

Social Support and Resilience Among Adolescents in Orphanages

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Abstract

Teenagers residing in orphanages typically consist of those who have experienced the loss of their family, particularly their parents due to death or separation. This is often influenced by unfavorable economic circumstances, chaotic or disharmonious family conditions, parents' limited capacity to provide care and meet their children's basic needs, and the breakdown of the family unit, resulting in diminished parental attention. Resilience may help teens overcome the challenges they confront in life. An individual's resilience is shaped by several circumstances, both external and internal. Social support is among the many external influences. This study employs a quantitative research approach, namely using correlation analysis, to ascertain the connection between social support and resilience in juvenile orphanages. The study used the Connor-Davidson Resilience Scale (CD-RISC) and Social Support as the measuring tools. The data analysis strategy used in this study utilizes the Pearson product moment test to examine the correlation between two variables. The study findings indicate a notable and favorable correlation between social support and resilience in juvenile orphanages located in the city of Ambon. In order to enhance and broaden the area of study, it is desirable to perform additional studies on the same issue, specifically focusing on the variables that impact resilience in teenagers.

Keywords: Resilience; Social Support; Adolescents in Orphanages

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INTRODUCTION

Social support plays a crucial role in the lives of adolescents living in orphanages. The absence of parental care and family structure in orphanages can lead to challenges in social adaptation, mental health, and overall well-being. Research has shown that social support is related to the adjustment of adolescents in orphanages (Wibrata et al., 2021). Adolescents in orphanages often face difficulties in adapting to social change, leading to feelings of depression, inconvenience, and dissatisfaction with their living conditions

(Megawati et al., 2019). Furthermore, the quality of education provision and the social justice status of orphans and vulnerable adolescents in orphanages are areas that require attention from policymakers to ensure their well-being and development (Jamil & Ahmad, 2021). Studies have also highlighted the importance of socialization programs and interventions aimed at developing social competence and resilience among adolescents in orphanages. The relationship between social support and future optimism has been found to be significant among adolescents in orphanages, emphasizing the positive impact of social support on their well-being (Khasanah et al., 2020). Additionally, gratitude has been identified as a factor that can increase resilience and subjective well-being in adolescents living in orphanages (Putri Puspita & Ayriza, 2022). The impact of social support on mental health outcomes has been widely recognized, particularly in disaster recovery and epidemic situations (Cerdá et al., 2013; Kannampallil et al., 2020). Adolescents living in orphanages often experience poor physical health, cognitive development, and social-emotional development, highlighting the need for targeted support and interventions (Reksodiputro & Boediman, 2019). Furthermore, the relationship between interpersonal trust, peer support, and organizational commitment has been explored, emphasizing the importance of supportive relationships in various contexts, including orphanages (Tamer & Dereli, 2014).

Resilience is a crucial factor in the development and well-being of adolescents living in orphanages. The ability to withstand and overcome various challenges is essential for their psychological and emotional growth. Research has shown that resilience plays a significant role in promoting happiness and satisfaction among adolescents in orphanages (R. D. Putri et al., 2023) Furthermore, studies have indicated that factors such as religiosity, social support, gratitude, and problem-focused coping contribute to the resilience of adolescents in orphanages (Arafat HSB et al., 2022; Nurani et al., 2019; M. D. Putri et al., 2022; Putri Puspita & Ayriza, 2022). Additionally, the relationship between self-efficacy, emotion regulation, and attachment to significant figures has been found to be associated with resilience in adolescents living in orphanages (Nurani et al., 2019). Moreover, the quality of education provision, socialization, and the orphanage climate have been identified as influential factors in shaping the resilience of adolescents in orphanages (Jamil & Ahmad, 2021; Rahmawati & Amalia, 2020). It is also important to consider the impact of mental health, perceived maternal acceptance-rejection, and self-concept on the resilience of orphaned adolescents (Eustache et al., 2017; Mazaya & Supradewi, 2011; Reksodiputro & Boediman, 2019).

Adolescents living in orphanages face unique challenges that can impact their social support and resilience. The quality of education provision, psychological needs, and socialization programs in orphanages play a crucial role in shaping the social support and resilience of adolescents (Jamil & Ahmad, 2021; Sakenov et al., 2022). Studies have shown that nursing group interventions, cognitive-behavioral therapy, and gratitude training can significantly improve the psychological well-being and resilience of adolescents in orphanages (Megawati et al., 2019; Pramono & Astuti, 2017; Vibrata et al., 2021). Additionally, factors such as attachment to significant figures, problem-focused coping, and religiosity have been identified as influential in promoting resilience among adolescents in orphanages (Mansoer et al., 2019; Nurani et al., 2019; Salifu Yendork & Somhlaba, 2017). Furthermore, the impact of institutionalization on child development and the role of natural mentors in providing support to at-risk youth have been highlighted in the context of adolescent resilience (Maclean, 2003; Zimmerman et al., 2002). Research has also explored the relationship between social support, hope, and gratitude towards orphan

adolescents in orphanages, emphasizing the importance of the orphanage climate and demographic variables in shaping their experiences (Rahmawati & Amalia, 2020). Furthermore, the experiences of social support among young emancipated women and the age and gender effects on resilience in children and adolescents have been subjects of study, shedding light on the multifaceted nature of social support and resilience among adolescents in various contexts (Erickson & Pecanha, 2022; Sun & Stewart, 2007). However, it is essential to acknowledge the potential mental health challenges faced by adolescents in orphanages, such as depressive symptoms and post-traumatic stress disorder, and the need for investment in sources of social support to mitigate their vulnerability to these conditions (Cerdá et al., 2013; Kolbe, 2020). Understanding the social environmental impact on adolescent attachment and peer relational competence is also crucial in comprehending the unique challenges faced by adolescents raised in orphanages (Indala et al., 2021).

Based on the results of observations and interviews conducted by researchers to 10 adolescents of Maria Mediatrix orphanage in Ambon city, 3 female adolescents and 2 male adolescents said that they were actually very happy to live in Maria Mediatrix orphanage because they got good caregivers and were very affectionate to them. However, from the results of interviews and observations conducted by researchers, it was also found that the remaining 5 children, namely 1 girl and 4 boys, said that they actually did not get enough love and attention from the orphanage caregivers because the orphanage caregivers only focused on certain people, such as children who were truly orphaned. From the results of observations that researchers also saw that the teenage children of Maria Mediatrix orphanage in Ambon city were very large but the number of caregivers was only limited, namely only 2 people.

To sum up, there are a lot of elements that affect the social support and resilience of orphanage adolescents. These factors include the quality of schooling, psychiatric therapies, attachment figures, religion, and the larger social and environmental milieu. By comprehensively understanding these factors, interventions and support systems can be tailored to enhance the well-being and resilience of adolescents living in orphanages. From the explanation that has been discussed, this research needs to be done because the Maria Mediatrix orphanage in Ambon city has a large number of children, the number of children is not equal to the number of caregivers. So that foster children who are in the orphanage feel less affection and attention from their caregivers.

METHOD

Design

The study employed a quantitative approach to investigate the correlation between social support and resilience in orphanage adolescents. It utilized established measurement scales to assess resilience and social support, namely the Connor Davidson Resilience Scale (CD-RISC) for resilience and a multi-faceted scale for social support encompassing appreciation, emotional, instrumental, appraisal, information, and social group support. Data collection was conducted through the distribution of questionnaires employing Likert scales for measurement. The study focused on 50 adolescents residing in orphanages in Ambon city, aged between 17 to 22 years old.

Participants

The study included 50 adolescents residing in orphanages in Ambon city, with ages ranging from 17 to 22 years old. These participants were chosen to represent the adolescent orphanage population, providing insights into the correlation between social support and resilience within this demographic.

Instrument

Resilience Measurement: The Connor Davidson Resilience Scale (CD-RISC) was utilized to measure resilience among the participants. This scale is a widely accepted tool for assessing an individual's ability to bounce back or adapt positively to adversity. **Social Support Measurement:** Social support was assessed using a comprehensive scale that incorporated various aspects of support including appreciation, emotional, instrumental, appraisal, information, and social group support. This multi-dimensional approach aimed to capture the diverse forms of support available to the participants.

Data Analysis

Validity Testing: The content validity of the measurement instruments was assessed to ensure that they effectively measured the intended constructs. This involved examining whether the items in the instruments adequately represented the concepts of resilience and social support.

Reliability Measurement: The reliability of the instruments was evaluated using Cronbach's alpha coefficient. This statistical measure assessed the internal consistency of the items within each scale, providing an indication of the reliability of the measurement tools used in the study.

The quantitative data collected through the questionnaires were analyzed to explore the correlation between social support and resilience among orphanage adolescents. This approach aimed to provide a comprehensive understanding of the relationship between these variables, offering valuable insights for the development of interventions to enhance the well-being of orphanage adolescents.

RESULT AND DISCUSSION

Data Collection and Research Participants

The participants in this research were teenagers residing in Ambon City orphanages. There were fifty participants in this research who were teenagers from orphanages. Questionnaires about the impact of social support on the resilience of teenagers in orphanages were sent using Google Forms in order to gather data for the study. This study's execution took place in August 2023.

Table 1. Characteristics of Research Participants

Characteristics	Participants	Percentage
Gender		
Male	16 Person	32.0%
Female	34 Person	68.0%
TOTAL	50 Person	100.0%
Age		
17 Years	23 Person	46.0%
18 Years	13 Person	26.0%
19 Years	8 Person	16.0%
20 Years	5 Person	10.0%

21 Years	1 Person	2.0%
TOTAL	50 Person	100.0%
Origin / Tribe		
Amon	48 Person	96.0%
Buru	1 Person	2.0%
Maluku	1 Person	2.0%
TOTAL	50 Person	100.0%

Source: Primary Data Processed, 2024

The frequency distribution of data on the characteristics of adolescents in orphanages in Ambon City consisting of gender, age and origin or ethnicity obtained the following results: Most of the adolescents in the orphanages who became participants in this study were female, as many as 34 people (65.0%), while the other part was male, as many as 16 people (32.0%). Furthermore, based on age, adolescents in orphanages who became participants in this study were mostly 17 years old, as many as 23 people (46.0%) and the least aged 21 years, as many as 1 person (2.0%). Furthermore, based on their origin or tribe, adolescents in the orphanage who became participants in this study almost entirely came from the Ambon tribe, namely 48 people (96.0%), while the rest came from the Buru and Maluku tribes, namely 1 person each (2.0%). Based on the data processing and analysis that has been done, it shows that the research hypothesis is accepted, namely that there is a significant positive relationship between social support and resilience in adolescents in orphanages in Ambon City. This can be interpreted that the higher the social support obtained, the higher the level of resilience in adolescents in orphanages in Ambon City. The results of this study are in line with the results of research conducted by (Sakenov et al., 2022) showing that there is a significant relationship between social support and resilience in students at boarding schools in Ambon City. Other research results that are in line are research conducted by Supriyati (Supriyati, 2023) showing that there is a significant relationship between social support and resilience in overseas students at the Mahayati University Medical Study Program in Bandar Lampung.

RESULT AND DISCUSSION

Descriptive statistical analysis was conducted to provide an overview of the classification of research participants based on intervals and categories on each variable used. The results of descriptive analysis of research participants according to resilience variables can be seen in table 2 below.

Table 2. Resilience Categorization

Interval	Category	N	Percentage
77.9 ≤ x ≤ 84.0	Very High	26 Person	52.0%
71.7 ≤ x ≤ 77.8	High	11 Person	22.0%
65.5 ≤ x ≤ 71.6	Medium	4 Person	8.0%
59.3 ≤ x ≤ 65.4	Low	8 Person	16.0%
53.0 ≤ x ≤ 59.2	Very Low	1 Person	2.0%
TOTAL		50 Person	100.0%

Source: Primary Data Processed, 2024

Based on the table above, it can be seen that the number of adolescents in orphanages who became participants in this study had the most resilience abilities in the very high category, namely 26 people (52.0%), while the other 11 people (22.0%) were in the high category, 4 people (8.0%) in the medium category, 8 people (16.0%) in the low

category, and 1 person (2.0%) in the very low category. Furthermore, the results of descriptive analysis of research participants according to social support variables can be seen in table 3 below.

Table 3. Social Support Categorization

Interval	Category	N	Percentage
91.3 ≤ x ≤ 100.0	Very High	22 Person	42.0%
82.5 ≤ x ≤ 91.2	High	8 Person	16.0%
73.7 ≤ x ≤ 82.4	Medium	11 Person	22.0%
64.9 ≤ x ≤ 73.6	Low	5 Person	10.0%
56.0 ≤ x ≤ 64.8	Very Low	5 Person	10.0%
TOTAL		50 Person	100.0%

Source: Primary Data Processed, 2024

Based on the table above, it can be seen that the number of adolescents in the orphanage who became participants in this study had the most social support in the very high category, namely 21 people (42.0%), while the other 8 people (16.0%) were in the high category, 11 people (22.0%) in the medium category, 5 people (10.0%) in the low category, and 5 people (10.0%) in the very low category.

In this research, we utilized an assumption test to see whether the data we collected satisfied the analytical assumptions needed to test our hypotheses. What follows is a description of the normality test and the linearity test that were used for assumption testing in this research. In order to ensure that this study followed standard procedures, the researchers used the Kolmogorov-Smirnov test for normalcy under the following conditions: (1) If the value of Asymp. Sig. (2-tailed) > 0.05 then the research data is normally distributed. (2) If the value of Asymp. Sig. (2-tailed) < 0.05 then the research data is not normally distributed. The results of the Kolmogorov-Smirnov normality test can be seen in table 4 below.

Table 4. One-Sample Kolmogorov-Smirnov Test

		Unstandardized Residual
N		50
Normal Parameters	Mean	0.0000000
	Std. Deviation	6.57493047
Most Extreme Differences	Absolute	0.111
	Positive	0.111
	Negative	-0.199
Test Statistic		0.111
Asymp. Sig. (2-tailed)		0.164

Source: SPSS Data Processing, 2024

Based on the results of the calculation of the Kolmogorov-Smirnov normality test in the table above, the Asymp. Sig. (2-tailed) of 0.164 which shows greater than 0.05. So it can be concluded that this research data is normally distributed.

The purpose of the linearity test is to see whether there is a statistically significant linear connection between the independent and dependent variables. The independent and dependent variables in a successful correlation research should be related in a linear fashion. In the linearity test, there are two possible approaches to establishing a foundation for decision-making: (1) Comparing the Significance value with 0.05: a) If the Significance value > 0.05 then there is a linear relationship between variables. b) If the Significance value < 0.05 then there is no linear relationship between variables. (2) Comparing the F-count

value with the F-table: a) If the F-count value < F-table then there is a linear relationship between variables. b) If the F-count > F-table value then there is no linear relationship between variables. The results of the linearity test using the ANOVA Table can be seen in table 5 below.

Table 5. ANOVA

		Sum of Squares	df	Mean Square	F	Sig.
Resilience * Social Support	Between Groups	(Combined)	2397.169	26	92.199	3.159 0.003
	Linearity	950.244	1	950.244	32.566	0.000
	Deviation from Linearity	1146.922	25	57.877	1.983	0.052
	Within Groups	671.333	23	29.188		
		3068.500	49			

Source: SPSS Data Processing, 2024

Based on the table above, it can be observed in the Deviation from Linearity line, the F-count value = 1.983 and the Sig value. = 0.052. The interpretation results are as follows: (1) The results of the computation indicate a significance value (Sig.) of 0.052, which is more than 0.05, therefore it can be assumed that the data on resilience and social support are linearly related; (2) The results of the computation demonstrate that the F-count value is less than the F-table value, namely $1.983 < 2.01$, indicating a linear connection between the resilience variable and the social support variable, as shown by the F-value.

The results of the research hypothesis test using the Pearson Product Moment correlation test can be displayed in table 6 below.

Table 6. Pearson Product Moment Correlations

		Resilience	Social Support
Resilience	Pearson Correlation	1	0.556**
	Sig. (1-tailed)		0.000
	N	50	50
Social Support	Pearson Correlation	0.556**	1
	Sig. (1-tailed)	0.000	
	N	50	50

Source: SPSS Data Processing, 2024

Based on the table above, the Pearson Correlation value is 0.556 and the Sig value. (1-tailed) of 0.000. The Pearson Correlation value = 0.556 indicates a correlation relationship between variables at a moderate level, while the Sig value. (1-tailed) = 0.000 < 0.05 indicates the correlation between research variables has a significant relationship. Therefore, it can be concluded that social support is significantly related to resilience in adolescents in orphanages in Ambon City.

Resilience is a quality of self that is manifested in the form of individual abilities when individuals are able to deal with difficult situations, trauma and other unpleasant situations. Problems or difficulties and no one lives without ever experiencing a problem or heavy burden that affects psychological conditions (Connor & Davidson, 2003). Social support is a factor that can increase resilience in an individual because if an individual gets great social support, the individual will more easily overcome the difficulties he faces and be able to face challenges or pressures in the future. Thus in the future the individual will

adjust better in various situations and conditions he faces. The social support received by a person will make him feel calm, appreciated and cared for (Sarafino & Smith, 2014). In addition, social support received by a person can increase feelings of acceptance. Another way that social support might help a person avoid mental health issues caused by stress is by mitigating its negative consequences. Likewise, experienced by orphanage adolescents in Ambon City, the higher the social support received, the higher the level of resilience in themselves. This is because the social support received by the orphanage adolescents will make them calm, feel accepted, appreciated and cared for by the surrounding environment. When orphanage adolescents receive great social support, they will find it easier and more confident to overcome difficulties or challenges faced in every aspect of their lives so that they form a person with a high level of resilience.

Additionally, this study's descriptive statistics show that 58% of the social support that the orphanage adolescents in Ambon City receive falls into the high and very high categories, while 20% fall into the low and very low categories. While the level of resilience in adolescent orphanages in Ambon City is mostly in the high and very high categories with a percentage of 74%, while resilience in the low and very low categories is 18%. This shows that the level of social support and resilience possessed by adolescents in orphanages in Ambon City is quite good. However, there are still adolescents who have social support and resilience in the low to very low category, so it is hoped that various parties will participate and provide support or support, especially for orphanage adolescents in order to increase their level of resilience to be better. The implementation of this research certainly cannot be separated from the limitations of the research, including the limited number of research participants, this is due to the limited research time. Additionally, study participants' candor in responding to research questionnaire questions significantly influences information bias, which might manifest in data collecting on social support and resilience characteristics.

CONCLUSION

This study draws the following findings from its research, analysis, and debate on the impact of social support on resilience among teenagers living in orphanages in Ambon City: Among the teenagers living in Ambon City orphanages, 58% report receiving high to very high levels of social assistance, while 20% report receiving low to very low levels. While the level of resilience in adolescent orphanages in Ambon City is mostly in the high to very high category with a percentage of 74%, while the low to very low category is 18%. The results of hypothesis testing show that social support has a significant effect on resilience in adolescent orphanages in Ambon City. Based on the findings presented, it seems that social support plays a significant role in fostering resilience among teenagers living in orphanages in Ambon City. The study indicates that a majority of teenagers receive high to very high levels of social assistance, and concurrently, a significant portion of them demonstrate high levels of resilience. This correlation suggests that there may be a positive relationship between social support and resilience in this context. To further validate this conclusion, it would be beneficial for future research to delve deeper into the specific types and sources of social support received by these teenagers. Understanding whether it comes from peers, caregivers, community organizations, or other sources could provide valuable insights into how different forms of support impact resilience. Additionally, longitudinal studies could be conducted to observe changes in resilience over time in relation to variations in social support. This would help establish a clearer causal

relationship between social support and resilience among teenagers living in orphanages in Ambon City. Overall, while the conclusion drawn from the study suggests a significant effect of social support on resilience, further research and exploration of the mechanisms underlying this relationship would strengthen the findings and provide more comprehensive insights for interventions and support programs.

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