

## ORIGINAL ARTICLE

# The Relationship Between Self-respect, Self-efficiency, and Social Support With Disaster Resilience Among Adolescents in Indonesia: A Cross-sectional Design

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## ABSTRACT

**Introduction:** Adolescents play a vital part in disaster response. Their preparedness to deal with disasters requires a high level of resilience, which is influenced by self-esteem, self-efficacy, and social support. The purpose of this study is to evaluate the relationship between adolescent resilience and its associated factors such as self-esteem, self-efficacy, and social support. **Methods:** This is a cross-sectional study. This survey included all adolescents living in Sukabumi Regency, West Java, Indonesia. This study enrolled a total of 194 teenagers. Social support was measured using the Multidimensional Scale of Perceived Social Support (MSPSS), self-efficacy used self-efficacy survey, and self-esteem was measure using the Self Esteem Scale (SES). A simple random sampling is used in the sampling technique. The data were analysed using multiple linear regression. **Results:** The majority of respondents were aged 17–25 years old ( 98.5%), female (57.2 %), had a junior high school education ( 44.3 %). Self-esteem ( $b=0.907$ ,  $p=0.000$ ,  $R^2=0.161$ ), self-efficacy ( $b=0.810$ ,  $p=0.000$ ,  $R^2=0.433$ ) and social support ( $b=0.776$ ,  $p=0.000$ ,  $R^2= 0.163$ ) affects the resilience of adolescents in dealing with disasters. Self-esteem, self-efficacy and social support influence simultaneously to the resiliency adolescents with the equation. **Conclusion:** There is a partial and simultaneous effect of self-esteem, self-efficacy, and social support on adolescent resilience in dealing with disasters. This research impacts the development of progress in the field of psychiatric nursing, especially in dealing with student burnout related to social support, self-efficacy, and academic stress.

**Keywords:** Adolescent resilience, Self-efficacy, Self-esteem, Social support

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financial, social, and environmental costs (3). The tsunami event impacts individual preparation, particularly among young people in disaster management (4).

## INTRODUCTION

Indonesia is a disaster-prone region due to its topography, geology, and demography. Indonesia experienced 27 tsunamis between 2000 and 2018. The deadliest tsunami happened in 2004 in Aceh, killing 166,080 people, while another occurred in 2018 in Donggala, killing as many as 2,037 people (1). Tsunamis are long-period ocean waves caused by impulsive ocean disturbances like earthquakes, volcanic eruptions, or landslides (2). The tsunami caused severe destruction and death and substantial

Adolescents have a vital role in disaster management as a social component. Adolescence offers excellent developmental potential, notably in terms of rapid cognitive growth and shifts in social roles. Strong adolescent traits are anticipated to be prepared for calamities (5). Adolescent disaster readiness requires excellent resilience. Resilience is the ability to meet or overcome difficult situations and respond positively, then use these situations to strengthen oneself to change naturally and can be conquered (6). Adolescents have resilience in facing difficult times such as tsunami when they can see

themselves as stable and struggle to survive (7).

Factors that promote adolescent resilience include risk factors and protective factors. Self-esteem and self-efficacy are internal protective variables, whereas family, school, and social support are external protective factors (8,9). Self-esteem is one factor that has been shown to influence adolescent resilience. Self-esteem is an individual appraisal, a habit of looking at oneself, particularly accepting or rejecting, and a measure of an individual's belief in ability, significance, success, or value (10). Self-esteem has an impact on resilience because adolescents who have high self-esteem or self-efficacy can face challenging situations that they are experiencing and develop resilience or self-resilience (11). Self-efficacy also influences adolescent resilience. Self-efficacy is a person's belief in his ability to regulate and carry out specific behaviors required to accomplish a task (12). Individuals who have self-confidence will overcome obstacles and keep the conviction that they can control their brains to succeed in their activities (13).

Social support has a significant impact on resilience. Bastaman defines social support as a way of offering encouragement, counsel, and guidance when someone is experiencing difficulty in carrying out a task and devising a way to accomplish a goal (14). Social support is one of the factors that might help someone survive in any situation (15). People with strong social support can deal with any complex situations they encounter (14,16). Therefore, this study aimed to examine the relationship between self-respect, self-efficiency, and social support with disaster resilience among adolescents in Indonesia.

## MATERIALS AND METHODS

### Study Design and setting

A cross-sectional study was conducted in Sukabumi Regency, West Java, Indonesia. The coastal area of Ujung Genteng in the Sukabumi Regency is a high-risk area for tsunami disasters. From 2019 to 2020, a series of subsea earthquakes have occurred with the magnitude 8.7 Richter scale near the Indian Ocean.

### Sample

The inclusion criteria were all adolescents, aged 12–25 years, can read and write, and willing to be research respondents. The sample size was calculated using G-Power Software version 1.3 assuming F test, with alpha was 0.5, the power level was 0.8, and the effect size was 0.10 (medium effect size). The total sample recruited in this study was 194. A simple random sampling is used in the sampling technique.

### Instrument

A questionnaire was distributed to participants to assess their demographic information and a self-efficacy, self-esteem, and resilience questionnaire based on the Likert scale. Social support was measured using the Multidimensional Scale of Perceived Social Support (MSPSS), and self-esteem was measure using the Self Esteem Scale (SES).

### Procedure

The ethics committee accepted this study (No. 02567/KEPK/STIKEP/PPNI/JABAR/VIII/2020). The information on studied participants was obtained from the local authority. Researchers approached a healthcare volunteer and informed the study objective and procedure. Volunteers provide information about participants' eligibility and randomly select participants. Before data collection began, written informed consent was obtained. We mentioned the ability to withdraw and anonymity and that they might refuse to answer any questions without consequence—the time to complete the instrument is about 10 to 15 minutes.

### Data analysis

This study used descriptive statistics to describe each respondent's characteristics. Univariate descriptive analysis is also employed for self-esteem, self-efficacy, social support, and resilience. The simple linear regression and multiple linear regression tests were used to examine the effect of self-esteem, self-efficacy, and social support on resilience.

## RESULTS

The majority of respondents were aged 17–25 years old ( 98.5 percent), female (57.2 percent), had a junior high school education ( 44.3 percent). Then, they obtained information via electronic media (92.1 percent) and had never participated in the organization (95.9 percent). All respondents have never participated in training and have never witnessed a tsunami, totaling 194 individuals (100.0 percent) (Table I). The mean of self-esteem is 32.119 (SD=3.732), self-efficacy is 45.943 (SD=6.862), social support is 38.149 (SD=4.385), and resilience is 53.345 (SD=8.442) (Table II). Self-esteem has a positive effect on resilience ( $b=0.907$ ,  $p=0.000$ ,  $R^2=0.161$ ), as does self-efficacy ( $b=0.810$ ,  $p=0.000$ ,  $R^2=0.433$ ), and social support has a positive effect on resilience ( $b=0.776$ ,  $p=0.000$ ,  $R^2=0.163$ ) (Table III). Self-esteem, self-efficacy, and social support simultaneously affect resilience ( $p=0.000$ ,  $R^2=0.553$  with the equation  $Y=-8.647+0.158X_1+0.060X_2+0.135X_3$ ) (Table IV).

**Table I : Demographic characteristics of studied respondents (n=194)**

Characteristics	n	%
<b>Age</b>		
12-16	3	1.5
17-25	191	98.5
<b>Sex</b>		
Male	83	42.8
Female	111	57.2
<b>Education</b>		
Elementary School	22	11.3
Junior High School	86	44.3
Senior High School	85	43.8
University	1	0.5
<b>Information Resources</b>		
Internet	66	34.0
Electronic Media	128	66.0
<b>Community organization participation</b>		
No	194	100.0
<b>Ever joined training</b>		
No	194	100.0
<b>Ever experienced a Tsunami</b>		
No	194	100.0

**Table II : Univariate Analysis of Research Variables**

Variabelle	Mean	SD	Min	Max
Self-esteem	32.119	3.732	18	39
Self-efficacy	45.943	6.862	60	25
Social support	38.149	4.385	47	21
Resilience	53.345	8.442	74	33

**Table III : Multiple Linear Regression**

Variables	p-value	Unstandardized Coefficients B	R	R <sup>2</sup>
(Constant)		-8.647		
Self-esteem	0.007	0.158	0.774	0.553
Self-efficacy	0.000	0.060		
Social-support	0.009	0.135		

## DISCUSSION

The findings indicated that self-esteem affected resilience. Saraswati (17) found that self-esteem influences resilience. These findings are corroborated with (11,18) who demonstrate an association between self and resilience. Adolescents who are resilient to natural events have a greater chance of fending off natural occurrences that turn into disasters. Even if a disaster occurs, they recover quickly. Thus natural events do not have to be a severe threat (8).

Several aspects contribute to resilience, including self-esteem. People with great self-esteem will think favorably about themselves. They are capable of accepting and knowing their limitations. Personal competence, confidence, acceptance of change, self-control/control, and spiritual influence can shape resilience. A person with high self-esteem is more likely to have high resilience (19). The findings indicated that self-efficacy affected resilience. A prior study found an association between self-efficacy and resilience (20). People with solid self-efficacy can carry out humanitarian responsibilities responsibly, support victims with good problem solving, rely on their abilities in duty, have methods in solving issues, and be tenacious in facing their tasks (21).

The study showed that social support increases resilience. These findings corroborate earlier research (14,22). Adolescents might see their social life as relevant and vital, thereby feeling comfortable in the community and boosting their self-confidence and resilience (20). The individual can appreciate how much information he needs to communicate and how well he can handle various challenging situations. Individuals who are more adaptable to life changes can be described as resilient (14).

The cross-sectional design of the study was a weakness because the causality of the relationship was not clear from the data. The findings are only applicable to Indonesian society and other countries

with psychological and cultural conditions that are similar to Indonesia's. Before implementing the model, it should be tested to see if it can be applied to other communities. If it can, then it should be implemented.

## CONCLUSION

Based on the study results, there is a simultaneous effect of self-esteem, self-efficacy, and social support on resilience. This research impacts the development of progress in the field of psychiatric nursing, especially in dealing with student burnout related to social support, self-efficacy, and academic stress. Research has proved that these three variables reduce burnout in students. The results of this study are expected to be further developed as research material in overcoming the incidence of student burnout.

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