THE INFLUENCE OF SELF ESTEEM AND FAMILY SUPPORT ON RESILIENCE IN CULINARY SECTOR SMEs MEDAN DISTRICT, JOHOR

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ABSTRACT

This study aims to determine the effect of self-esteem and family support on resilience in MSME actors in the culinary sector in Medan Johor District. The population of this study were 54 MSME actors in the culinary sector in the Medan Johor sub-district. Sampling of this study by total sampling technique, where the entire population is a sample of 54 people. This research uses quantitative methods. Measuring tools used are self-esteem scale, family support scale and resilience scale. Data analysis using multiple linear regression test. The results of this study indicate that (1) There is an influence of Self Esteem on the resilience of MSME entrepreneurs in the Medan Johor sub-district, where the significance value is 0.000, namely 0.05, so the hypothesis is rejected. Based on this research, data was obtained that MSME entrepreneurs with high family support had high resilience, with a contribution of 5.45%. (3) There is an influence of self-esteem and family support on the resilience of MSME entrepreneurs in Medan Johor District, with a significance of 0.000, i.e. <0.05, so the hypothesis is accepted. This means that the self-esteem variable and the family support variable have a significant influence on the resilience of MSME entrepreneurs by 68.8%. Other results obtained from this study are that resilience and family support are in the high category while self-esteem is in the low category.

Keywords : *self esteem, family support, resilience, UMKM, culinary*.

1. INTRODUCTION

The corona virus pandemic or better known as Covid-19 has become a global scale pandemic which has caused many countries to experience difficulties (Nurdiana, 2021). Indonesia itself is one of the countries that has experienced its impact. During the pandemic, from the beginning until now, Indonesia has struggled to fight the Covid-19 outbreak which has occurred for more than two years, and to deal with the Covid-19 outbreak itself, Indonesia has implemented various policies, starting from implementing a regional quarantine (lockdown) and then developing again from large-scale social restrictions (PSBB) to the imposition of restrictions on community activities (PPKM) on a regional scale (Soetjipto, 2020). The City of Medan has issued a Micro PPKM policy which is written in the Mayor of Medan Circular Letter No: 440/4338 regarding PPKM which has nine appeals starting from limiting office workplaces to implementing work from home by 50% to implementing health protocols more strictly. The implementation of restrictions includes the activities of restaurants, restaurants and food and drink stalls, limiting the operating hours of shopping areas and not allowing nightlife venues to operate from May 18 to May 31 2021. PPKM Micro in the city of Medan itself will be carried out starting on the 6th July 2021 2 to 20 July 2021. Meanwhile, emergency PPKM will be implemented from 20 July 2021 to 25 July 2021 Fatimah et al. (2022).

Hardiwardoyo (2020), stated that Indonesia had carried out various policies in terms of preventing and fighting Covid-19 such as implementing social distancing and, physical distancing for Indonesian people to reduce the possibility of transmission of coivd-19 in Indonesia. Based on Romiah's narrative (2020) the spread of Covid-19 in Indonesia has

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caused many crises other than health, namely the economic crisis. Medan City is one of the cities in Indonesia that was affected by the pandemic, information that researchers obtained from the BPS City of Medan stated that the pandemic had an impact on the economic downturn, which can be seen from a decrease in people's purchasing power so that many traders or hereinafter referred to as MSMEs lost their sales turnover during the pandemic. (Human, 2021).

The same thing was found in research conducted by Manara (2008) showing that self-efficacy has a significant influence and role on a person's resilience. This is supported by research conducted by Fauni (2022), stating that in order to increase resilience in selling, MSME players must be able to maximize things related to self-confidence such as confidence, independence, optimism and be able to maximize the ability to take risks, as well as assume challenges that exist as learning not as obstacles. Resilience has an important role for every MSME actor during the pandemic and post-pandemic eras. As stated earlier that during a pandemic, many sectors were affected, especially the psychology of the individual himself. Problems such as decreased sales turnover, lack of orders for 5 buyers for MSME businesses have caused many problems for MSME players. Based on Desmita (2015), states that resilience is a person's ability to adapt to the problems they are facing. McCuubbin (in Ardana, 2014) states that resilience is an ability possessed by a person to be able to rise again from adversity and conditions and situations that are susceptible to stress or the ability to overcome difficulties that are unavoidable in life. Resilience can be interpreted as an individual's ability to rise. Hendriani (2008) says that resilience can be seen from a person's ability to be able to rise from bad experiences due to events that make difficulties felt continuously.

So someone who can survive in difficult circumstances is called resilient. According to Wang (2004) people who are resilient are people who can see their lives positively and have good views and social relations with their surroundings even in situations that are considered difficult. Because getting up from a difficult situation is not easy, therefore a person needs good resilience. According to Corner in (Missasi & Izzati, 2019) states that everyone has the ability to become resilient or naturally resilient. Therefore, an entrepreneur who is down due to a pandemic must have good resilience so that he does not continue to fall during difficult times so that he is able to regain a much better life. 6 According to (Grotberg in Rachmi, 2021) someone who has resilience must be supported by several factors, both internal and external factors, internal factors include self-esteem, locus of control, hope, intellectual skills to social skills, while external factors include mutual trust relationships, social support, emotional support apart from family to create a stable environment. However, according to Rutter (in Tunliu, 2019) states that resilience also includes the family environment. Rutter also added that resilience is caused by the interaction between nature and nurture and is supported by a supportive relationship. This supportive relationship is obtained from interaction with the family. The experience gained from the family is able to provide new opportunities which can be a turning point for SMEs to rise from adversity.

This is also supported by Hadiningsih's research (2014) which states that there is a significant positive relationship between family social support and resilience. These results are also supported by research conducted by Paramitha (2016), concerning the effect of family social support on resilience and the results found that there is a positive effect of family social support on resilience. One of the factors affecting resilience is an external factor, namely social support. According to (Sarafino & Smith, 2011) social support is a form of feeling safe, caring, appreciation and assistance from others. Caplan & Kiliea (in Rachmi, 2021) stated that someone who gets social support tends to be considered capable of dealing with problems in life, because support from other people is considered to strengthen and make a person more resilient. This is supported by a

statement by Reivich and Shatte (2002) which states that one of the factors that can help individuals achieve resilience is social support, in particular is the support from the family because the family is the main environment that has an important role. Nur's research (2011) stated that the social support received by individuals, especially from the family, will affect the way individuals deal with stressors and anxiety in living life. This can help individuals to be calmer, create self-confidence and feel loved. Therefore, post-pandemic MSME actors who receive social support from their families should be able to have good resilience because they get support from their closest people.

Supported by previous research conducted by Febriyanti (2019) on earthquake survivors, the research results show that social support can affect resilience. Social support such as family, friends and the community environment will greatly affect the increase in resilience for those who experience trauma, post-disaster stress or unpleasant events in their lives (Sambu, 2015). One other factor that determines and reinforces in influencing resilience is self-esteem. according to Rosernberg (in 8 Nurhidayati, 2014), it is a person's attitude and perception of how he values and evaluates himself as a whole, which is in the form of a positive or negative attitude towards himself. This was also mentioned by Rosenberg (in Fadillah, 2020) namely self-esteem is an attitude that only belongs to himself, both positive and negative attitudes. Based on the results of research conducted by Hanani (2019) it shows that there is a positive effect of self-esteem on resilience. This shows that the higher the self-esteem a person has, the higher the resilience he has and vice versa, the lower the self-esteem a person has, the lower the resilience a person has. Based on previous research that has been described, it can be seen that self-esteem and family support have a significant influence on resilience. So that self-esteem and family support are needed by someone who has experienced a disaster, downturn or bankruptcy in his life after the Covid19 pandemic.

Based on this, the objectives of this research are:

1. Is there an influence of self-esteem and family support on the resilience of MSME actors in the culinary sector in Medan Johor District

2. Is there any influence of Self Esteem on the resilience of MSME actors in the culinary sector in Medan Johor District

3. Is there any influence of family support on the resilience of culinary sector MSME actors in Medan Johor District

2. METHOD

This type of research uses a survey approach, the identification of research variables consists of vThe dependent variable is resilience (Y) while the independent variables are self-esteem (X1) and family support (X2). operational definitions of research variables, research subjects, data collection methods, validity and reliability of measuring instruments, and data analysis methods. The population is the total number consisting of objects or subjects that have certain characteristics and qualities determined by the researcher to study and then draw conclusions (Sugiyono, 2017). In this study, 54 samples were taken based on the total sampling technique. The data collection method is obtained through a scale instrument. According to Azwar (2015) a psychological scale is a measurement tool that measures aspects or attributes of psychological samples through behavioral indicators translated into question items or statements. The data needed in this study were obtained through three kinds of scale instruments, namely the resilience scale, self-esteem, and family support.

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2.1. Results of the Validity and Reliability Test of the Resilience Scale

Based on the results of the resilience scale trial for MSME actors in the culinary sector, totaling 43 item statements, it is known that there are item numbers that fall, namely item numbers 4,5,7,8,10,11,12,13,16,18,19,21,22,24,33,34,35,40 and 43. As many as 24 items are valid because they have a Corrected Item-Total Correlation value > 0.3, the following table is distribution of the distribution of the resilience scale of MSME actors in the culinary sector after the trial.

Resilience Scale

The resilience scale will be developed by researchers. This scale aims to measure the resilience of individuals who in this study are MSME actors. This scale will be prepared based on the theory developed by Reivich & Shatte (2002), namely *emotional regulation, impulse control, causal analysis, self-efficacy, realistic optimism, empathy and reaching out.*

Table 1.1 Distribution of Culinary Sector MSME Resilience Items Distribution After Validity and Reliability Tests

No.	Indicator	*Favorable*	*Unfavorable*	Total
1	*emotional regulation*	1,4*,5*,7*	2,3,6,8*	4
2	Impulse control	9,11*,13*,14,16*	10*,12*,15,17	4
3	Causal analysis	18*,19*,21*	20,22*	1
4	Self-efficacy	23,26 27	24*,25,	4
5	Realistic optimism	28.30	29,31	4
6	Empathy	32.35*	33*,34*,36	2
7	Reaching Out	37,39,41	38,40*,42,43*	5
	Total	**21**	**22**	**24**

After testing the validity of the items, then proceed with a reliability analysis using the Cronbach's Alpha formula. On the resilience scale of MSME actors in the culinary sector, the reliability index obtained by this resilience scale is Cronbach's Alpha = 0.951, meaning that the resilience scale of MSME actors in the culinary sector is stated to be very reliable. Then the scale that has been compiled in this study is declared reliable, that is, it can be used.

2.2. Results of Testing the Validity and Reliability of the Self-Esteem Scale

Based on the results of the Self-Esteem scale trial, which totaled 40 statement items, it was found that 9 items were dropped, namely item numbers 7,4,17,23,24,30,35,34 and 36. As many as 31 items are valid because they have a Corrected Item-Total Correlation value > 0.3, the following table is the distribution of the distribution of self-esteem scales after the trial.

Self-esteem scale

The self-esteem scale will be developed by the researcher. This scale aims to measure individual self-esteem in this study as MSME actors. This scale will be prepared based on the theory developed by Coopersmith and developed by Patria. 2020 ie *power, significance, virtue, competence.*

Table 1.2 Distribution of Distribution of Self Esteem Items After Validity and Reliability Tests

No.	Aspect	*Favorable*	*Unfavorable*	Total
1	power	1,3,5,7*,9	2,4*,6,8,10	8
2	Virtue	11,13,15,17*	12,14,16,18	7
3	Significance	19,21,23*,25,27,29	20,22,24*,26,28,30*	9
4	Competence	31,33,35*,37,39	32,34*,36*,38,40	7
	Total	**20**	**20**	**31**

After testing the validity of the items, then proceed with a reliability analysis using the Cronbach's Alpha formula. On the self-esteem scale, the reliability index obtained by the self-esteem scale is Cronbach's Alpha = 0.945, meaning that the self-esteem scale is stated to be very reliable. Then the scale that has been compiled in this study is declared reliable, that is, it can be used.

2.3. Results of Testing the Validity and Reliability of the Family Support Scale

Based on the results of the Family Support scale trial, which totaled 34 statement items, it was found that 2 items were dropped, namely item numbers 3 and 26. As many as 32 items were valid because they had a value*Corrected Item-Total Correlation*> 0.3, the following table is the distribution of the distribution of family support scales after the trial.

Family Support Scale

The working family support scale was developed by Fatimah (2022) which aims to measure workers' perceptions of the support they receive from family members for their role as MSME actors and family members. This scale consists of 34 item statements and answer choices in the form of a Likert. This scale includes all types of social support in Sarafino's theory (2011), namely emotional, instrumental, informational and mentoring support.

Table 1.3 Distribution of Family Support Items After Validity and Reliability Tests

No.	Aspect	*Favorable*	*Unfavorable*	Total
1	Emotional Support	1,2,3*,11,12,22,23,31	13,21,30,32	11
2	Instrumental Support	4,5,15	14,24,25,33	7
3	Informational Support	6,7,8,16,17,18,26*	27,28,34	9
4	Assistance Support	9,10,19	20,29	5
	Total	**19**	**13**	**32**

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After testing the validity of the items, then proceed with a reliability analysis using the Cronbach's Alpha formula. On the Family Support scale, the reliability index obtained by the resilience scale is Cronbach's Alpha = 0.983, meaning that the Family Support scale is stated to be very reliable. Then the scale that has been compiled in this study is declared reliable, that is, it can be used. Statement items in the psychological measurement tool are made in two groups of items, namely items in the form of positive or favorable statements and items in the form of negative or unfavorable statements. By using a modification of the alternative answers to a four-level Likert scale, namely: Strongly Agree (SS) is worth 4, Agree (S) is worth 3, Disagree (TS) is worth 2 and Strongly Disagree (STS) is worth 1.

This analysis is used to determine the effect of several independent variables (X1, X2)) on the dependent variable (Y).

$$Y = \alpha + \beta 1.X1 + \beta 2.X2$$

Keteranbro:

Y	=	Resilience (dependent variable)
α	=	constanta
β1, β2	=	coefficientn Independent variable regression
X1	=	Self Esteem
X2	=	Family support

3. RESULTS AND DISCUSSION

3.1.Results

Variable Item Scale

The results of the statistical analysis of the validity and reliability tests in this study were that all scales indicated that there were no items that were dropped. Thus, all items on the scale can be used in collecting research data.

Summary of Distribution Normality Test Results

Variable	Means	P	Information
Self Esteem	65.52	0.068	Norma1
Family support	85.06	0.148	Norma1
resilience	76.56	0.128	Norma1

Information:
Means = Average value
P = Significance

From the table above it can be seen that self-esteem, family support and resilience are normally distributed according to the rules used. The significant value of the self-esteem variable is 0.068, the significant value of the family support variable is 0.148 and the significant value of the resilience variable is 0.128. if the significance value is > 0.05, it can be said to be normally distributed.

Linearity Test

The linearity test in question is to determine the degree of linearity of the independent variable to the dependent variable. Based on the linearity test, it can be seen whether the

independent variables and the dependent variable in this study can or cannot be analyzed correlationally. The basis for decision making is if the P value <0.05, then there is a linear relationship between the independent variables and the dependent variable and if the P value > 0.05 then there is no linear relationship between the independent variables and the dependent variable. The values of the linearity test between self-esteem, family support and the resilience of MSMEs in the culinary sector are as follows:

Summary of Linearity Test Results

Correlational	F	p.s	Information
X1-Y	12,251	0.001	linear
X2-Y	11,440	0.001	linear

Information:
X1 = Self Esteem
X2 = Family Support
Y = Resilience
F = Linearity Coefficient
P = Significance

Based on the tableabove it can be seen that there is a linear relationship between the independent variable and the dependent variable. Value obtained atX1-Y is 0.001, X2-Y is 0.001. Thus Self Esteem, Family Support and Resilience of MSME Actors in the Culinary Sector have a linear relationship.

3.2. Discussion

In this study, it was found that Self Esteem had an influence on resilience (sig 0.000 <0.05), which means "there is a significant effect on the Self Esteem variable on the resilience of MSME actors in the Culinary Sector. In this study, there were 32 female respondents and 7 male respondents who had low self-esteem, this can be seen from the power dimension in self-esteem which is the ability to control thoughts and the power to control behavior but in the field results it was found that there were 38.9% of respondents lacking able to carry out each activity effectively, so that this makes the respondent's self-esteem low. On the other hand, it was found that the resilience of MSME actors was in the high category, in this study there were 31 female respondents who had high resilience and 12 men who had a high resilience category. On the emotional regulation dimension, when MSME actors remained calm, it was found that 70.4% of MSME actors were able to remain calm when under pressure. This is in line with research conducted by Muyassaroh (2020), which states that there is a significant positive relationship between self-esteem and resilience. It is known that in this study the self-esteem of MSME actors in the Medan Johor culinary sector has a low score so that the results of the categorization of the assessment variable are low.

This also affects the resilience of respondents with the discovery of the impulse control dimension which is the ability to manage the expression of behavior, desires, and pressures that arise from within themselves. With one's own ability to do something effectively and efficiently resulting in high resilience abilities which can be seen from respondents who are not worried that their merchandise is not selling well, on the other hand the dimension of self-efficacy also shows that the confidence of MSME actors is low due to the lack of effort when things are difficult in selling, as the results of interviews show that although MSME actors are not afraid of merchandise that doesn't run out, on the other hand they are unable to control their thoughts about the future.

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In this study, it was found that family support had no effect on the resilience of MSME actors because it had a significance value of 0.406 which indicated that significantly family support did not affect the resilience of MSME actors in the culinary sector in Medan Johor district. of 31 women and 12 men who have high resilience. This turned out to be in line with research conducted by Kismawati (2019), which shows that there is no significant correlation between family support and resilience. This is also directly proportional to the high categorization score of the family support variable which indicates that the family support received by MSME actors in the culinary sector in Medan Johor sub-district is in the high category. Based on the results of the study, it shows that in each dimension of family support, such as the emotional support that is obtained, it is very good, as well as good instrumental, informational and assistance support. As in the results of the data that has been filled in by the respondents indicating good family support received can be seen from families who always give praise for the success that has been achieved, families who give positive words to respondents so that families who live together know clearly the conditions and activities of MSME actors in the culinary sector.

This shows the amount of attention that is always given by the family so that MSME actors have high family support, even so based on the results of the research seen from the informational support dimension, the results show that there are 57.4% of the respondents stating that they did not get advice, and after doing interview, the families of the respondents did not provide advice because the families believed and did not want their participation to interfere with the respondent's activities when selling. In this study, the researchers obtained the result that there was a significant effect of self-esteem and family support on the resilience of MSME actors in the Culinary Sector in Medan Johor District with a significance value of 0.000 <0.05), which means that there was a significant positive effect on the variable self-esteem and family support on the resilience of MSME actors in the Culinary Sector, Medan Johor District. Self-esteem is very influential with resilience in increasing self-confidence and family support which helps individuals in providing enthusiasm, information, assistance in dealing with problems and small things such as giving attention and accompanying individuals in carrying out their daily lives. Based on the analysis that has been done, it shows that there is a significant correlation between self-esteem and family support for resilience in MSME actors through the regression equation Y= 115.874 + -0.659X1+ 0.946X2. The effective contribution (SE) given by the Self Esteem variable is 63.35%, while the Family Support variable is 5.45% and based on table 4.24. So it can be assumed that the self-esteem variable has more influence on resilience than the family support variable.

This is in line with research conducted by Baihaqi (2021) which states that self-esteem and social support have a significant and positive effect partially and simultaneously on resilience. Alvina, S., & Dewi, FIR (2017) in their research also found that there is a significant effect between self-esteem and social support on resilience. Based on some of the explanations above, the researchers also got results even though the respondents had high family support, if they did not have self-esteem such as the ability (power) to control themselves and competence to reach the goals to be achieved by MSME actors, it would still have an impact on decreasing resilience which in this study is shown by the low resilience of the perpetrators.

Based on the test results on the independent variablesself-esteem and family supporttoresilience:

Variable Categorization

Variable	Means		Difference	SD	Category
	empirical	Hypothetical			
MSME Resilience	76.56	60	16.56	16,575	Tall
Self Esteem	65.52	77	-11.48	22.143	Low

Family support	85.06	85	0.06	30,764	Tall

Based on the table above, it can be concluded that the subject score category on the resilience variable of MSME actors is high with a total percentage of 79.63% consisting of 31 women and 12 men, the self-esteem variable is low with a total percentage of 72.2% consisting of 32 female respondents and 7 men, while the family support variable is high with a total percentage of 42.59% consisting of 16 men and 7 women which is almost the same number in the low category with a percentage of 38.8% consisting of 18 women and 3 men.

4. CONCLUSION

There is an influence of Self Esteem on the resilience of MSME actors in Medan Johor District, where a significance value of 0.000 is <0.05, so the hypothesis is accepted. Based on the results of this study, it was found that the lower the self-esteem, the lower the resilience of MSME actors, with a contribution of 63.35%. There is no effect of family support on the resilience of MSME actors in Medan Johor District, with a significance value of 0.406, which is > 0.05, so the hypothesis is rejected. Based on this research, data was obtained that MSME actors with high family support had high resilience, with a contribution of 5.45%. There is an influence of self-esteem and family support on the resilience of MSME actors in the city of Medan, with a significance of 0.000, which is <0.05, so the hypothesis is accepted. This means that the self-esteem variable and the family support variable have a significant influence on the resilience of MSME actors by 68.8%. The categorization of subjects in this study has low self-esteem, high family support and high resilience.

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