

THE RELATIONSHIP OF SOCIAL SUPPORT AND RESILIENCE PSYCHOLOGICAL WELL-BEING ON STUDENT SURVIVORS OF COVID-19

Mic Finanto Ario Bangun^{1*}, Anneke Putri Pratiwi²

Universitas Bhayangkara Jakarta Raya , Indonesia

E-mail: mic.finanto@dsn.ubharjaya.ac.id

ABSTRACT

Abstract: Covid-19 survivor students who have experienced this will certainly be an unforgettable experience where everything is completely limited in terms of communication and social interaction, coupled with the labeling of 'Covid-19 sufferers' and the emergence of feelings of anxiety and thoughts. Other negatives add to their own problems for survivors. During the healing process, mental disorders arise, such as anxiety, stress, and self-acceptance as a survivor, which affects the individual's psychological condition. Coupled with the social changes during the pandemic, it also adds to psychological problems that will affect the psychological well-being of individuals. Basically, psychological well-being is a feeling that you can control yourself. The condition of a person's psychological well-being also depends on the surrounding environment, one of the factors is social support. This is obtained if a person's high social support and resilience will affect the individual's psychological well-being, especially for students who have survived Covid-19. This study aims to determine whether there is a relationship between Social Support and Resilience to Psychological Well-Being in COVID-19 Survivors. This study uses quantitative methods with correlation techniques, namely multiple correlation test techniques involving as many as 110 students of the Faculty of Psychology at the University Bhayangkara Jakarta Raya. The relationship has a significant positive direction with a strength that is considered strong. And it can be said that the higher the social support and resilience, the higher the level of psychological well-being in student survivors of Covid-19. Vice versa, the lower the social support and resilience, the lower the level of psychological well-being

Keywords: Psychological Well-Being; Social Support; Resilience; Student Survivors Of COVID-19

Introduction

At the beginning of 2020, the world was shocked by the discovery of a virus outbreak. Pneumonia (SARS-CoV-2) recently with a disease called Corona Virus Disease (Covid-19) from Wuhan. In the same year, on March 12, 2020, WHO (2020) officially declared the Covid-19 virus a pandemic. In Indonesia, to date, via the statistical data page Covid19.go.id (2022), in June, coronavirus cases reached 6,064,424 confirmed positive cases, 5,901,083 people were declared cured and 156,673 died. Meanwhile in Bekasi city through Pikobar.Jabarprov.go.id data (2022) as of June 15 2022 currently has 172,791

positive cases and 171,470 have recovered or completed their isolation period with 1,049 deaths.

This data shows that the spread of COVID-19 in Indonesia is very large, but the number of recoveries (survivors) is greater than those who died. Several studies conducted by Einveik (in Wulan & Keliat, 2021) agree that this pandemic has a physical and psychological impact not only on healthy people, confirmed cases, and even those who have been declared cured of COVID-19. Not only in society, the Covid-19 pandemic is also experienced by educational circles, especially students. Quoted from Tempo (2021) said the research was carried out 6- July 20 reported that at least 39% of students' nuclear families had been infected and 74.16% of their friends were positive for Covid- These 19 things show that the coronavirus is very close and several students have experienced it. Reported by News. id (2022).

There are 35 confirmed students positive at one of the State Universities in West Java. This strengthens the facts on the ground that Covid-19 is experienced by students. Well-being in the context of positive psychology is a topic that is currently widely researched in developmental psychology. There are two approaches to understanding well-being according to Bradburn (1969) who defines psychological well-being (hereinafter referred to as PWB) as happiness, namely the highest goal that humans want to achieve and the balance between positive and negative affective feelings. Psychological well-being (psychological well-being) is very important for students, especially during the Covid-19 pandemic. (Ningsih, 2013) stated that everyone wants prosperity in their life. Likewise for students, psychological well-being It is very necessary for students to achieve satisfaction in their lives. Students who have psychological

well-being those who are high will achieve optimal development and potential in their lives. Psychological well-being is seen as the result of a life well lived and is an important factor in students' success in adapting to college or university life (Rodríguez & Manuel et al., 2020). In this case, students as COVID-19 survivors during the pandemic are certainly not easy to achieve prosperity, especially for those who have been survivors, the picture of their meaning in life after experiencing COVID-19 will be different. Individuals with good psychological well-being are also associated with good coping abilities and resilience (Freire & Ferradas et al, 2016).

One of the studies conducted by Oktavia (2021) during the pandemic, students' psychological well-being experienced an increase in several categories, namely, students who had moderate psychological well-being was 35.4% while those in the low category were 23.7% and students in the very low psychological well-being category with a percentage of 7.8% of the survey results were dominated by men and women in the 18-21 year age group. This shows that psychological well-being is dominated by the 18-21 year age group. The age of students in Indonesia is around 18-25 years, psychologically

entering the stage of emerging adulthood which is included in the transition period from adolescence to adulthood. During the healing process, mental disorders arise such as anxiety, stress, and self-acceptance when becoming a survivor, which affects the individual's psychological condition. In addition, social changes during the pandemic have also added to psychological problems that will affect individual psychological well-being. Basically, psychological well-being is feelings that can be controlled by oneself. Condition psychological well-being A person also depends on the surrounding environment, one of the factors being social support.

Santrock (2002) suggests that social support is information or response from other parties who are loved or appreciated who appreciate and respect and includes a communication relationship and an interdependent situation. Social support is part of interpersonal relationships, describing the quality of a relationship. This relationship is considered an aspect that provides emotional satisfaction under various stressful situations in personal life so that a person can feel attention, concern from other people, respect, and appreciation (Lutfiyah, 2017).

Social support can be obtained from several sources, namely from the environment from several sources, namely from the formal environment (family, friends, colleagues, superiors) and some from formal aid environments (health workers, humanitarian services workers) (Glanz, Rimer & Viswanath, 2008).

This shows that someone who gets a lot of social support is less likely to experience psychological disorders. The amount of social support that COVID-19 survivor students receive will have an impact on the healing process as well as achieving psychological well-being. solve the problems he faces. To achieve psychological well-being Not only social support factors can influence individuals, but psychological well-being also requires support from within, such as the ability to adapt and bounce back from bad events, this term is called resilience. According to Strauss (in Rachmawati, Listiyandini & Rahmatika, 2019) one of the factors that can increase

The individual's quality of life is psychological resilience. Resilience is a psychological construct proposed by behavioral experts in an effort to know, define & measure an individual's capacity to survive and develop in adverse conditions, and to determine the individual's ability to recover from stressful conditions (McCubbin, 2001).

In line with this, research on social support and resilience has its own relationship with psychological well-being. According to research by Prestawan & Sudiharja (2013), cancer patients found that the better the resilience, the psychological well-being will increase or get better, and vice versa, if resilience decreases, the psychological well-being of cancer patients will decrease or become lower. From the various explanations above, it can be assumed that getting higher a person's social support, the higher their psychological well-being, and the higher their resilience, the higher their psychological well-being. So

it can be concluded that if a person's social support and resilience are high it will affect the individual's psychological well-being, especially for student survivors of Covid-19.

Based on the results of a survey of students, it was found that the role of social support was very helpful in the healing process and as time went by the meaning of life for survivors gradually moved towards a positive direction in self-acceptance as survivors, also supported by self-resilience to be able to rise from the worst situation (Covid-19). ..

Research Method

Research Type

The type of research carried out by researchers is using a quantitative approach using a dual correlation research method software SPSS Statistic 24.

Research variable

Independent variable (independent variable) in this research is social support and resilience while the dependent variable (dependent variable) is psychological well-being.

Population

The population in this study is, all Students/I active

Sample

As for in study, The research sample criteria are as follows:

1. Student active Psychology, Bhayangkara University, Jakarta Raya.
2. Have experienced Covid-19.
3. 18-25 years old.

There were 110 samples obtained in this study. The sampling technique used is non-probability sampling with type purposive sampling.

Scalepsychological well-being used in this research was compiled by the researcher himself using the theory put forward by (Ryff & Singer, 2008), which consists of six dimensions, namely self-acceptance (self-acceptance), (Ryff & Singer, 2008) positive relationships with others (positive relation with other), autonomy (autonomy), control over the environment (environmental mastery), the purpose of life (purpose of life), as well as personal development (personal growth).

The social support scale used in this research was compiled by the researcher himself using the social support theory proposed by Sarafino (2011). Which consists of four dimensions, namely emotional support, appreciation support, and support. After testing, 31 items were declared valid. Resilience consists of 56 items. After testing, 39 items were declared valid.

Result and Discussion

Test Assumptions

The normality test is carried out using test techniques Kolmogorov-Smirnov assuming a $p\text{-value} > 0.05$. Then significant results are obtained of 0.200, it can be stated that the data is normally distributed.

Categorization Test

Categorization Psychological Well-Being

Based on the results of the categorization test psychological well-being It can be seen that there are 0 or 0% of respondents who are in the low category. Meanwhile, 32 or 29% of respondents were in the medium category, and 78 or 81% of respondents were in the high category. Categorization of Social Support Based on the results of the categorization test you can It is known that there are 1 or 1% of respondents who are in the low category. Meanwhile, 46 or 42% of respondents were in the medium category, and 63 or 57% of respondents were in the high category.

Categorization of Resilience

Based on the results of the categorization test, it can be seen that there are 6 or 5% of respondents who are in the low category. Meanwhile, 53 or 48% of respondents were in the medium category, and 57 or 52% of respondents were in the high category.

Hypothesis testing

This correlation test uses the Multiple Correlation test to see whether there is a relationship between social support resilience and psychological well-being, with the assumption $p > 0.05$. Apart from that, the correlation coefficient score shows a score of 0.678 which is in the strong category. So it can be stated that there is a relationship between social support and resilience in psychological well-being in student survivors of COVID-19, so the alternative hypothesis (H_a) is accepted.

Discussion

So with this, we get a value of 0.678 which means the correlation result It was found that there was a relationship between the variables that the researchers used. And it can be said that the higher the social support and resilience, the higher the level of psychological well-being among student survivors of Covid-19. Vice versa, the lower the social support and resilience, the lower the level of psychological well-being.

Based on the results of this research, it can be explained that sometimes students become Covid-19 survivors directly because of the self-confidence they have. The social support and resilience they received when they were infected with Covid-19 enabled students to achieve their psychological well-being. This is in accordance with the results of interviews that researchers obtained from several respondents, namely that social support plays a very important role in increasing the self-resilience or resilience of individuals who have experienced COVID-19. So from these two factors, a person is able to achieve psychological well-being or what is usually called psychological well-being.

Based on the reliability test, the results of the scale were obtained psychological well-being namely 0.834, and on the social support scale the score was 0.936, and on resilience the score was 0.906, which means that all three scales are in the reliable category. Based on the basic assumption test, the normality test results show that the two variables psychological well-being, Social support, and resilience were found to be 0.200, which is said to be normally distributed data.

Next, based on the results of the correlation test, where the correlation test in this research uses multiple correlation techniques, based on the results of the correlation test on the variable psychological well-being, social support, and resilience results in a correlation coefficient value of 0.678 with a significance level of (p) of $< .000$ which shows the significant result is $< (p) 0.05$ which means psychological well-being, Social support and resilience are related to each other. Furthermore, from the results of the correlation coefficient, a positive value is obtained, so this research has a positive or unidirectional relationship pattern between the variables.

This is in line with previous research conducted by Niken Ayu Putri (2018) that together the variables of social support and resilience make different contributions to the psychological well-being variable. The higher the social support and resilience, the higher the psychological well-being. If students are able to overcome their problems well and have high self-resilience, then students feel confident in themselves and can achieve psychological well-being easily without thinking about other things that have been bothering them all this time. From the results of the categorization of the three variables starting from the dependent variable, psychological well-being majority respondents can be said to fall into the high categorization, while other respondents fall into the medium categorization and there are only no respondents who fall into the low categorization. Furthermore, from the results of the categorization of the independent variable, namely social support, the majority of respondents fell into the high categorization, while the other respondents fell into the medium categorization and low categorization. For the resilience variable, the majority of respondents fall into the high categorization, while the other respondents fall into the medium categorization and low categorization.

Can be concluded for categorization psychological well-being that the respondent is able to achieve good psychological well-being. Meanwhile, social support can be concluded that respondents were able to get social support from various directions, not only internal but also external. For resilience, it can be concluded that the respondent was able to overcome conditions that were considered uncomfortable. From these results, it can be proven that student survivors of Covid-19 can achieve psychological well-being by having two driving factors, namely social support and resilience. Which is by having good social support and resilience, students capable of achieving psychological well-being.

This research is not free from various limitations, such as the researcher conducting research online making it difficult for the researcher to find respondents easily, the time needed to distribute the research questionnaire is very limited and the researcher has to contact the students one by one to fill out the questionnaire. Apart from that, there were several respondents who filled out the questionnaire without reading it carefully. Researchers also make limited criteria so that there are few researcher's Difficulties in getting respondents quickly.

Conclusion

Based on the results of the research that has been carried out, it can be concluded as follows: There is a relationship between social support and resilience in psychological well-being in student survivors of Covid-19. The direction of the relationship obtained between variables is positive with strength considered strong, meaning that the higher the level of social support and resilience in student survivors of Covid-19, the higher the psychological well-being. Likewise, the higher the level of psychological well-being, the higher the level of social support and resilience.

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