

Conference Paper

Resilience as a Predictor of Adolescent Happiness in Orphanages in Jakarta

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Happiness is characterized by the absence of negative emotions and positive emotions. Happiness is associated with fostering positive relationships, excellent health, and overall well-being. Every individual is entitled to happiness. However, certain circumstances can cause individuals to experience a range of stress, negative emotions, and decreased contentment. Adolescents are susceptible to a variety of negative emotions. Sometimes, teenagers may be reared in orphanages due to a lack of parental care, a low socioeconomic background, or other issues. Teenagers who lack a proper upbringing and secure family environment will be susceptible to psychological and behavioral issues. Positive psychology, on the other hand, posits that adolescents have the inner fortitude to endure a variety of pressures and life challenges. This concept is called resiliency. This study seeks to determine the function of resilience as a predictor of adolescent happiness in orphanages in Jakarta. The technique employed is quantitative research with a correlational design. There were a total of 403 participants in the study, including 179 men and 224 women (M = 14.88 + 1.13 years). The results demonstrated that resilience was a predictor of happiness among orphanage adolescents, accounting for 21.2% of the variance. It demonstrated that the resilience of adolescents in orphanages can enable them to withstand a variety of pressures, leading to greater satisfaction.

Keywords: Adolescent; Happiness; Orphanage; Resilience

1. Introduction

Happiness is a condition of positive emotions, life satisfaction, and the absence of negative emotions [1]. Furthermore, happiness is also defined as a state of well-being associated with enjoyment and good feelings [2]. According to Seligman, various categories of experiences, such as the pleasant life, the engaged life, and the meaningful life, can contribute to happiness [3]. According to him, authentic happiness is being the best version of ourselves, developing the environment around us and achieving a level of satisfaction, and having a sustainable meaning. Lyubomirsky et al. conclude

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that happiness leads to good relationships, better health, and long life [4]. Happiness is a result of life and has a substantial influence on positive mental health [3,4].

Most happy people have highly social, more substantial romantic, and other social relationships [5]. People who are happy will frequently experience positive emotions, such as happiness, excitement, and awe, and rarely experience negative emotions, such as sorrow, anxiety, and anger [4]. Similarly, Argyle et.al state that happiness consists of three basic principles: positive emotions, satisfaction in life, and the lack of negative emotions such as depression and anxiety [6]. A study shows that life satisfaction and happiness are associated with a lower risk of depression in college students in Korea [7].

The prevalence of depression and anxiety experienced by adolescents is 25.2% and 20.5%; this figure has increased after the COVID-19 pandemic [8]. Adolescence is a critical period in developmental stages, which are found many behavioral, psychological, and emotional problems [9,10]. Adolescents who grow up without a proper upbringing and a safe family environment will make them vulnerable to psychological and behavioral problems [11]. Some conditions of adolescents with low socioeconomic status, the absence of one parent or both parents, sometimes make adolescents have to be raised in orphanages. In Indonesia, orphanages are places used to care for orphans (only one parent who live), orphans, and so on (Kamus Besar Bahasa Indonesia (KBBI) Online, 2023).

Various studies on happiness in adolescents in orphanages still need to be completed. Most studies related to adolescents in orphanages focus on negative issues, such as unhappiness [13], psychological problems [14–16], as well as behavioral problems [17]. Studies related to adolescents in orphanages show that adolescents in orphanages have mental health scores below normal and feel less happy [13]. Other studies have also shown significant differences in temperament and behavioral problems between adolescents who live in orphanages and those who do not [18]. Studies on adolescents in one of the orphanages in Bandung showed low life satisfaction scores due to the inability to build close relationships with others [19]. However, other studies show that adolescent happiness in orphanages is related to gratitude [20].

According to positive psychology, gratitude is one of character strength in individuals. Positive Psychology also believes that each individual has strengths that enable individuals to withstand pressure and adverse circumstances [21], such as resilience. Resilience is defined as the capacity that individuals have to adapt to various risks faced and endanger the function and development system of the individual [22]. Resilience also means the ability of individuals to elaborate on every psychological, social, and

physical resource they have to maintain well-being [23]. Park & Peterson explain that character strength is also associated with high life satisfaction and happiness levels in adolescents and adults [24].

Resilience is also one of the predictors of increasing happiness [25]. Studies show a positive relationship between resilience, happiness, and gratitude [26]. Furthermore, research conducted by Maurović et al. showed that three aspects of resilience were positively related to adolescent happiness in residential care [27]. Sharma also states that there is a positive relationship between resilience and happiness [28].

The picture of resilience in adolescents in orphanages shows diversity. A study conducted by Neviyarni & Netrawati shows that resilience in orphanage adolescents is in the average score category [29]. Furthermore, studies on orphanage adolescents in Egypt show that 48.68% of adolescents have high resilience scores [30]. A study by Puspita & Ayriza shows that gratitude can increase resilience in orphanage adolescents [31]. Mansoer et al stated that the resilience of adolescents in orphanages mediates the involvement of adolescents in orphanages in delinquent behavior [32].

From various study behind resilience among adolescent in orphanages, it is interesting to look at the role of resilience as another predictor of adolescent happiness in orphanages. Through this research, it is expected to provide benefits in making programs in orphanages to increase adolescent resilience and happiness levels in adolescents in orphanages.

2. Literature Review

2.1. Happiness

The concept of happiness is variously defined. Happiness can also be called quality of life or well-being [33]. According to Veenhoven, happiness is defined as an attitude of a person who has stability over himself and includes feelings and beliefs [33]. Furthermore, Lyubomirsky defines happiness as a process that involves a cognitive role and a motivational role [34]. By looking at the role of cognition and motivation in a person, there will be a difference between happy and less happy individuals.

Research related to happiness is growing. Seligman et al. initiated a concept of Positive Psychology that focuses on positive experiences, such as happiness, positive individual traits, including orientation to happiness, and positive institutions that can develop positive traits to achieve these subjectively positive experiences [35]. Happiness is a form of a pleasant, engaged, and meaningful life [36]. Happiness also positively

impacts individuals, families, and communities [4]. The study conducted by Tandler et al. show that engaged life and meaningful life are associated with job satisfaction, while a pleasant life is associated with low levels of work stress [37]. Happiness was also found to improve social relationships with others [38].

Studies related to predictors of happiness also vary, ranging from individual to environmental factors. Garaigordobil explains that high self-concept, few depressive symptoms, cooperative behavior, high self-esteem, and low psychoticism are predictors of happiness in adolescents [39]. Another study shows that family dimensions (including communication and attachment) are essential in predicting happiness in children and adolescents [40]. Abolghasemi & Varaniyab show that increased resilience and low stress give individuals life satisfaction because they will feel better and able to develop a better life [41]. A study conducted by Monika et al. shows that resilience is one of the predictors of psychological well-being in adolescents with working and non-working mothers. In this study, researchers focused on the role of resilience as a predictor of happiness [42].

2.2. Resilience

The perspective of Positive Psychology looks at individuals with good potential who can lead individuals to a state of well-being or happiness. The potential or ability possessed by this individual, one of which is known as resilience. Resilience is defined as the ability of individuals to manage their resources in the form of psychological, social, and physical resources to maintain a state of well-being when under stress [43]. Resilience is also seen as individuals' ability to adapt to their experiences and then develop coping behaviors (problem-handling behaviors) to prevent or reduce the subsequent impact of those experiences [44]. According to Masten, resilience is the capacity that individuals have to adapt to various risks faced and endanger the function and development system of the individual [22]. Through these definitions, it can be concluded that resilience is a capacity that involves the interaction of individuals and their environment (peers, family, community systems) to achieve positive development by utilizing every opportunity and meaningful system that can direct individuals to achieve well-being when they are in difficult times/pressure.

A literature study shows that high resilience is associated with common mental health problems in adolescents [45]. The study explained that resilience also correlates with various multi-systems, such as social, cultural, family, and individual aspects. Furthermore, other study has also shown that resilience and family satisfaction are significantly

correlated with anxiety and depression, where resilience is a mediator in the relationship between family satisfaction and anxiety/depression [46]. In addition to being related to anxiety, a study by Putri also showed that resilience with religiosity contributed to low involvement delinquency in adolescents in orphanages [47].

2.3. Resilience and Happiness

Studies related to resilience and happiness show a significant relationship. Resilience can predict increasing happiness [25], life satisfaction, and well-being [48]. Studies related to resilience and happiness also develop in several contexts. The study by Zhuo et al. states that family resilience can positively influence adolescent mental health after the COVID-19 pandemic [49]. Studies on adolescents in Italy show that adolescents with a self-fulfilling profile have high resilience scores and psychological well-being [50].

In the context of orphanages, adolescents have resilience scores in the average category [29]. In his study, it was explained that adolescents in orphanages are vulnerable to psychological and behavioral problems due to life pressures that may be experienced in orphanages or their social environment. Studies on adolescents in orphanages show that mental health is below average and feeling less happy [13]. Other studies have also shown that more than 50% of orphanage adolescents have an average score for anxiety, and nearly 50% show an average score for depression [16]. Furthermore, another study showed that 37.4% of adolescents in orphanages in Pekanbaru had anxiety scores in the average category [14].

However, another study showed that adolescents in orphanages in Bandung had high happiness scores [51]. That happiness can be caused by environmental support such as getting an education and honing potential. Environmental support also one of aspect that help individu become resilient. Another study showed that gratitude is related to happiness in orphanage adolescents [20]. Studies related to happiness in adolescents in orphanages are limited. Therefore, it is interesting to look at other predictors of adolescent happiness in orphanages, such as resilience.

3. Method

This study used quantitative research methods with a correlational research design. This research was conducted in orphanages in Jakarta, consisting of 19 orphanages with a population of all adolescents in orphanages in Jakarta. Sampling was conducted

using nonprobability sampling techniques, namely convenience sampling, where the study participants were every teenager present when data was taken. Participants were given informed consent before involve in this research. Participants who express unwillingness to participate in the study through informed consent are excluded. The total participants obtained were 403 adolescents ($M = 14.88$ years + 1.93), with male participants totaling 179 adolescents and female participants amounting to 224 adolescents.

3.1. Measurement

The variables in this study consisted of resilience as the independent variable and happiness as the dependent variable. Data collection was carried out by distributing questionnaires to participants. Resilience measurement in this study used Child and Youth Resilience Measure – 28 (CYRM – 28) [52]. This measuring instrument consists of 3 aspects (individual, family/caregiver, and contextual) divided into 28 items. Researchers distinguish items for families from items for caregivers in orphanages because participants come from orphanages with caregivers in the orphanage. Therefore, this item becomes 33 items. The grading subscale ranges from 1 = very inappropriate to 5 = very appropriate. Researchers adapted the scale of this measuring instrument into Indonesian and tested the validity and reliability of this measuring instrument ($r > .0404$; Cronbach Alpha = .917).

Furthermore, happiness measurement was done using the Subjective Happiness Scale [53]. This scale consists of 4 items. The grading subscale is in the range of one to seven. The lowest score indicates a low level of happiness, while a high score indicates a high level of happiness. Researchers adapted the scale of this measuring instrument into Indonesian and tested the validity and reliability of this measuring instrument ($r > .404$; Cronbach Alpha = .620).

3.2. Data Analysis

Data analysis was performed using SPSS ver.23. Descriptive analysis was conducted to describe participants' age, gender, educational background, and reasons for living in orphanages. Next, hypothesis testing was performed using simple linear regression analysis to test the effect of resilience on happiness.

4. Result and Discussion

4.1. Result

4.1.1. Participants

The demographic data of participants in this study are described in Table 1. The largest age group of participants was adolescents aged 11-14 years old (40.9%) with an average age of 14.88 + 1.93 participants. Participants were at the upper secondary school education level (47.6%). Based on the reason for living in an orphanage, low socioeconomic factors (underprivileged families) were the most reason for the participants (49.4%).

TABLE 1: Socio-Demographic among Adolescents in Orphanage

Variable	N	%
Age		
11 – 14 y.o	165	40,9
15 – 16 y.o	153	38
17 – 19 y.o	85	22,1
Mean ± SD (years old)*	14.88 + 1.93	
Education Level		
Elementary School	28	6,9
Junior High School	180	44,7
High School (SMA) / equivalent	192	47,6
Graduated from SMA/SMK/MA/equivalent	3	0,7
Reasons for Living in an Orphanage		
Father Died	60	14,9
Mother Dies	22	5,5
Father and Mother Died	10	2,5
Father and Mother Separated	41	10,2
Underprivileged Families	199	49,4
Other	71	17,6
None	9	2,2

4.1.2. Resilience among Adolescents in Orphanages

Adolescent resilience in orphanages is depicted in Table 2. The highest adolescent resilience was obtained in the moderate category (60.5%), followed by the high category (37.5%), and the low category (2%).

TABLE 2: Resilience among Adolescents in Orphanages.

Variable	N	%	Mean	SD
Resilience			117,92	18,36
Low (31 - 65)	8	2		
Moderate (66 - 125)	244	60,5		
High (126 - 155)	151	37,5		

4.1.3. Happiness among Adolescents in Orphanage

The happiness of adolescents in the orphanage was obtained by 99.8% in the happy category and 2% in the low category.

TABLE 3: Happiness among Adolescents in Orphanages.

Variable	N	%	Mean	SD
Happiness			19,19	4,07
Low (< 5.5)	1	,2		
High (> 5.6)	402	99,8		

4.1.4. Resilience and Happiness

Test the hypothesis in this study using simple linear regression analysis to look at the role of resilience as a predictor of happiness in adolescents in orphanages (Table 4). Based on the results of a simple linear regression analysis, it was found that there was a significant contribution ($p < .05$) of resilience to adolescent happiness in orphanages. The estimated value of this contribution (R^2) is 21.2%. It means that resilience contributes to happiness in orphanage children by 21.2%, while other variables outside of resilience can influence 78.8%.

TABLE 4: Resilience and Happiness among Adolescents in Orphanages.

Variable	R	R ²	Adjusted R square	F	t	Sig.
Resilience	0,462	0,214	0,212	108,949	10,438	0,000

4.2. Discussion

Based on the results of the descriptive analysis in this study, it was found that more than 50% of adolescents in orphanages in Jakarta had resilience scores in the average category. This research aligns with studies conducted on adolescents in orphanages in Kenya Barat [54], Pekalongan [55], and Padang [29]. Studies conducted in Egypt show

that the resilience scores of adolescents raised in orphanages are in the high category. It can be due to social support attached to caregivers, and adolescents in orphanages are given access to material resources, such as education. Furthermore, adolescents in orphanages also have close relationships with everyone in orphanages and they are given social responsibility for their goods and social relationships with friends in orphanages and places of worship [30]. Rahmawati & Amalia also explained that security, hope, and simple appreciation are significant predictors of resilience in adolescents in orphanages [56]. In line with this, Ungar et al. explained that the availability of resources that can be accessed by individuals, such as the availability of education, the existence of supportive social relationships, self-development, and the existence of responsibility (cohesion), can be an experience for individuals to grow into resilient individuals [57].

Furthermore, descriptive analysis shows that the happiness level of adolescents in orphanages in Jakarta is high (99.8%). This research does not align with a study of adolescents in orphanages in the Thanjavur district who were unhappy. Because adolescents tend to think badly of themselves, and they cannot overcome every challenge and negative thing in their lives [13]. In line with this, a study in Padang shows that adolescents in orphanages have a self-concept in the average to low category [58]. However, the study by Bustinoor et al. showed similar results; orphanage adolescents had high happiness scores [51]. This happiness is obtained through environmental support, such as education and develop their potential. Align with Nelson et al., who illustrate that children and adolescents are happy when they are allowed to do activities or hobbies they like; there is sufficient social support from family, friends, and the social environment [59].

This study aimed to see the role of resilience to happiness in adolescents in orphanages in Jakarta. The results of a simple linear regression analysis test showed a significant contribution of resilience to adolescent happiness in orphanages by 21.2%. Align with Yendork & Somhlaba, who explains that social support and resilience are positive predictors of quality of life in orphanage adolescents [60]. A high quality of life or well-being indicates part of the dimension of happy individuals [61]. Murgaš et al. also state that quality of life and happiness correlate; although these two things are different terms, both have a high correlation [62].

Although most categories of participants' resilience figures were average, resilience contributed to the happiness of adolescents in orphanages. In their study, Bajaj et al. explain that resilience can predict happiness [63]. Resilient individuals mean they can overcome pressure or stress, increasing happiness in individuals [64]. Furthermore, resilience is not a permanent self-attribute but can develop over time and be influenced

by other variables [65]. Masten also explained that resilience is an individual's ability to adapt and elaborate aspects of themselves and their environment [66]. In their study, Kothari et al state that adolescents in orphanages who can elaborate on individual and contextual factors will impact their resilience level [67]. Protective factors that increase resilience include adolescent involvement in school and the quality of relationships with caregivers. These two things also predict happiness in orphanage adolescents [51]. So, the predictors that make adolescents in orphanages resilient are also related to predictors of happiness in orphanage adolescents. It also align with, that there is a significant correlation between resilience and happiness [68]. Besides that, other study shows that happiness can also play a significant role in increasing resilience [26].

In conclusion, resilience may predict happiness among adolescents in orphanages. Factors that contribute to resilience also correlate to happiness. Such as environmental support (education), good relationships with caregivers and friends, positive activity to improve self. Those are important for make adolescents become resilient and also may increase their happiness

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