



SELF EFFICACY, OPTIMISM FOR ADOLESCENT RESILIENCE

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Abstract

This study aims to empirically prove the relationship between self-efficacy, optimism and the resilience of adolescents living in orphanages. This study uses a correlational descriptive quantitative method. The research sample consisted of 98 orphanage youths, the sampling technique used was total side technique. The data collection instruments were self-efficacy questionnaires, optimism questionnaires, and resilience questionnaires and the collected data were then analyzed using multiple regression techniques. The results of multiple regression analysis showed (R) of 0.703 (F=46.318; p<0.05), which means that self-efficacy and optimism simultaneously play a role in resilience. The coefficient of determination is 0.494, meaning that the effective contribution of self-efficacy and optimism in explaining the resilience variance is 49.4%, and from the standardized beta value it is found that self-efficacy has a greater role in resilience with a value of 0.506 than optimism of 0.278. The conclusion of this study is that there is a significant role of self-efficacy and optimism for the resilience of adolescents living in the Shine Alfalah orphanage.

Keywords: *Self Efficacy, Optimism, Resilience*

1. INTRODUCTION

Adolescence is a time when a person experiences a period of developmental transition from childhood to adulthood which is identified by signs of biological, cognitive and socio-emotional changes (Santrock, 2007). Papalia & Olds (2008) suggests that adolescence generally begins at the age of 12 or 13 and ends in the late teens or early twenties. Not all teenagers get the lucky life that they are still accompanied by their parents, given lots of love and attention, while some others do not experience it because they no longer have parents, and there are even teenagers who live in orphanages. According to the Big Indonesian Dictionary (2001) an orphanage is a place to care for and care for orphans, orphans and neglected children. Based on data from the Indonesian Ministry of Social Affairs in a study by Save the Children and Unicef (2008), the number of orphanages throughout Indonesia is estimated at 5,000 to 8,000 with 1.4 million children being cared for. In addition, the results of the survey data found that there were 3.2 million orphans in Indonesia with the number of orphanages increasing rapidly (Shintaningtyas & Wibawa, 2020). The Central Bureau of Statistics noted that the number of teenagers with an age gradation of 15-20 years in Indonesia amounted to 22,233,393 people with 2.5% of teenagers living in orphanages. As for the number of orphanages in the city of Padang based on data from the Central Statistics Agency for the City of Padang, there are 35 orphanages standing in the City of Padang, with a total of 1,232 foster children.

Data is supported by research from the United States Department of Health and Human Services which found that more than half of the children in orphanages may experience at least one or more mental disorders, 63% of whom are victims of neglect (Bruskas, 2008). Research conducted by Minnis (2006) found that adolescents from orphanages often experienced behavioral and emotional problems. Based on data from the violation book at the Shine Al Falah orphanage, from January to May there were 32 orphanages who received individual counseling, and it was

recorded that 60% of the 98 orphanages often committed violations and could not adapt to the activities or environment at the orphanage. The academic scores of the youth in the orphanage also tend to be low, from the results of counseling many of the orphans in the orphanage want to give up on their future. Nyamukapa's research (2010) found that adolescents who were separated from their parents as a result of the death of their parents, namely orphans, orphans and orphans, were very at risk of experiencing distress. This might make it difficult for teenagers to survive and make sense of life. Meanwhile, according to Bastaman (2007), adolescents who fail to find and fulfill their life's meaning will experience feelings of emptiness, lack of enthusiasm, and no purpose in life, especially when adolescents feel unable to solve problems efficiently.

Priyanka & Dewangan (2018) in their research results stated that teenagers aged 12 to 18 years found that teenagers living in orphanages experienced an average depression level of 10.3 higher. In addition, another study from Hartati & Respati (2012) explains that adolescents who live in orphanages have feelings of inferiority, distrust, and think that they are different from other adolescents who still have and live with their parents. Adolescents in orphanages are expected to have good resilience in order to be able to rise from adversity (Aisha, Dhita Luthfi, et al, 2014). Resilience is the ability to overcome and adapt to difficult events or problems that occur in life, to be able to survive under pressure, and even to deal with adversity or trauma experienced in life, (Reivich and Shatte, 2002). Resilience is a person's quality in terms of the ability to deal with suffering (Alvina, & Dewi, 2017). Resilience is a psychological term used to refer to a person's ability to overcome and find meaning in events such as the heavy pressure they experience, where individuals respond with healthy intellectual functioning and social support Connor & Davidson (2003).

Resilience is very important for adolescents, especially teenagers who live in orphanages to be able to get out of stressful situations (Hidayati & Yuwono, 2014). According to Rachmawati, Listiyandini, and Rahmatika (2019) low resilience can lead to low quality of adolescent health. So that the decline in the quality of youth in terms of the ability to deal with suffering. Reivich & Shatte (2002) said that there are seven factors that can affect resilience, namely emotion regulation, impulse control, self-efficacy, causal analysis, empathy, optimism and reaching out. Self efficacy is an important factor for building resilience. Self efficacy describes self-confidence that individuals can solve problems that may be experienced and confidence in one's own ability to succeed. According to Bandura (1997) self-efficacy is a belief in one's ability to do something in various circumstances. The term self-efficacy according to Bandura also refers to beliefs (beliefs) about one's ability to organize and carry out actions to achieve results. Adolescents with high self-efficacy are committed to solving their problems and will not give up when they find that the strategy being used is not working (Laura, Septia, 2020).

A teenager living in an orphanage is expected to have high self-efficacy, because by having high self-efficacy according to Bandura (1997) a person will have confidence in his ability to try to achieve his life goals including how he thinks, feels, and motivates himself. Thus, teenagers who live in orphanages are also expected to have optimism. Optimism is an individual's comprehensive belief in good things, being able to think positively, and easily giving meaning to himself (Seligman, 2006). Optimism has a positive influence on adolescents. Carver and Scheier (2014) say that optimism is an attitude of always having good hopes in everything and a tendency to expect pleasant results even though individuals face misfortune or difficulties and to be active and focused on solving problems in life.



Sengendo (1997) also conducted a study by interviewing 169 orphans and 24 non-orphans, the results showed that orphans had significantly higher depression scores and lower optimism about the future than non-orphans. Barualogo (2004) further explained from the results of his research that some orphanage children receive negative opinions from the environment about orphanage children and believe in the truth of these opinions. This causes low optimism, self-doubt in children so they feel alienated, not loved, unable to express or defend themselves and unable to overcome their weaknesses. The characteristics of optimism have an important impact on the way individuals respond to adversity. Adolescents who are less optimistic will anticipate failure as a disaster that will last a long time in their life, always occur in every aspect of their life and the failure is caused by their own mistakes (Lopez & Snyder, 2002).

2. IMPLEMENTATION METHOD

This research uses a quantitative approach with a descriptive correlational type. Yusuf (2016) suggests that correlational descriptive research is research that describes in a systematic, actual and accurate manner the facts and characteristics of certain populations. The type of correlation in this study is asymmetrical correlation. Asymmetric correlation is the relationship between two variables that affect other variables (independent variable and dependent variable) (Rahim, 2020). The sampling technique in this study used total sampling, namely sampling based on the total population, namely 98 adolescents at the Shine Al-Falah Orphanage. The instrument used in this study is the Likert Scale model.

3. RESULTS AND DISCUSSION

The research results that the researchers obtained from the descriptive results of self-efficacy data were in the high category, the descriptive results of optimism data were in the high category and resilience was also in the high category. Data analysis to test the major hypothesis of this study using multiple regression analysis method. The results of the multiple regression test for research data can be seen in table 1.

Table 1. Research Data Multiple Regression Test

R	R Square	Adjusted R Square	std. Error of The Estimate
0.703	0.494	0.483	6,096

The results of the multiple regression test in table 1 show that the coefficient of determination (R Square) is 0.494, so it can be concluded that self-efficacy and optimism together contribute to resilience by 49.4% and 50.6% determined by other variables not examined.

Table 2. F Count

Regression	Sum of Squares	Df	MeanSquare	F	Sig.
Regression	3442.83	2	1721.4	46.31	.000
residual	3530.7	95	27.16		
Total	6973.5	97			

Based on the calculated F value of 46.31 and a significance of 0.000 ($p < 0.05$), thus the regression model in this study can be used to predict resilience. The conclusion obtained is that self-efficacy and optimism together can predict the level of resilience.

Table 3.T Count

Model	Unstandardized Standardized Coefficients Coefficients				
	B	std. Error	Betas	Q	Sig.
(Constant)	1,354	9031		.150	.881
Self Efficacy	.608	.107	.506	5,703	.000
resilience	.491	.157	.278	3.136	.002

The results of the multiple regression test in table 3 show that the standardized beta value of Self Efficacy has a greater role in resilience with a value of 0.506 than optimism of 0.278. Self Efficacy has a t value of 5,703 and a significance of 0,000 ($p < 0.05$), so that Self Efficacy independently plays a significant role in resilience. Optimism has a t value of 3.136 and a significance of 0.002 ($p < 0.05$), so that optimism also plays a significant role in resilience. The research results that the researchers obtained from the results of self-efficacy and optimism have a functional relationship with the resilience of adolescents living in the Shien Al-falah orphanage.

Discussion

Based on the results of the research that has been presented, it was found that adolescents living in orphanages were able to increase resilience because there was a significant role of self-efficacy and optimism, so that the major hypothesis of this study was accepted. The significant role of self-efficacy and optimism on resilience can be seen from the significance value of 0.000 ($p < 0.05$). The coefficient of determination in this study has a value of 0.494, which means that self-efficacy and optimism make an effective contribution of 49.4% to increasing resilience. The conclusion obtained is that self-efficacy and optimism together determine the 49.4% level of resilience in adolescents living in orphanages, and the remaining 50.6% is influenced by other variables not examined in this study. The results of multiple regression analysis of self-efficacy show a t-value of 5,703 with a significance of 0,000 ($p < 0.05$), meaning that self-efficacy independently has a significant role in the resilience of adolescents living in the Shine Al-falah orphanage. The results of multiple regression analysis on optimism show a t value of 3.136 with a significance of 0.002 which means that optimism plays a significant role in the resilience of adolescents living in the Shine Al-falah orphanage.

In the statistical description of the research data, it shows that optimism has a theoretical mean of 75 and an empirical mean of 99.90. The empirical mean obtained is greater than the theoretical mean (empirical mean > theoretical mean) thus proving that adolescents living in orphanages have high self-efficacy. Based on the results of the data categorization, it was shown that subjects with moderate self-efficacy had a percentage of 1%, subjects with a high level of self-efficacy had a percentage of 38%, and a very high level of self-efficacy was 61%. Bandura (in Ghufron and Rini, 2010) explains that self-efficacy is the result of cognitive processes in the form of decisions, beliefs, or awards about the extent to which individuals estimate their own abilities in carrying out certain tasks or actions needed to achieve the desired results. Personal self-efficacy is obtained, developed, or derived through one or from a combination of four sources, in which at each source, information about oneself and the environment is processed cognitively and together with reflection on previous experiences, and changing one's self-efficacy. The four sources of self-



efficacy are a. Experiences about mastery (Mastery Experience), b. social modeling, c. Social persuasion, d. Physical and emotional condition (physical and emotional state). Self-efficacy consists of two forms, namely high self-efficacy and low self-efficacy. Individuals who have high self-efficacy tend to do certain tasks, even if the task is a difficult task and perceive failure as the result of a lack of hard work, knowledge, and skills.

In the statistical description of the research data, it shows that optimism has a theoretical mean of 40 and an empirical mean of 52.08. The empirical mean obtained is greater than the theoretical mean (empirical mean > theoretical mean) thus proving that adolescents living in orphanages have high optimism. Based on the results of the data categorization, it was shown that subjects with a moderate level of optimism had a percentage of 8%, subjects with a high level of optimism were 48%, and very high levels of optimism were 44%. Goleman (2002) states that optimism is a strong hope that everything in life will be able to be resolved properly, even though it is overwritten by problems and frustration. Optimism is more aimed at how one explains the causes of a good or bad situation (Seligman, 2006). Seligman said that optimism influences success in work, school, health, and social relationships. According to Seligman (2006) there are three aspects of optimism, namely Permanence, Pervasiveness, Personalization. McGinnis (1995) there are 2 factors that influence a person's optimism, namely feeling pessimistic and experience interacting with the environment.

In the statistical description of the research data, it shows that resilience has a theoretical mean of 67.5 and an empirical mean of 87.86. The empirical mean obtained is greater than the theoretical mean (empirical mean > theoretical mean) thus proving that orphanage youth have high resilience. Based on the results of the data categorization, it was shown that subjects with a very high level of resilience had a percentage of 54%. Resilience is the ability to overcome and adapt to difficult events or problems that occur in life, to be able to survive under pressure, and even to deal with adversity or trauma experienced in life (Reivich and Shatte, 2002). Ifdil & Taufik (2012) explain resilience is a person's ability to survive in difficult circumstances in his life, the willingness to try to learn and adapt to these circumstances and try to rise from adversity to be better. Grotberg (Hendriani, 2018) states that there are 5 aspects of resilience, namely (1) trust, (2) autonomy, (3) initiative, (4) industry, (5) identity. Meanwhile, according to Reivich & Shatte (2002) aspects of resilience are emotion regulation, impulse control, optimism, casual analysis, empathy, self efficacy.), and reaching out (achievement of positive aspects). The function of resilience according to Prihastuti (2013) states that resilience has four functions of resilience, a. Overcoming the difficulties experienced in childhood, b. Going through difficulties in everyday life c. Reviving after experiencing a traumatic event or major adversity, d. Achieve the best performance.

4. CONCLUSION

1. In general, self-efficacy is in the high category. In indicators also belong to the high category. This means that in general adolescents living in orphanages have good self-efficacy.
2. In general, optimism belongs to the high category. This means that the teenagers living in the orphanage are optimistic about the future of their success.
3. In general, the resilience of adolescents from orphanages is in the high category. However, only a few teenagers are less able to adapt to orphanages.
4. There is a significant positive relationship between self-efficacy and adolescent resilience in orphanages.
5. There is a significant positive relationship between optimism and adolescent resilience in orphanages.

6. There is a significant positive relationship between self-efficacy and optimism with the resilience of adolescents in orphanages

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