

Family Is A Supporting Factor Of Adolescent Resilience In Facing The Covid-19 Pandemic

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ABSTRAK

Teenagers are at risk during this pandemic because they experience various physical, psychological, and social changes. Coronavirus greatly affects life around the world, and can increase a person's emotional stress and potentially threaten the mental health of children and adolescents, adolescents are significantly at risk during the pandemic, this needs to be done a study to analyze adolescent resilience as the ability to adapt and stay persevere in difficult situations. The supporting factor for a strong teenager is the family, because the family plays an important role in the development of adolescents, namely providing a sense of security so that they can provide responsibility for the task of physical and psychological development of children. The purpose of this study was to find out that family is a supporting factor for adolescent resilience to the COVID-19 pandemic. The research used the descriptive-analytical method. The population of this study were all adolescents in Mamuju Regency. The sample is 20 teenagers. Data were analyzed using data reduction. Data was collected through in-depth interviews. Researchers used WhatsApp online media either via audio call or by chatting in the data collection process. showed that 20 informants stated that the family played an important role in the development of adolescents, namely providing a sense of security so that they could provide responsibility for the tasks of physical and psychological development of adolescents, this is a very supportive factor so that adolescents have the ability of several aspects of resilience, including Aspects of Emotion Regulation (Emotion Regulation) is the ability to remain calm in stressful conditions. Impulse Control is the ability to control the pressure that arises within oneself. Causal Analysis (Causal Analysis) can analyze clearly, logically and accurately the conditions that are being faced. Empathy (Empathy) individuals can understand what other people feel. Self Efficacy is an individual's ability to solve problems and believe in being able to solve problems.. It can be concluded that teenagers in Mamuju have strong resilience in the face of the Covid 19 pandemic because they are supported by their families.

Keywords: Family, Supporting, Resilience, Adolescent, Covid 19.

INTRODUCTION

The World Health Organization officially declared the Coronavirus outbreak (COVID-19) a pandemic (6). This epidemic has spread and become a global disease by every country and is unprecedented in history and is a new disaster for humans (4). Coronavirus disease 2019 or officially named COVID-19 has caused devastating social, economic and medical impacts around the world (21). The COVID-19 pandemic has an impact not only on physical health but also mental health. The community is faced with significant changes in social life structures such as social restrictions, cutting the number of employees, the obligation to work from home to teach school children online. These various things cause many people to experience mental health problems such as increased anxiety and stress which results in unproductive behaviour. The government's policy of instructing online lectures and the Lockdown policy has made some youths anxious and anxious. This can be a mental health risk during the COVID-19 pandemic for children and adolescents. Anxiety, lack of peer contact and reduced opportunities for stress management are major concerns. Another major threat is the increased risk of parental mental illness, domestic violence and child maltreatment (8).

Not only that, many people are forced to adapt to a new reality dominated by fear of the spread and transmission of the virus. Research by Yau, E. K. B., et al, (23) shows various changes in behaviour in response to COVID-19. The Covid 19 pandemic is an acute threat to the welfare of children and families because of challenges related to routine social disruption and discomfort (12). Therefore, the ability of resilience as a bulwark to survive during the current global pandemic conditions needs to be improved. Individuals who have resilience can deal with pressures and differences in the environment. Resilient individuals are individuals who have good intelligence, are adaptable, and have an attractive personality, which ultimately

contributes consistently to self-esteem, competence, and the feeling that they are lucky (2). So resilient adolescents tend to be stronger and less prone to getting sick and anxious (11). It was proven in the research of Song, L., et al, (17), that the protective factor for anxiety during this pandemic is resilience (OR, 0.52; 95% CI, 0.35-0.75; $p = 0.001$) and optimism (OR, 0.27; 95% CI, 0.15- 0.47; $p < 0.01$). For this reason, in this study, we seek to explore the extent of youth resilience in the COVID-19 pandemic, where resilience is an individual's ability to adapt positively and effectively as a strategy in dealing with adversity.

METHODS

This research is field research with a qualitative approach. This study uses a descriptive-analytical method, namely by describing an actual situation that includes an object, phenomenon, or social setting, then writes it down in a narrative report with scientific interpretation (1). Data was collected through in-depth interviews.

Data were collected and transcribed verbatim, then analyzed through thematic analysis using the Steps for Coding and Theorization method (1). Data were coded by source, with 1 to 20 for adolescents. where this research was conducted in Mamuju Regency, West Sulawesi. The sample size suggestion Roscoe in Sugiono (19) states that the appropriate sample in qualitative research is 14. The number of subjects needed in this study is 20 people with the determination based on the length of the study, which is only three months. while the data collection requires in-depth interviews several times. There are restrictions on face-to-face or physical interactions (physical distancing), so researchers use online WhatsApp media either through audio calls or by chatting in the data collection process.

There are several aspects of resilience that will be examined in this study, including the first aspect of Emotion Regulation, namely the ability to remain calm in stressful

conditions. The second is Impulse Control which is the ability to control the pressure that arises within oneself. Third, Causal Analysis, which can analyze clearly, logically and accurately the conditions being faced. Four Empathic individuals can understand what other people are feeling. The fifth Self-Efficacy is the individual's ability to solve the problems faced and have the confidence to be able to overcome these problems. This study received an ETHICAL APPROVAL Number 250/B.1-KEPK/SA/FKG/12/2020 from the Health Research Ethics Commission of the Faculty of Dentistry UNISSULA on October 1, 2020

RESULTS

Of the 20 informants who were able to express their emotions and vent their emotions during the COVID-19 pandemic, they were:

" me if there is a problem I tell my father
" 18 "

According to Carmassi, C., Foghi, C., DellOste, V., Cordone, A., Bartelloni, AB, Bui, E., & DellOsso, L (2020) to be in a positive emotional state during an epidemic, several things that can be done are doing entertainment activities at home, chatting with family members, eating together, or exchanging thoughts. Jungmann, M. S., & Witthöft, M. (2020), stated that adaptive emotion regulation is a factor inhibiting anxiety during a viral pandemic. So it can be concluded that as long as a person's emotional regulation is positive it will not be fatal to his health because the emergence of health problems during the covid pandemic is triggered by various concomitant factors.

"I am a person who never gives up because my parents have helped"3"

From some of the statements of the informants above, it can be said that Mamuju teenagers have an optimistic attitude in every situation, this may be because most of them have adaptive emotional regulation. Thus the statement from the research of Song, L., Wang, Y., Li, Z., Yang, Y., & Li, H. (2020) is that the main protective factor is psychological strength (eg, resilience and optimism). Meanwhile, according to research by Walsh, F. (2020) explaining the importance of implementing a family resilience framework related to the pandemic, the discussion focused on the importance of a positive and hopeful outlook through the COVID-19 pandemic because family and close friends are factors that determine resilience. As noted by Carmassi, C., Foghi, C., DellOste, V., Cordone, A., Bartelloni, A. B., Bui, E., & DellOsso, L (2020) the family is at the core of all healing because the effects of mass trauma across society, generations, and time can be reduced significantly through appropriate treatment within the family. In addition, resilience can increase if it is influenced by environmental conditions and characteristics within the individual.

Meanwhile, other research shows that the majority of youth aged 18-35 years face anxiety 70% of respondents face various problems related to anxiety, depression, due to poor internet connectivity and an unfavourable learning environment at home, (Kapadia, N., Paul, P., Roy, A., Saha, J., Zaveri, A., Mallick, R., et al2020). Psychological resilience was negatively correlated with depression (standard B = - 0.490, P < 0.001), anxiety (standard B = - 0.443, P < 0.001), Psychological resilience is an important target for psychological intervention in public health emergencies, (Ran, L., Wang, W., Ai, M., Kong, Y., Chen,

J., & Kuang, L, 2020). It can be concluded that the optimism of Mamuju teenagers is good because of various supporting factors that cause a person to be strong through problems and remain optimistic, one of which is the environment and family in particular.

I feel sorry for my father because he often goes to the market” 3”

“I feel sorry for friends or family with covid 19” 13”

From the statements of the informants above, it can be said that in general, Mamuju teenagers have a fairly good sense of empathy. This is by research which states that the supporting factors in the family are the presence of togetherness, affection, and attention (Walsh, F. (2020). Because without support in the family, it will certainly make the relationship in the family lost or even teenagers are getting bored. just stay at home because they are usually active outside. So that the resilience ability they have now does not rule out the possibility that it will decrease due to experiencing stress in the face of the covid 19 pandemic which is increasingly increasing the number of positive patients. As revealed by other researchers, that Support strong family and social protection against acute stress during this pandemic, supportive interventions, positive coping strategies were also reported as protective factors, (Carmassi, C., Fogh, C., DellOste, V., Cordone, A., Bartelloni. AB, Bui, E., & Delloso, L 2020). In addition, an adjustment in dealing with unfavourable conditions unpleasant, social, academic development, and even with the intense stress inherent in today's world.

Another study showed that the majority of youth aged 18-35 years face anxiety 70% of respondents face various

problems related to anxiety, depression, due to poor internet connectivity and an unfavourable learning environment at home, (Kapasia, N., Paul, P., Roy, A., Saha, J., Zaveri, A., Mallick, R., et al 2020).

Individuals who have resilience can deal with pressures and differences in the environment. A resilient individual is an individual who has good intelligence, adaptability, social temperament, and an attractive personality, which in turn contributes consistently to self-esteem, competence, and a feeling that he is lucky (Banaag, 2002). So, resilient adolescents tend to be stronger and are less likely to get sick and anxious (Pragholapati, A., 2020).

Problem-solving is a complex cognitive skill, and perhaps the most intelligent ability possessed by humans (Reivich, K., & Shatté, A. (2002). Adolescents must have competence in analyzing problems because adolescents are intellectual organs in society so that they are required to be able to solve academic and non-academic problems. It is not easy to face pandemic conditions like this, especially in an unpredictable condition, teenagers are required to have high resilience so that the learning process can be successful. However, lecturers and all teaching staff at campuses are also expected to support and play an active role in the learning process. The implications of this research can be used by educators in the campus environment to be able to build youth resilience to get through this pandemic situation.

The government's policy is to do learning from home, so educators are required to be able to get used to using

technology and information. Several campuses have also issued policies in the form of internet quota assistance or subsidies to help ease the financial burden of students, this should also be supported by all campuses so that the learning process from home can run as expected.

This means that although teenagers are still nervous in dealing with problems during the learning process from home, they are still able to analyze the problem well, still have a high sense of empathy with the surrounding environment, but teenagers have high confidence that the pandemic or the problems they are facing now will be good, and teenagers also have the desire to optimize their abilities to get maximum results. Even though the adolescent's resilience is in the moderate category, it must still be a concern.

In this study, it is stated that the family greatly influences adolescent resilience because it is the people who influence the most adolescent life and self-shaping Teenagers are family. Every family has a culture, special rules and patterns. Ideally, a family is any group or individual who provides a safe and trusting environment that encourages learning and healthy development.

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DISCUSSION

The Coronavirus (COVID-19) outbreak

has been officially declared a pandemic by the World Health Organization (6). This epidemic is a global disease that has spread to every country and is a new disaster unprecedented in human history (4). The COVID-19 pandemic has an impact not only on physical health but also mental health. Communities are faced with significant changes in social life structures such as social restrictions, cutting the number of employees, the obligation to work from home to teach school children online. These various things cause many people to experience mental health problems such as increased anxiety and stress which results in unproductive behaviour. Not only that, many people are forced to adapt to a new reality dominated by fear of the spread and transmission of the virus.

Therefore, the ability of resilience as a bulwark to survive during the current global pandemic conditions needs to be improved. Resilience is the individual's ability to adapt positively and effectively as a strategy in facing adversity. Resilience is described as the ability to cope with difficult situations, which usually fluctuate over life and are often associated with several psychological conditions (3). Seven aspects shape individual resilience (14), including.

The regulation of teenage emotions in the face of the Covid-19 pandemic is a state of remaining calm and focused in dealing with and solving problems. From the results of the research above, it shows that teenagers during the COVID-19 pandemic, some experienced problems when exposed to various pressures during the COVID-19 pandemic, according to research by Ping, N. P. T., et al (13) that the applied isolation has been observed to cause an increase in psychological pressure. Likewise, Simmons, A. (18), stated that the COVID-19 pandemic

has an impact on the emotional health and social life of students. Of the 20 informants were able to express their emotions and vent their emotions during the Covid 19 pandemic. Overall answers from the informants showed that the state of the Covid 19 pandemic did not make them lose their way in solving problems because they had a positive way.

Impulse control is an individual's ability to control the impulses, desires, and pressures that arise from within the individual himself. For example, such as controlling yourself not to leave the house if there is no urgent need, getting used to wearing a mask when travelling, and maintaining distance when in public places. Of the 20 informants, if they were reminded of the restrictions on space to move due to the Covid19 pandemic and there was a sense of wanting to gather with friends. During this pandemic, the three informants continued to carry out face-to-face activities because the meetings were held because people were limited and what would be discussed was important, 17 of them said they reduced going out of the house and 20 informants said that they used to wash their hands, keep their distance, and wear masks. This is in line with the research of Yau, E. K. B., et al

(23) which states that the presence of the COVID-19 pandemic forms individual behavioural goals, whether it is to avoid disease, avoid anxiety or to live with important life values. On the other hand Song, L., et al

(17) said that the main protective factor is a person's psychological strength (resilience and optimism) so that they can refrain from excessive desires during the COVID-19 pandemic.

The research of Shechter, A., et al, (20), stated that physical activity or exercise is the most common coping behaviour (59%) to

reduce anxiety during the COVID-19 pandemic. It can be concluded that adolescents have fairly good control because most of them follow health and health protocols and only a small proportion of them still carry out gathering activities even though in a limited scope and comply with health protocols and of course activities such as sports can also improve adolescent's ability to control themselves.

Problem analysis ability is an individual's ability to identify the causes of the problems at hand. The ability to analyze problems means that adolescents can identify problems well and can make solutions to the problems at hand. Teens are still focused on something that is beyond their control.

The results showed that the average teenager in Mamuju City was in the medium category, seen from the 20 informants who generally answered that during the Covid 19 pandemic they preferred the offline learning process rather than online. From the informants' answers above, it shows that adolescents do not like online learning more, but overall the informants stated that every problem must have a solution so that the researcher argues that even though in the learning process adolescents feel that something is missing, adolescents are still optimistic about solving the problem.

Of the several studies, the former states that spending more than 9 hours at home is associated with greater psychological distress, higher levels of stress, anxiety, and depression (5) Meanwhile, other studies have shown that the majority of youth aged 18-35 years face anxiety. 70%, respondents face various problems related to anxiety, depression, due to poor internet connectivity and unfavourable learning environment at home (9).

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Individuals who have resilience can deal with pressures and differences in the environment. Resilient individuals are individuals who have good intelligence, are adaptable, and have an attractive personality, which ultimately contributes consistently to self-esteem, competence, and the feeling that they are lucky (2). So resilient adolescents tend to be stronger and less prone to getting sick and anxious (11).

Problem-solving is a complex cognitive skill and is perhaps the smartest human ability (14). Adolescents must have competence in analyzing problems because adolescents are intellectual organs in society so that they are required to be able to solve academic and non-academic problems. It is not easy to face a pandemic like this, let alone when there are many unpredictable problems, adolescents are required to be able to have high resilience so that the learning process can be successful. However, lecturers and all teaching staff at schools and campuses are also expected to be able to support and play an active role in the learning process. The implication of this research can be used by educators in the campus environment to be able to build youth resilience to get through this pandemic situation.

The government policy is to carry out learning from home, so educators are required to get used to using technology and information. Several schools and campuses have also issued policies in the form of assistance or subsidized internet

quotas to help ease the financial burden of students, this should also be supported by all schools and campuses so that the learning process from home can run as expected.

This means that even though adolescents are still anxious and anxious in facing problems during the learning process from home, adolescents are still able to properly analyze these problems, they still have a high sense of empathy with their surroundings and also adolescents have high confidence that a pandemic or problems what is being faced now will be good, and teenagers have the desire to optimize their abilities to get maximum results.

Empathy is an individual's ability to understand the emotional and psychological

signs of others. An example is paying attention to the condition of the closest person and maintaining good communication.

Students are expected to be calm if there are difficulties and obstacles during the learning process from home and face any situation and conditions during the Covid 19 pandemic. To be in a positive emotional state in an outbreak, according to Ran, L., et al (15), pandemic Covid 19 is still uncertain when it will end, so if this condition is still like this, teenagers will also experience tremendous stress due to pressures that require staying productive. So the longer many students lose their defences, starting from complaining about many tasks with minimal facilities, expensive quotas, internet connection and so on.

From the informant's statement above, it can be said that in general adolescents have a fairly good sense of empathy. This is following research which states that the supporting factors in the family are togetherness, affection, and attention (22).

Without any support in the family, it will certainly make relationships in the family that are lost or even teenagers are getting bored at home because they are usually active outside so that their current resilience does not rule out the possibility of decreasing due to stress in the face of the Covid 19 pandemic. which is increasing day by day the number of positive patients.

As noted by other researchers, that strong family and social support can protect against acute stress during this pandemic, supportive interventions, positive coping strategies are also reported as protective factors (7). Resilience and personal satisfaction as protective variables during the covid pandemic 19 (10).

Self-efficacy is the belief that

individuals can solve problems experienced and achieve success. This adolescent's answer, it gives an idea that good emotional regulation will have a good impact on self-efficacy. Even though there is 1 person who is not sure because there are several factors that occur in his extended family, namely parents divorcing so that the teenager cannot guarantee himself a successful completion of his education, this is in line with the research of Fegert, J., et al (9), Violence in the home ladder during the Covid

19 pandemic specifically for children and adolescents with traumatic experiences, mental health problems greatly affect youth resilience.

Another thing explained by Shanahan, L., et al (16), is that someone who experiences stressful life events can trigger stress during the COVID-19 pandemic. It can be concluded that family plays an important role in the self-efficacy of adolescents during the COVID-19 pandemic.

CONCLUSION

The COVID-19 pandemic has an impact not only on physical health but also mental health. The community is faced with changes in the social order of life and therefore optimizing the ability of resilience as a bulwark of self-defence to survive amid the current global pandemic conditions needs to be improved. Individuals who have resilience can deal with pressures and differences in the environment. Resilient individuals are individuals who have good intelligence, are adaptable, and have an attractive personality, which ultimately contributes consistently to self-esteem.

There may be many obstacles, but teenagers must be able to learn actively. Furthermore, the goal of increasing youth resilience is expected to be written formally into the curriculum, followed by the application of various learning and

assessment methods that meet the different needs of adolescents as a form of mental health support for adolescents in every school and college. In this study, it is stated that the family greatly influences adolescent resilience because it is the people who influence the most adolescent life and self-shaping. Teenagers are family. Every family has culture, rules and patterns special. Ideally a family is any group or individual who provide a safe and trusting environment that encourage learning and healthy development.

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