

ORIGINAL ARTICLE

Adolescent Resilience in Facing The Covid-19 Pandemic

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ABSTRACT

Introduction: Corona virus greatly affects life, as well as in adolescents this outbreak can encourage stress, anxiety and is very risky to one's mental health. This underlies the need for research to analyze adolescent resilience as the ability to adapt and remain steadfast in difficult situations. This study aims to determine the resilience of adolescents during the presence of COVID-19. **Methods:** This research is a qualitative research and data collection is carried out through in-depth interviews. Researchers used WhatsApp online media either through audio calls or chats in the data collection process. The population of this study were all adolescents in Mamuju Regency. The sample is 20 teenagers. Data were analyzed by thematic analysis method. **Results:** Shows that 20 informants have several aspects of resilience, including aspects of Emotion Regulation, the ability to remain calm in stressful conditions. Impulse Control is the ability to control the pressure that arises within oneself. Causal Analysis can analyze clearly, logically and accurately the conditions being faced. 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. **Conclusion:** It can be concluded that despite difficult conditions, teenagers live side by side with Covid 19, but teenagers have strong resilience. The environment must continue to support their ability to interpret problems more constructively.

Keywords: Covid 19, Pandemic, Resilience, Teenagers, Confront

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INTRODUCTION

This epidemic has spread and become a global disease by every country and has never happened before in history and is a new disaster for humans and this COVID 19 has had a tremendous impact on social life around the world (13). Changes that occur in the structure of social life such as social restrictions, cutting the number of employees, the obligation to work from home to teaching school children online. The problem with distance learning is that students feel bored at home, with limited signals and piles of assignments. With this it can cause some psychological problems that occur in students such as anxiety, stress or depression. These various things cause many people to experience mental health problems such as increased anxiety and stress which leads to unproductive behavior. The government's policy of providing online lectures and the Lockdown policy have made some youths uneasy.

Not only that, many people are forced to adapt to new realities that are dominated by changes in behavior in response to COVID-19. Therefore, the ability of

resilience as a bulwark in the midst of the current global pandemic conditions needs to be improved. A resilient individual is an individual who has good intelligence, is adaptable, and has an attractive personality, which in turn contributes consistently to self-esteem, competence, and a feeling that he is lucky (2). Thus, tough teenagers tend to be stronger and less likely to get sick and anxious. However, information about the ability of adolescent resilience is currently still limited, because there has been no previous research examining adolescent resilience in Mamuju. Based on the above phenomenon, the researcher wants to know how the resilience of teenagers in Mamuju during the COVID-19 outbreak is like today.

MATERIALS AND METHODS

Study design

This research is a descriptive qualitative research design that describes an actual situation which 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). This research was conducted in Mamuju Regency, West Sulawesi. An in-depth conversational approach is used to explore the

problem as well as provide an overview to understand a comprehensive adolescent resilience experience.

Participant

The population of this study were all adolescents in Mamuju Regency. Based on the suggestion of the sample size Roscoe in Sugiono (4) states that the appropriate sample in qualitative research is 14, so that the number of subjects selected in this study is 20 people and also remembers that the data collection must conduct in-depth interviews several times with a duration of research time of only three. month. The criteria for this research sample are: Adolescents aged 11-20 years, domiciled in Mamuju, have no history of congenital disease and have never suffered from covid19.

Method of collecting data

This study received ethical approval No. 250/B.1-KEPK/SA/FKG/12/2020 from the Health Research Ethics Commission of the Faculty of Dentistry UNISSULA on October 1, 2020. All researchers before conducting interviews with participants offered several explanations about the length of the interview, background and scope of questions in this study. The main researcher and three members of the research team who have been trained in the data collection process by interview. The interview process was conducted face-to-face with social distance. Interviews were conducted using the Whats App online media either through audio calls or chats in the data collection process. Prior to data collection, participants were required to give their consent prior to the interview. The time used in interviews for one informant is 20 to 45 minutes (20) and is carried out several times. The first thing the interviewer did was to ask about general problems and then proceed to questions about adolescent resilience. They were asked several open-ended questions according to the interview guide created through a review of the literature and our research objectives. The researcher explained that the interview method was carried out based on the resilience aspect guide which consisted of five aspects and each aspect had questions 4 to 7, one of the questions from the optimism aspect "How do respondents view their future as a student / student with a pandemic?".

The interview guide includes several aspects of resilience 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 others 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.

Data analysis

Our study analyzed the data using thematic analysis method (4). Data were collected and transcribed

verbatim, then analyzed through thematic analysis using the Steps for Coding and Theorization method (1). First, the researcher analyzed the data through a coding process, which began by reading carefully, each line, to identify the underlying meaning so that we could construct the themes in each participant's transcript. Furthermore, after the initial code is identified, the next coding is carried out to identify several main themes. Then the researcher integrates the main themes to form a concept that can answer the purpose of this research. Finally, the presentation of the themes found and prepared and supported or proven by some relevant quotes from the interview of the informants. The themes found will be revised several times to represent some aspects of resilience. To present the findings, we use fictitious names with code numbers 1 to 20 for informants. Based on the data analysis, it was found that the themes were representative of the five aspects of adolescent resilience.

RESULTS

Twenty participants were teenagers aged 11 to 20 years. This teenager has never suffered from Covid 19. Domiciled in Mamuju, West Sulawesi. Presentation of the themes found and prepared and evidenced by some relevant quotes from participant interviews. Five themes were identified related to resilience in this study. The first theme is that adolescents remain calm and focused in dealing with and solving problems. The second theme is that adolescents have fairly good control because most of them follow health protocols. The third theme as a whole stated that every problem must have a solution. The fourth theme is that adolescents generally have a fairly good sense of empathy and the fifth theme, namely adolescents, illustrates that good emotional regulation will have a good impact on self-efficacy. The descriptions of several themes of this research are explained as follows:

Emotion Regulation

Teenagers' emotional regulation during the Covid-19 situation is that they remain calm and focused in dealing with and solving problems. In this study, 2 out of 20 informants said that they are currently experiencing life pressure problems during the Covid pandemic. Their feelings during life's stresses cover each theme in more detail as follows:

I feel like I want to be depressed but I hold it (13)

I have felt hopeless, blamed or disowned why I had to be this way. But I again remember Allah to be patient if there is a problem (6).

From the results of the study above, it shows that some teenagers experience problems when exposed to various pressures due to the isolation that is applied, this has an impact on the emotional and social life of adolescents. 19 Teenagers who are able to express their emotions and vent their emotions during the COVID-19

pandemic, namely:

If there is a problem, I am more silent (1)

If there is a problem, I tell my father (18)

I usually tell others after I make up (14)

All the answers from the information show that the state of the Covid-19 pandemic has not made them lose their way in solving problems because they have a positive way.

Impulse Control

Impulse control is an individual's ability to control impulses, desires, and pressures that arise from within the individual itself. For example, such as controlling oneself not to leave the house if there is no urgent need, getting used to wearing a mask when traveling, and keeping a distance when in public places. Of the 20 informants, if you think about PSBB (place restrictions) due to the Covid19 pandemic and the feeling of wanting to hang out with friends, 3 of them have various answers. *I can hang out with friends, but it's important to see if it matters or not* (4)

I usually hang out with five friends hanging out in a cafe or warung (12)

Already gathered, but scared too, but if it's important to talk about it, stay with friends (11)

During this pandemic, the three informants continued to carry out face-to-face activities with the reason that the meeting was held because the number of people was limited and what would be discussed was important, 17 informants said they were less likely to go out of the house and 20 informants said that they used to wash their hands, keep their distance, and wear masks. It can be concluded that adolescents have fairly good control because most of them follow health health protocols and only a small number 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 increase the ability to control themselves.

Causal analysis

Problem analysis skills are the individual's ability to identify the causes of the problems encountered. The ability to analyze problems means that adolescents can identify problems well and can make solutions to the problems they face. Teenagers 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, as seen from 20 informants generally answered that during the Covid 19 pandemic they preferred the offline learning process to online, following the informants' answers:

I find it very difficult to understand online learning (5)

I was not happy to learn that there is an online practice (11).

From the answers of the informants above, it shows

that teenagers do not like online learning, but overall the informants stated that every problem must have a solution so that the researcher argues that even though in the learning process, teenagers feel something is lacking, teenagers are still optimistic in solving problems. faced now will be good, and teenagers have a desire to optimize their abilities for maximum results. Although the resilience of these teenagers is in the moderate category, it must be a concern.

Empathy

Empathy is the strength that a person has in understanding others emotionally. An example is paying attention to the condition of the closest people and maintaining good communication. Teenagers are expected to be calm if there are difficulties and obstacles during the learning process from home and face any situation and condition during the pandemic. Data from all informants stated that:

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

I feel sorry if a friend or family member is exposed to Covid 19 (13)

From the statements of the informants above, it can be said that in general adolescents have a fairly good sense of empathy. An example is paying attention to the condition of the closest people and maintaining good communication.

Self Efficacy

Self-efficacy is a belief that a person can overcome the problems experienced to successfully pass various obstacles. Some informants believe that they will be able to achieve success with the following answers:

I believe success is important, always pray and try (4)

I believe as long as I try (11)

I believe I can be successful even though I'm a farmer's son (3)

This teenager's answer illustrates 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 the divorce of his parents so that the teenager cannot guarantee that he will complete his education.

DISCUSSION

The Corona Virus outbreak has greatly affected lives and was officially declared a pandemic by the World Health Organization. This epidemic is a global disease that has spread to every country and become a new disaster that threatens people around the world because it has never happened before in human history. as well as in adolescents this outbreak can encourage stress, anxiety and are very risky to adolescent mental health. The community is faced with significant changes in the structure of social life such as social restrictions, cutting

the number of employees, the obligation to work from home to teaching school children online (7). These various things cause many people to experience mental health problems such as increased anxiety and stress which leads to unproductive behavior. Not only that, many people are forced to adapt to a new reality that is dominated by fear of the rapid spread of this disease (13).

Therefore, the ability of resilience as a defensive bulwark in the midst of the current global pandemic conditions needs to be improved. Resilience is an individual's ability to adapt positively and effectively as a strategy in dealing with adversity. Resilience is described as the ability to cope with difficult situations, which usually fluctuate throughout life and are often associated with several psychological conditions. Five aspects form individual resilience (12), including:

Emotion Regulation

Adolescent emotional regulation is a state of remaining calm and focused in dealing with and solving problems. From the results of the research above, it is shown that some teenagers experience problems when exposed to pressure. The application of social isolation can indeed increase psychological pressure (11). Another thing that can happen is that the current situation has an impact on the emotional health and social life of students. The 20 informants were able to express and vent their emotions. The overall answers from the informants showed that the state of the Covid-19 pandemic did not make them lost in solving problems because they had a positive way.

Impulse Control

Impulse control is an individual's ability to control impulses, desires, and pressures that arise from within the individual itself. For example, such as controlling oneself not to leave the house if there is no urgent need, getting used to wearing a mask when traveling and keeping a distance when in public places. Of the 20 informants, if you are reminded about the restrictions on space due to the Covid 19 pandemic and there is a sense of wanting to gather with friends. During this pandemic, the three informants continued to carry out face-to-face activities because meetings were held in a limited number and what would be discussed was important, 17 informants said they had to reduce going out of the house and 20 informants said when they went out they used to wash their hands, keep their distance, and wear masks.

The presence of this COVID-19 pandemic shapes individual behavioral goals either to avoid illness, avoid anxiety, or live by important life values (21). The main protective factor is one's psychological strength (resilience and optimism) so that one can refrain from excessive desires (15). Physical activity outside the home is a person's most common defensive behavior that can reduce anxiety and stress (18). It can be concluded

that adolescents have fairly good control because most of them follow health protocols and only a small percentage of them continue to gather even though in a limited scope and comply with health protocols and of course activities such as sports can also be done to improve the ability of adolescents to control themselves.

Causal analysis

Problem analysis ability is an individual's ability to identify the causes of the problems encountered. The ability to analyze problems means that adolescents can identify problems well and can make solutions to the problems they face. Teenagers 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, as seen from 20 informants who generally answered that during the Covid 19 pandemic they preferred the offline learning process to online. From the answers of the informants above, it shows that teenagers do not like online learning, but overall the informants stated that every problem must have a solution so that the researcher argues that even though in the learning process, teenagers feel something is lacking, teenagers are still optimistic in solving problems.

Several things can cause anxiety in adolescents, namely because they stay at home more (13). Meanwhile, anxiety and depression can occur because the online network is not optimal and the learning situation from home is not optimal (5).

Problem solving is a complex cognitive skill and is perhaps the most intelligent human ability (12). Adolescents must have competence in analyzing problems because adolescents are intellectual organs in society so they are required to be able to solve academic and non-academic problems. It is not easy to face a pandemic like this, especially when there are many unexpected problems, teenagers are required 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 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 carry out learning from home, so educators are required to get used to using technology and information. Some schools and campuses have also issued policies in the form of internet quota assistance or subsidies to help ease the burden on students, this must also be supported by all schools and campuses so that the learning process from home can run as expected.

This means that although adolescents are still anxious in dealing with problems during the learning process from home, adolescents are still able to analyze these

problems well, they still have a high sense of empathy for the surrounding environment and also adolescents have high confidence that a pandemic or problem is being faced at this time. This will be good, and teenagers have a desire to optimize their abilities to get maximum results.

Empathy

Empathy is the strength that a person has in understanding others emotionally. An example is paying attention to the condition of the closest people 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 condition during the Covid 19 pandemic. To be in a positive emotional state in the midst of an outbreak that is still uncertain when it will end, this can cause teenagers to experience extraordinary stress due to pressure that requires surviving. So that more and more teenagers lose their defenses, starting from complaining about many tasks with minimal facilities, expensive quotas, internet connections and so on. From the statements of the informants above, it can be said that in general adolescents have a fairly good sense of empathy. This is in line with research which states that the supporting factors in the family are togetherness, affection, and attention (13).

Without support in the family, it will certainly make relationships in the family lost or even teenagers become 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 life. Strong family and social support can protect us against acute stress, and supportive interventions, positive coping strategies, have also been reported as protective factors (3). Resilience and personal satisfaction as protective variables during the covid 19 pandemic (10).

Self Efficacy

Self-efficacy is a belief that a person can overcome the problems experienced to successfully pass various obstacles. This teenager's answer illustrates that good emotion regulation will have a good impact on self-efficacy. Although there is 1 person who is not sure because there are several factors that occur in his extended family, namely the divorce of his parents so that the teenager cannot guarantee that he will successfully complete his education. The presence of parents in difficult situations like today is very influential in dealing with stress in adolescents (4). Meanwhile, an acute stress response can occur due to a bad life event and the problem occurring simultaneously (14). It can be concluded that the family plays an important role in adolescent self-efficacy because the family can help when part of the family encounters problems.

CONCLUSION

With this epidemic, all humans are faced with changes in the order of social life. Teenagers live side by side with Covid 19 but teenagers have strong resilience. The environment must continue to support their ability to interpret problems more constructively. Teenagers will be able to optimize their resilience abilities as a bulwark of self-defense to survive in the midst of the current global pandemic. A resilient teenager is a teenager who is smart, adaptable, has a good personality, and has high self-esteem.

There may be many obstacles, but teenagers must be able to learn actively. For this reason, the Education Office, schools and nurses as the person in charge of the Mental Health UKS (School Mental Health Business) program at the Community Health Center jointly prepare designs and carry out routine screening of mental health and adolescent resilience issues. The goal of increasing adolescent resilience is expected to be formally incorporated 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.

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