

Resilience and Well-Being Among Young Adults in Jakarta During the COVID-19 Pandemic: A Correlational Study

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Abstract. This study intended to test the relationship between resilience and well-being among young adults in Jakarta during the Covid-19 Pandemic. In light of the amount and sort of adaptations and adjustments brought about by the Covid-19 pandemic on various aspects of the life of the youth, coupled with the questionable social support they receive during the different phases of the pandemic (early on and most recently), enduring such chronic state of stress presented a much needed exploration into their psychological states and resources in order to map out the kind of support and ecosystem needed for the young generation to still be able to thrive in post-pandemic society 5.0. The study made use of correlational statistics to test the relationship between levels of resilience and well-being among young adults in Jakarta during the Covid-19 Pandemic. The participants (gathered via convenience sampling) were 36 young adults in the age range 18-25 years located in Jakarta during the pandemic. Correlational results found significant negative and moderate relationship between resilience and well-being of young adults in Jakarta, $r=-0.425$, $p<.01$. It was found that the higher the resilience, the lower the well-being of young adults in Jakarta during the Covid-19 Pandemic.

1 Introduction

Two years on since the Covid-19 Pandemic, many concerns related to the psychological impact brought on by the adaptations to the new normal across various age groups and in numerous sectors of society were still very much discussed. How the pandemic caused changes in the economy, education, social relations as well as how it propelled the advancement of technology to be ever more present in daily lives became agendas for research in the social sciences (Yunus & Rezki, 2020; Napitupulu, 2020). Understandably, a group that warranted research interest in the context of the impact the pandemic had in the education sector could be found among young adults – who developmentally speaking may be dealing with life-changing issues in their own right. Several researches found indications of negative experiences with online learning among young adults aged 18-25 years (Napitupulu, 2020; Ferdiyanto, 2020; Rizal, 2020). In one study, it was found that as many as 95.8% of students experienced some forms of psychological distress/mental health issues (for example, anxiety, depression, loneliness) with regards to online learning; another study noted as many as 63.6% university students in a private university in Semarang had mental health problems, 50% had sleep disturbances, 50% experienced cognitive difficulties (for example, difficulty to concentrate), 50% felt tired all the time and 9% had thoughts of ending their life. With the uncertainty about the end to the pandemic, this

added to the anxiety experienced by young adults whose developmental momentum was traditionally moved by the positive outlook, high hopes and bright prospects of the future. Having to live in such a prolonged state of uncertainty saw many to have dreams and aspirations compromised and many admitted to having serious suicidal ideations. The prolonged state of financial pressures and lack of social interactions that young adults had to go through put some under the impression that they were unable to achieve anything in life.

In this light, it was due cause to attend to study and direct attention to the well-being of young adults during the pandemic with many studies describing negative experiences surrounding adjustments to online learning (Ferdianto, 2020). The relationship between stress and well-being had been a long-standing research interest. It was only a matter of time for studies to pick up on the measurement of well-being in extraordinary times like this. According to Huppert (2009), well-being or psychological well-being meant a life that was going well. It was understood to be a combination of feeling good and functioning effectively. People with high psychological well-being felt happiness, felt they were capable, got support and felt satisfied with life. The opposite was also true – that when there was an accumulation of negative emotions this would also affect psychological functioning. In theory, it could be imagined that living in such a prolonged state of the pandemic where young adults reportedly feeling stressed, pessimistic, and unsupported, this would make

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for the assumption about their sense of well-being being seriously compromised.

In the past, researches on well-being also closely studied its dynamics with another psychological variable that was equally relevant and due at present – resilience. Several studies pointed to a positive and strong relationship between resilience and well-being among various age groups under study (Puwanti & Kustanti, 2018; Souri & Hasanirad, 2011); in fact, a study explored further such dynamics and found evidence for resilience to be a predictor of well-being (that resilience contributed 77% to the psychological well-being of 414 medical student participants of the study). Several empirical studies found the same pattern of reciprocal relationship between resilience and well-being – that resilience was correlated with indicators of mental ill-being (for example, depression, anxiety and negative emotions; Miller & Chandler, 2002; Nruham et al., 2010; Wells et al., 2012; Skrove et al., 2012; Anderson, 2012) and that it was positively correlated with indicators of mental health (for example, life satisfaction, subjective well-being and positive emotions; Hu et al., 2015; Haddadi & Besharat, 2010; Vitale, 2015; Tomy & Weinberg, 2016; Smith, 2009). Several other studies further explored such reciprocal patterns between resilience and well-being: that resilience partially mediated the relationship between stress and symptoms of anxiety and depression (Anyan & Hjemdal, 2016); that resilience was found to be both a compensatory and protective factor for symptoms of depression (Goldstein et al., 2013); that resilience independently predicted symptoms of depression and moderated the association between adverse childhood experiences and depression (Poole et al., 2017); that resilience moderated the relationship between emotional reactivity and symptoms of depression (Shapero et al., 2019); that resilience positively predicted subjective well-being via the mediating role of hope (Satici, 2016); and that psychological resilience and perceived stress explained 31 and 49%, respectively, the variance of life satisfaction (Abolghasemi & Varaniyab, 2010).

According to Reivich and Shatté (2002), resilience spoke about an individual's ability to adapt in order to remain firm in a situation that was quite difficult. Resilience was thought to consist of emotional regulation, impulse control, optimism, empathy, analysis of the causes of problems, self-efficacy, and increasing positive aspects. Therefore, it could be said that individuals high in resilience would be more able to bounce back or recover from stress and be able to adapt to stress or difficulties. In light of the amount and sort of adaptations and adjustments brought about by the Covid-19 pandemic on various aspects of the life of the youth (for example, education, social context, employment prospects), coupled with the questionable social support they receive during the different phases of the pandemic (early on and most recently), enduring such chronic state of stress presented a much needed exploration into their psychological states and resources in order to map out the kind of support and ecosystem needed for the young generation to still be able to thrive

in post-pandemic society 5.0. Numerous international studies found support for the remedial effects of resilience on well-being among young people, even from adverse experiences like childhood trauma, across various contexts (for example, university students, young employees). In this respect, the future for today's youth as the backbone of tomorrow's world presented a positive outlook – as long as their current needs were acknowledged and met by society.

Taking into account the range of challenges brought on by the Covid-19 pandemic and trends on the mental health issues experienced by young adults during the pandemic, as well as results from previous researches on resilience and well-being, the present study intended to systematically measure the relationship between resilience and well-being in young adults in Jakarta during the Covid-19 Pandemic. The correlational design was fitting for such an objective because the context at which the constructs were measured provided a new context of examination. Therefore, the objective of the current study was to explore the relationship between resilience and well-being among young adults in Jakarta during the Covid-19 Pandemic. This primary objective of the study could be obtained from the various previous researches on the topic and whose results point to the need to explore further the relationship between resilience and well-being young adults who developmentally speaking, were at a sensitive period in life, possibly a when life-changing events took place.

1.1 On well-being

Well-being represented an aspect within an individual that made him or her able to function properly and effectively. Individuals who experienced positive emotions such as happiness and self-confidence were also observed to function effectively, had a higher sense of control over their life, be more able to exploit one's potentials, had a better sense of purpose in life as well as had positive relationships with others (Suresh, 2013). In addition, Schultz in Ramadhani (2013) and Waterman in Cardak (2013) described well-being as a positive function of the individual, where the positive function of the individual was the direction or goal that healthy individuals strived to achieve. That is, psychological well-being meant the development of the individual from the concept to develop him/herself in order to be able to feel happy. In this context, the individual must be able to make him/herself feel happy. Well-being was also conceptualized as having 5 dimensions: satisfaction, influence, competence, relatedness and autonomy (the SACRA model of well-being).

1.2 On resilience

Resilience represented the ability to adapt and be able to remain steadfast in difficult situations. It was conceptualized as consisting of emotional regulation, impulse control, optimism, empathy, analysis of the causes of problems, self-efficacy, and increasing

positive aspects (Reivich & Shatte, 2002). Cubbi (2001) added that resilience was a psychological construct proposed by behavioral experts in an effort to determine, define and measure an individual's capacity to survive and thrive in adverse conditions and to determine an individual's ability to recover from stressful conditions. More in depth, Sills and Steins (in Melok, 2020) described resilience as a positive response made by individuals to difficult situations or certain pressures. The antecedent of resilience was a difficult situation; meanwhile, the consequence resulting from resilience was positive adaptation. In this context, then, resilience was a good adaptation under special circumstances. It could also be implied that resilience could be thought of as a mindset that allowed individuals to seek new experiences and to see life as a job that was progressing (Reivich & Shatte, 2002; Smith, Bruce & Dalen, 2018).

Conor and Davidson (2003) described resilience as being formed by 5 aspects, namely:

1. Personal competence

This aspect referred to the extent the individual could feel as a person who was able to achieve goals even in situations of setbacks or failures. When an individual high on the personal competence aspect of resilience experienced pressure or stress, s/he may feel doubtful that s/he could succeed in achieving goals, therefore s/he would set high standards and tenacity in order to face on with the situation at hand. Personal competence may be represented by the following indicators: ability to become a competent individual; ability to be a tenacious individual; and have high standards.

2. Trust in One Instinct: tolerance of negative affect; strengthening effect of stress

This aspect referred to calmness in one's actions. Individuals who acted calmly tended to be careful in taking a stand on the problems at hand. Such individuals would also be able to cope with stress quickly and stay focused on goals even though they were experiencing pressure or problems. Trusting in one's instincts may be represented by the following indicators: trust in instincts; tolerance of the bad; and ability to cope with the effects of stress.

3. Control and factor

This aspect referred to the ability to control oneself and achieve goals. Individuals who had control over themselves were more able to achieve goals and tended to have the ability to ask for and get social support from others when experiencing a problem. Control and factor may be represented by the following indicators: ability to control oneself; and ability to control themselves.

4. Spritual

This aspect referred to the ability to always fight because of one's beliefs in God and destiny. Individuals who believed in God tended to assume that problems exist as part of God's will and must be approached positively so that individuals could continue on to fulfill their goals. This aspect may be represented by the following indicators: had a belief in God and in destiny.

5. Positive acceptance of change and secure relationship

This aspect referred to the ability to accept difficulties positively and the ability to relate or communicate with others in difficult times. This aspect may be represented by the following indicators: ability to accept change positively and maintain good relations with others.

2 Methods

The current study made use of correlational statistics to test the relationship between levels of resilience and well-being among young adults in Jakarta during the Covid-19 Pandemic. The participants (gathered via convenience sampling) were 36 young adults in the age range 18-25 years located in Jakarta during the pandemic. Measurement of resilience made use of the adapted version in Bahasa Indonesia based on the framework of Connor and Davidson. This adapted version comprised of 37 items that used a 5-point Likert scale that measured the overall level of resilience; its reliability was found to be high, Cronbach $\alpha=0.889$. 2 examples of the items in the said research instruments were: 1. I perceive something from a positive perspective, and 2. I am able to think clearly even in tense situations. Meanwhile, the measurement of well-being made use of the adapted version in Bahasa Indonesia of the SACRA model (well-being as conceptualized to be made up of 5 aspects: Satisfaction, Affect, Competence, Relatedness, and Autonomy). This adapted version comprised of 33 items that used a 5-point Likert scale that measured the general level of well-being; its reliability was found to be high, Cronbach $\alpha=0.938$. 2 examples of the items in the said research instruments were: 1. I feel confident, and 2. I feel close to others. Both adaptations of the research instruments used total scoring although each of the constructs measured were made of a number of aspects. The researchers adhered to such norms from the adapted version of the instruments. An advantage of total scoring that supported the objective of the current study was that the instruments allowed an overall sense of the states of resilience and well-being among the young adults of study.

3 Data collection

Pearson correlations results suggested that there was a significant negative and moderate correlation between resilience and well-being, $r=-0.425$, $p<.01$. In this regard, the alternative hypothesis was accepted and the null hypothesis was rejected. In other words, the higher the resilience, the lower the well-being among young adults in Jakarta, and vice versa.

4 Results and discussion

The purpose of this study was to determine the relationship between resilience and well-being in young adults in Jakarta, namely the results of data processing on respondents during the Covid-19 pandemic. Results from the current study supported

several previous local studies (Purwanti & Kustanti, 2018; Wasi, 2018; Amelasih, Aditama & Wijaya, 2018) on resilience and well-being to some extent. An interesting finding from the current study that may not be found more often in previous studies was the negative relationship between resilience and well-being. That is, in the current study, when the level of resilience increased, it was followed by a decrease in well-being. Referring to the concept of well-being as being made up of 5 aspects: satisfaction, affect, competence, relatedness and autonomy, it was highly thought that the physical restrictions imposed during the pandemic compromised quite seriously the overall sense of well-being (due to compromise in relatedness) of the young adults sampled. This interesting finding may be a reflection of (what could be implied of) the social support (a factor that was thought to be at play in well-being) that may be lacking in the experience of the young adults sampled. According to Persma (in Ryff, 1995), informative support accompanied by good emotional support would increase psychological well-being in individuals. This particular reciprocal pattern of relationship between resilience and well-being during the Covid-19 pandemic, at least for the group of young adults in South Jakarta sampled in the current study, was what the study hoped to bring about and that the results should be explored further in order to provide the necessary psychosocial services needed to support healthy adult development.

4.1 Proposed improvements

Although the study's correlational examination of the relationship between resilience and well-being yielded a significant result and that such findings were still meaningful, careful interpretations of the results needed to be done. To begin with, the current study's results were gathered from a relatively small number of participants (36). This represented the challenge of researching the psychological states of the youth during the pandemic. It was observed particularly in the first year of the pandemic when many research were conducted to capture experiences on the changes the pandemic brought in daily living and in various aspects of life. Such saturation in measurement of various kinds perhaps led to the difficulty in getting big samples from the population targeted. Therefore, generalizations about the current study's results needed to be carefully considered (although the results bore positive news about the youth's resilience and well-being). Secondly, the current study's results were gathered from young adults in South Jakarta. Again, generalizations about the current study's results needed to be carefully considered with respect to differences in culture, economic opportunities, lifestyle, as well as psychosocial services available in various places. Several methodological recommendations could be made considering the results from current study, most notably bigger and more representative sampling.

5 Conclusion

The current study set out to explore the relationship between resilience and well-being among young adults in Jakarta. Based on results from a total of 36 participants in Jakarta ranging from 18 to 25 years of age during the Covid-19 Pandemic, it could be concluded that there was a significant negative and moderate relationship between resilience and well-being, $r = -0.425$, $p < .01$). It was found that the higher the resilience, the lower the well-being of young adults in Jakarta during the Covid-19 Pandemic. In light of the amount and sort of adaptations and adjustments brought about by the Covid-19 pandemic on various aspects of the life of the youth (for example, education, social context, employment prospects), coupled with the questionable social support they receive during the different phases of the pandemic (early on and most recently), the results of the current study was hoped to be informative to map out the kind of support and ecosystem needed for the young generation to still be able to thrive in post-pandemic society 5.0.

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