



The relationship between self-esteem and resilience of adolescents who living in orphanages

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Abstract

Resilience is an important aspect for the psychosocial development of adolescents who living in orphanages. Self-esteem is suspected to affect resilience of adolescents who living in orphanages. The purpose of this research is: (1) describes self-esteem and resilience adolescents who living in orphanages, and to know (2) the relationship between self-esteem and resilience of adolescents who living in orphanages. This research uses correlational method. Subjects in this research were 87 adolescents who living in 4 orphanages in Pariaman City with 13-18 of age. The data was collected using self-esteem scale and resilience scale. The data were analyzed using simple regression analyses by utilizing program SPSS 20.0 for Windows. Research results showed that: (1) generally self-esteem and resilience adolescents who living in orphanages are in the high category, and (2) there was significant positive relationship between self-esteem and resilience of adolescents who living in orphanages.

Keywords: self-esteem, resilience, adolescents, orphanages

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Introduction

Adolescence is a stage of development in which there are physical, cognitive, psychological and socio-cultural changes (Ferreira, Bento, Cahves, & Duarte, 2014). In going through the stage of development, adolescents should be able to adjust to the various changes that, because if not, they will be faced with problems that can affect their life. As stated by Papalia, Olds, & Feldman (2009) that there are some adolescents experiences problems in the face of the various changes that occur simultaneously and need help in overcoming various changes during adolescence. In particular, adolescents who living in orphanage, in addition to experiencing various challenges of change during their development, they also experience separation with parents or family and are forced to stay in an orphanage with one or more other specific reasons. In addition, adolescents who living in orphanages are faced with various risks and challenges in life that they cannot overcome by themselves and need the help of others.

Furthermore, adolescents who living in orphanages need to have high resilience in their lives because they experience separation from their parents. Besides that, in undergoing the development stage, adolescents who living in orphanages still need parents who can help them in living, because losing parents can have negative influence on adolescents development. As stated by Thompson, Klasow, Price, Williams, & Kingre (in Irshad, 2017) that separation because losing one or both parents provides a traumatic experience for children and adolescents in their lives. Then, study was conducted by Shulga, Savchenko, & filinkova (2016) that children who living in orphanage and never feel living with their parents indicates that they need protection. Besides that, they have feelings that are less warm, helpless, dependent, poor, lonely, and anxious.

As the research conducted by Riyadi, Rusmil, & Effendi (2014) indicated that children living in orphanages are experiencing developmental problems compared to children who are cared for parents (Z Ardi et al., 2018). In addition, research conducted by Irshad (2017) indicated that orphans children have a tendency to feel alienation and high stress than children who are not living in an orphanage. The research conducted by Hartini (2001) showed that orphans have inferior personality, passive, apathetic, withdrawn, easily discouraged, filled with fear and anxiety. Orphans difficult to establish social relationship with other people.

Besides that, they showed negative behavior, fear of making contact with others, preferring to be alone, showing hostility, and more egocentrism. Furthermore, Khaira, Firman, & Neviyarni (2017) explained that children both males and females are still less responsible in completing their duties and obligations, often fighting, feeling inferior, feeling jealous of the life of friends who is outside the orphanage, they are still those who have not been able to accept their own circumstances, and there is still a low level of mutual respect especially with caregivers.

One of the last alternative care and protection places that can help adolescents to live their lives to meet their various needs is through children's social care. In accordance with the opinion described by Budiharjo (2015) that children's social care institutions are responsible for providing substitute services in finding physical, mental, and social needs in foster children so that they have wide, appropriate, and adequate opportunities for the development of their personalities as expected. In Pariaman City there are 4 child social orphanages that function as the last alternative place for children and adolescents who need care and protection physically, psychologically, and socially. As for the orphanages, that is: Aisyiyah Orphanage, Muhammadiyah Orphanage, Mardhatillah Orphanage, and Al-Khairat Orphanage. Majority of children living in the orphanages with age are in adolescence between 13 to 18 years. In addition, they live in orphanage come from a poor family and their parents not able to meet the need of their education. Based on information from the caretakers and caregivers of the orphanages in Pariaman City, it was obtained information that there were some adolescents who living in orphanages pessimistic about their lives. It was revealed that adolescents who living in orphanages did not know the direction and purpose of their lives. Awareness of their future goals is also felt poorly by caregivers. Besides that, they feel inferior by living in orphanage and are less able to overcome various problems faced and poor self-adjustment in facing the difficulties (Zadrian Ardi, Viola, & Sukmawati, 2018).

Various explanations above can be understood that there are risks, challenges and adversity faced by adolescents who living in orphanages. In the face of such situations and conditions, adolescents who living in orphanages need to have high resilience in order to survive and continue to rise from the adversity they face. As stated by Reivich & Shatte (2002) that every individual needs resilience because in human life cannot be separated from adversity. Resilience is an important factor that must be developed by adolescents who living in orphanages so that they can deal effectively and able to adapt to adversity they face. In accordance with the opinion expressed by Ebulum & Chidiobi (2016) that resilient individuals have the capacity to bounce back from stress experiences quickly and effectively. In addition, resilient individuals are able to rise again from negative experiences, such as loss or adversity, and effectively coping and adjusting even in adversity circumstances (Tugade & Fredrickson, 2004).

The development of resilience in an individual is influenced by various factors originating from oneself, family, or community (Everall, Altrows, & Paulson, 2006). One of protective factors in an individual that can affect resilience is self-esteem (Everall, Altrows, & Paulson, 2006; Brackenreed, 2010). Self-esteem is very important aspect that exist in an individual who can influence his resilience, because individuals who have positive self-esteem have the confidence to overcome adversities and failures well. As stated by Plummer (2005) that individuals who have positive self-esteem believes in themselves and develop independence so as to overcome adversities and failures. Individuals are able to make decisions and want to try new ways, learn from mistakes and be confident in facing future challenges (Daharnis et al., 2018).

Self-esteem is an individual's subjective evaluation of his judgement as an individual. If the individual believes that he is a valuable person, he has self-esteem, regardless of whether his judgement is approved by others or criteria from outside himself (Trzesniewski, Donnellan, & Robins, 2013). Guindon (2010) explains self-esteem as an attitude, an evaluative component of the self, an affective judgement of self-concept consisting of a sense of worth and acceptance developed and maintained as consequence of awareness of competence and feedback from the outside world. While Tafarodi & Swann (1995) explains that global self-esteem is measured as an overall positive-negative attitude toward oneself. Individuals who have positive self-esteem to be happy, healthy, successful and able to adjust. On the contrary, individuals who judge themselves negatively, relatively become unhealthy, anxiously depresses, and pessimistic about their future and easily tend to fail (Widyastuti, 2014).

In relation to the problems and various risk factors faced by adolescents who living in orphanages, this study attempts to describe self-esteem and resilience of adolescent who living in orphanages, and examine the relationship between self-esteem and resilience of adolescents who living in orphanages.

Method

This research uses correlational method. Subjects in this research were 87 adolescents who living in 4 orphanages in Pariaman city with 13-18 of age. Instrument used is the self-esteem scale and resilience scale

The results of reliability test of self-esteem (0.859), and resilience (0.894). The data were analyzed by simple linear regression by utilizing SPSS 20.0 for Windows.

Results and Discussion

Description of Data

The data in this study consisted of variables of self-esteem (X1) and resilience of adolescents living in orphanages (Y). The description of research data from each of these variables is as follows.

1. Self-Esteem Adolescents who Living in Orphanages.

The results of the description of research data showed that 69% adolescents who living in orphanages had resilience in the high category, 29% in the medium category, and 2% in the very high category. This indicates that majority adolescents who living in orphanages already have positive self-esteem, and small proportion have quite positive self-esteem.

2. Resilience Adolescents who living in orphanages

The results of the description of research data showed that 70% adolescents who living in orphanages had resilience in the high category, 28% in the medium category, and 2% in the very high category. This indicates that majority adolescents who living in orphanages already have good resilience, and small proportion have quite good resilience.

Testing Requirements Analysis Data

Before the hypothesis test, the first test data requirements analysis, that is.

1. Normality test. Normality tes was done by Kolmogorov-Smirnov test with criterion if Asymp. Sig. value > 0.05 . The normality test results indicates that the Asymp. Sig. value of resilience is 0.271, and self-esteem is 0.883. Asymp. Sig. value of both variables > 0.05 . It can be concluded that the two variables are normally distributed.
2. Linearity test. Linearity test is done by comparison means anlalysis by comparing the value of deviation from linierity > 0.05 . The linierity test results indicates that value of deviation from linierity is 0.676 > 0.05 . It concluded that self-esteem and resilience has a linear relationship.

Hypothesis Testing

Then performed hypothesis test by using simple linear regression analysis. As for the calculation results can be seen on Table 1.

Table 1.
The Results of simple linear regression analysis between
self-esteem and resilience of adolescent who living in orphanages

Model	r	R Square	Sig.
X-Y	0.669	0.448	0.000

Table 1. showed that the value of the correlation coefficient between self-esteem and resilience of adolescents who living in orphanages is 0.669 with value of Sig. $0.000 < 0.05$. Results of this analyses can be explained that there was a positive and significant relationship between self-esteem and resilience adolescents who living in orphanages. The correlation coefficient value indicated that the relationship level of both variabel is Strong category. Then R square is 0.448 means that 44.8% of resilience variation in adolescents who living in orphanages can be explained by self-esteem, while the rest is explained by other variables.

Discussion

1. Self-Esteem Adolescents who Living in Orphanages

The results of the description of the research data showed that majority of adolescents who living in orphanages have self-esteem that is in the high category. This indicates that majority adolescents who living in orphanages already have a positive self-esteem. The results of this study support the findings of research conducted by Mahayati (2014) that the majority of 75% of adolescents who living in Putra Immanuel Surabaya orphanage already have positive self-esteem, and 25% experience negative self-esteem. Adolescents who living in orphanages which have high self-esteem, they approve of what is in themselves, and other individuals give an evaluation of themselves. In addition, adolescents who have high self-esteem they respect themselves, love themselves, and have valuable feelings (Engel, 2006). This is in line with the findings of a study conducted by Resty (2016) that there is a positive and significant correlation between self-acceptance and self-esteem in adolescents. That is, the better self-acceptance of adolescents orphanage towards themselves, it will increase their self-esteem.

While the adolescents who living in orphanages who have moderate self-esteem, namely on the indicator: evaluation themselves able to do many things. This indicates that adolescent orphanages are quite positive in evaluating themselves related to their abilities. They tend to be hesitant to succeed because of their negative evaluation of their abilities. Plummer (2005) explains that individuals who have low self-esteem are always problematic in forming attachment, partly because of the difficulty of believing themselves to be valuable towards fulfilling relationships with others. They tend to dwarf their abilities and often reject success, and it is difficult to set goals and solve problems.

2. Resilience Adolescents who Living in Orphanages

The results of the description of the research data showed that majority adolescents who living in orphanages have resilience in the high category. That is, adolescents who living in orphanages already have the ability to deal effectively and adaptation that is successful in facing difficulties well. Resilient adolescents have the capacity to rise from stressful experiences quickly and effectively. Adolescents who living in orphanages have high resilience indicates that they can cope with various changes and difficulties faced properly. This is in line with the opinion expressed by Ebulum & Chidiobi (2016) that resilient individuals have the capacity to rise from stressful experiences quickly and effectively.

Adolescents who living in orphanages who have high resilience are suspected that they have realized that they are able to accept the reality of life, and do not make the excuse of living in orphanage as an inhibiting factor to continue to progress even in difficult situations and conditions. In addition, adolescents who living in orphanages have been able to use various sources of strength that exist in themselves and the power outside themselves. Intelligence, success in establishing friendly relations, and the ability to control behavior is a source of internal strength that can increase resilience, while the strength of external sources such as friendship, support, and effective schools can increase resilience (Alvord & Grados, 2005). Individuals who have high resilience will be able to cope with changes well, maintain health in stressful conditions, rise from adversity, reduce misfortune, and change the outlook of previous lives that are irrelevant and no longer in line with current conditions, and face nonviolent problems (Ifdil & Taufik, 2016).

Whereas adolescents who living in orphanages who have moderate resilience on indicators: (1) able to change the experience of stress/difficulties in positive ways, (2) understand the strengths and weaknesses of themselves, and (3) able to solve problems effectively. Adolescents who living in orphanages who have resilience are indicates that they are quite able to change their experience of stress/difficulties with positive ways, are quite able to understand their strengths and weaknesses, and are quite able to solve problems effectively. In addition, they are suspected not having high self-efficacy. As explained by Narayanan & Onn (2016) that adolescents who have low self-efficacy they are not able to control the mind and are not persistent despite difficulties.

3. Correlation of Self-Esteem with Resilience Adolescents who Living in Orphanages

The results of the research hypothesis testing showed that there was a positive and significant relationship between self-esteem and resilience of adolescents who living in orphanages. This means that the higher self-esteem adolescents also higher resilience, and vice versa. Based on explanation of the results of the above research, it can be understood that the high or low self-esteem of adolescents who living in orphanages can affect the high or low resilience of adolescents who living in orphanages. The results of this research support previous research on the relationship between self-esteem and resilience (Ekasari &

Andriyani, 2013, Karatas & Cakar, 2011; Veselska, Geckova, Orosova, Gajdosova, Dijck, & Reijneveld, 2009). This can be explained that the more positive self-esteem the better the resilience of adolescents who living in orphanages. Findings of this study also explained that self-esteem contributes to increase resilience adolescents who living in orphanages with 44,8%. That is, increasing resilience can be explained by self-esteem with 44,8%, while rest is explained by other variables.

Furthermore, the results of research conducted by Mehrotra & Chaddha (2013) explains that there was positive and significant relationship between self-esteem and resilience which means that high self-esteem help adolescent to face the negative effects of stress and frustration caused by defeat or failure. Positive self-esteem is seen as an important factor for mental health and as a protective factor in health and social behavior. High self-esteem refers to a positive view of self, tends to direct self-confidence, self-acceptance, optimism and not worry about what others think (Rogers, in Farooqi & Intezar, 2009).

Conclusion

Overall, adolescents who living in orphanages have self-esteem in the high category and resilience in the high category too, as well as self-esteem is positively and significantly correlated with the resilience of adolescents who living in orphanages. That is, if adolescents who living in orphanages high self-esteem, then resilience of adolescents who living in orphanages high too, or vice versa when self-esteem adolescents who living in orphanages is low, then resilience adolescents who living in orphanages will be lower too.

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