
Resilience of Teenagers of Orphanage in Adjustment and Facing The Reality of Life

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Abstract: *The problem about resilience of teenagers of orphanage is an interesting topic done because various of changes physically, cognitively, psychologically, and social-culture happened in adolescence. In addition, the teenagers from orphanage are separated from their biological parents. Then, they face problems with a lot of pressure of life during staying in orphanage and they have to be able to adapt with the situation and tough condition of the reality of life. They must survive and rise up from those difficult moments. One of their abilities needed to describe about is resiliency. The tendency of resilience from them is in an enough category at conforming, it is 44,19%. It is important to follow up from the orphanages' founder to help them in increasing resilience and adjustment.*

Keywords: *Resilience, Adjustment, Reality of Life*

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Introduction

Resiliency is important and required by individu because In life, individu are not able to be separated from hard situation and condition which can cause the individu get stressed and can not be avoided. Resilience is important for individu to face the problems, pressure and conflict happening in life (Reivich & Shatte, 2002). Richardson (2002) resiliency is a psychological term used to the ability of someone to limit and look for the meaning such as a heavy pressure that was experienced, where individu respond it with a healthy intellectual function and social supports. That is why, it is hoped that the teenagers who live in orphanage are able to have a good resilience. The individu who is resilience. They will be able to adapt positively from the trauma they had. (Resnick, 2000). Connor and Davidson (2003) identified 5 aspects of resiliency ; personal competition, high standard, believe in themselves, tolerance to the negative and strong in facing pressure, positive assumption toward changes, good relationship with others, self-control and spirituality.

The factor influencing resiliency is demography includes age, gender, language, tribe, natives and immigrants are related significantly with resilience (Barends, 2004; Bonano, Galea, Bucciarelli, & Vlahov, 2007). in step of Holaday's opinion (Southwick, Litz, Charney, & Friedman, 2011), there are some factors influence resiliency are; social support: 1) social support, is a kind of community support, personal support, familial support and culture, community where individu lives. At this point, children from foster care sometimes do not or have not gotten any supports from friends at school , because they live in orphanage. There are some society and groups who do not respond the children properly. 2) cognitive skill, one of them is intelligence, the way of solving problems, skill of avoiding to blame oneself, personal control and spiritual. 3) psychological resources, is locus of control internal, empathy and curiosity, intends to be find the wisdom of each experiences and always become flexible in every situation. In solving the problem, they need to be sure to survive and continue the education.

Resiliency that is owned by individu can influence the success in adapting on the rough situation and other risks and it's challenge really helps teenagers in solving problems

and prevent problems. The resilience had by individu can affect the success in adjustment. (Sales & Pao Perez, 2005). there are some previous research about resiliency on teenagers of foster care. The study before found out that teenagers living at home do not have a high psychologist compared to them who do not stay at home having a high psychology resilience compared to them who stay at home (Kaur & Rani, 2015). next, Coombe (Jameel, Shah, & Gainaie, 2015). it was figured out that youth from orphanage are closer at the risks which can cause depression, hopeless, and psychological problem in the future.

Moreover, for teenagers from this place, besides having many changes in their growth, they also face some problems of life that must be finished well and be able to adjust oneself in different types of situation influencing the growth of teenagers from orphanage. (Rahmawati, Listiyandini, & Rahmatika, 2018; Pertiwi, Vinaya, & Yudha, 2013). Besides that, they will also meet many kinds of risks and life challenge that cannot be solved alone and need someone else. Then they also separate from parents and family with 1 certain reason, they are: afraid of being poor, broken home, orphaned. Overall, for them who live at the foster care are caused by inability of parents in giving a good protection toward their children. (Hidayati, 2014).

The study doe by counseling graduate students has relation between self-esteem and social competence with resiliency of teenagers in Pariaman City, there still found 24 orphan who have medium resiliency. The orphan having medium resiliency show that they are lack of solving the adjustment effectively in the difficulties they faced. (Kurniawan, Neviyarni, & Solfema, 2017). a noble research (2014) shows the resilience of adolescent is in the low category; 56 people(49,1%). Next, the resilience of orphan in Sidoarjo shows high category (18%), medium category (66%), and low category (16%) (Nisa, 2016).

That is why, based on the problem which will be faced by orphan and the result of the study that has been explained before and the old research, so it needs to be described the resilience of orphan in order or solve problems in life and can adapt from tough situation and condition.

Method

This study used quantitative method with descriptive research that is purposed to explain the resilience of orphan in adjustment. The population of this study from the whole orphan in Pariaman City ; 43 people. The instrument used is resiliency questioners in adjustment that is collected by utilizing descriptive statistic.

Results and Discussion

The orphans have problems in running their growth. Before holding dedication, they had problems which involved their ability to adapt. They have different backgrounds; they can be from poor family, their parents passed away, or single-parent.

The limitation of economy becomes the most common problem why family commend their children to the orphanage. For them who lives in this place must face reality and responsibility for their lives in the future. In adolescence, the orphans figure out themselves, so that it needs guidance or direction from the society or founder.

From the dedication done, based on the result of observation and interview, they tend to have problem in adapting with environment. They need a high resilience to respond the environment. The capacity of resilience of orphan have to be increased , because from the observation there are still some of them are slow in adjustment. From the instrument filled by orphan can be seen in Table 1. the description of orphan in adjustment.

Table 1. the description of orphan in adjustment.

Category	Interval	F	%
Very high	122 – 130	5	11,63
High	113 – 121	13	30,23
Enough	104 – 112	19	44,19
Low	94 – 103	4	9,30
Very low	85 – 93	2	4,65

Based on the Table 1, it can be stated that the resilience of orphan tends to be in enough category. It means there are still some children have low resilience. This data have to be concerned from the founder of orphanage, in order the orphans can adjust themselves well. Reivich and Shatte (2002) stated that resilience is a individual capacity to respond in healthy way and productive when facing trauma, where it is important to manage the daily pressure. Resilience activates the mind to look for the new experiences and realize that life as the reality. Resilience produces and maintain the positive attitude. The individu with a good resiliency understand that mistake is not the end of everything. Individu takes the meaning from the mistake and use knowledge to reach something higher. Individu develop him/herslef and finish the problem wisely with full of energy(Kurniawan, Neviyarni, & Solfema, 2017; Masnina, 2017; Lete, Kusuma, & Rosdiana, 2019) shows that teenagers who live in orphanage have high self-concept and high resilience, and the self-concept that correlated positively and significantly with the orphan. It means, if a teenager has high self-concept, the resilience will be high too, on the other hand, if the self-concept is low, the resilience will also be low.

Connor & Davidson (2003) state that resiliency is a quality of someone in ability to face the suffering. Block & Kreman (Xianon & Zhang, 2007) say that resilience is used to stated that the individual capability to survive and adjust in a stress condition and suffering. The orphan should be always sure and never give up when they have problems so that they will succeed based on their target. This study is supported by the previous study that stated teenagers at orphanage had one of the resiliency characteristics ; high optimism (Shabrina & Nugraha, 2018). when the teenagers face a challenge or obstacle, if they have confidence, they will fight for it to get out from the hard situation (Carver & Scheier, 2012).

It can be summarized that resilience of orphan in life still has enough capacity in adjustment, respond what happen to the reality of life positively and healthily. Their resilience can be developed better, so they can run the life with many obstacles or challenges from frineds or adults who regard them in negative side. A high resilience of orphan will help to solve the changes in life, stay away from stress, rise up, less sorrow, and change the way of life, and to face the life without violence. (Taufik & Ifdil, 2016). Meanwhile the low resilience needs help and counseling to increase the resilience in all teenagers (Ifdil, Fadli, Syahputra, Erwinda, Zola, & Afdal, 2018). The services can be individual counseling service and group counseling service (Sari & Sano, 2019).

Conclusion

The tendency of orphans is still enough in adjustment and there are still some orphans who have low resilience in adapting oneself to the environment. They need help like a guidance and counseling to face the reality of life.

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