based on Religiosity and Social Support)

<i>Autonomy</i> (7)	35	35	14	2562	26	6	74,2	Q
<i>initiative</i> (6)	30	30	12	2219	23	5	76,6	Q
<i>Industry</i> (4)	20	20	8	1490	15	3	75	Q
<i>Identity</i> (8)	40	40	17	2993	31	6	77.5	Q
Overall (32)	160	149	85	11782	121.5	14,32	75.9	Q

The average religiosity of the adolescents at the Bening Nurani Padang Foster Home is in the high category, with an average achievement rate of 76.5%. This means that, on average, adolescents who live in the Bening Nurani Padang Foster Home have high religiosity and feel that they have inner confidence in an understanding of religiosity that can help overcome problems and pressures in various situations in their life. The achievement of each indicator is known that all indicators are in the high category. It can be seen that the Islamic indicator has a low percentage compared to other indicators, namely 75.2%, then the Faith indicator with a percentage of 76.6%, and the Ihsan indicator a percentage of 77.6%, so it is necessary to increase it so that adolescent religiosity is better again.

The average social support for adolescents at the Bening Nurani Padang Foster Home is in the high category, with an average achievement rate of 78.1%. This means that, on average, adolescents who live in the Bening Nurani Padang Foster Home get high social support and feel that they are loved, cared for, cared for by their friends and their environment. the achievement of each indicator is known that all indicators are in the high category. It can be seen that there are several indicators that have a lower percentage than other indicators, such as indicators instrumental support of 76.1%, and information support indicator by 77.5%, so it needs to be improved so that individuals have a better perception of social support obtained from their environment.

The average resilience of adolescents at the Bening Nurani Padang Foster Home is in the high category, with an average achievement rate of 75.9%. This means that on average, adolescents who live in the Bening Nurani Padang Foster Home have high resilience and feel that they have the flexibility to overcome problems and pressures in various situations in their lives. on each indicator it is known that all indicators are in the high category. It can be seen that there are several indicators that have a lower percentage than other indicators. The trust indicator is 74.2%, and the autonomy indicator is 74.2%, so it needs to be improved so that youth have even better resilience.

Table 2. Results of partial regression analysis

hypothesis	predictions	β	t	Sig	hypothesis
H1	Religiosity → Adolescent Resilience	0.557	6,4 91	0.000	H1 Accepted
H2	Social support → Youth Resilience	0.365	5,0 67	0.000	H2 Accepted

β = standard Beta coefficient, t = T statistic, p = probability, * = p value less than 0.05

The research hypothesis H1 was tested using regression analysis. The results are presented in Table 2. As shown in Table 2, religiosity is positively predictive adolescent resilience (β =

0.557, $t = 6.491$, sig. 0.0000). Therefore H1 is accepted, in other words H0 is rejected. Social support positively predicts adolescent resilience ($\beta = 0.365$, $t = 5.067$, sig 0.000). Therefore H1 is accepted, in other words H0 is rejected.

Table 3. Significance Test Results

hypothesis	predictions	F count	F table	Sig.
H3	Religiosity and social support with adolescent resilience	21,704	3.09	0.000

Table 3 above explains that the variation in the value of the independent variables (X1 and X2) can explain the dependent variable (Y) by looking at the magnitude of the Fcount obtained by 21,704 with a significance of 0.000 which is smaller than 0.05. Based on such calculations, the null hypothesis (Ho) is rejected. Thus, it can be stated that the working hypothesis (H1) is accepted. Based on this, it can be stated that religiosity and social support have a significant and positive relationship with adolescent resilience. This means that religiosity and social support can be used to predict adolescent resilience. It was concluded that the multiple regression coefficients obtained in this study had a positive and significant relationship.

Based on the results of data analysis it is known that the religiosity of adolescents at the Bening Nurani Padang Foster Home is in the high category. The results of data processing show that on average religiosity is in the high category. Furthermore, based on each indicator, among others: the Islamic dimension is in the high category, the faith dimension is in the high category, and the Ihsan dimension is in the high category.

Religiosity fosters sincerity, reduces sadness and psychological stress, helps adolescents to make positive meanings of their experiences and life, self-acceptance, and strengthens the growth of hope and faith in adolescents. Individuals with strong religious beliefs have more life satisfaction, greater personal happiness, and are less affected by traumatic events than people who do not want to be involved with religion as stated by Taylor (Trimulyaningsih & Subandi, 2011).

As well as Social support with resilience also has a very significant relationship. That is, the higher the social support a person receives, the higher the resilience in a person. This is in accordance with the statement Werner (Oktaviana, 2009) who in his research found that individuals who were able to successfully adapt as adults in contexts where there was pressure (resilience) relied on their families and communities for their resources. In line with the results of research conducted by Hasanah, Marjohan & Daharnis (2021) said that parental social support was able to bring warmth and emotional calm so that students had more strength in developing and becoming students who had resilience in dealing with online/distance learning during the co-19 pandemic.

The existence of a positive perception of social support received allows individuals to present positive thoughts and minimize anxiety and problems in the individual. This will later affect the way individuals respond, behave and help in solving problems and problems encountered. House & Kahn (Wati, Daharnis, & Syahniar, 2013) mention the forms of social support that can be given, namely, in the form of emotional support including appreciation,

love and trust, attention and willingness to listen. Then informative support includes advice, suggestions, direct directions and information.

Acknowledgment

Religiosity and social support have a positive and significant relationship with adolescent resilience. That is, whether adolescent resilience is good or not is only influenced by one variable (religiosity and social support), but is simultaneously influenced by religiosity and social support. Or in other words, the higher the religiosity and social support, the better the resilience of adolescents. Individually religiosity is more effective in contributing to adolescent resilience.

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