

The Effect of Resilience on Perceived Stress Moderated by Extraversion Personality in Adolescents Living in Orphanages

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Abstract. Adolescents living in orphanages become are more easily depressed and experience a variety of psychological problems. Perceived stress is defined as the extent to which a person perceives that is experiencing stress which is characterized by the presence of unpredictable feelings or emotions, unable to control all things and feeling full of burden in recent times. This study aims to examine the effect of resilience on perceived stress with extraversion personality as a moderating variable. The research approach used is was quantitative research. Subjects in this study were adolescents who lived in orphanages totaling 105 people aged 12-18 years old. This study used instruments of the Resilience Scale (RS), Perceived Stress Scale dan Big Five Inventory (BFI). Research data were analyzed using Moderated Regression Analysis (MRA). The results showed that resilience had a positive influence on perceived stress. There is a potential for moderation that occurs when extraversion is able to provide a buffering effect on the relationship of resilience to perceived stress even though it has a small potential effect.

Keywords: Resilience, perceived stress, extraversion personality

Introduction

Perceived stress depends were different on each individual. Where they stay and how to react to it is a determinant of the emergence of stress. So that the individual will experience stress only if he is in a situation that is considered threatening (Sahi & Raghavi, 2016). There are several factors that influence perception of someone against stress, namely the stage of development, life experience, personality and how to deal with it (Elzohary, Mekhail, Hassan, Farag, & Menessy, 2017). This means that stress arises because of life experiences that might lead to trauma for individuals, characteristics of certain personalities who tend to be less able to be adaptive in the face of stressors and wrong use of coping.

Resilience is seen as an individual's ability to survive and be adaptive to difficult situations (Adina, 2016; Shilpa & Srimathi, 2015). Individuals need various skills that can help them overcome various problems that exist (Alvord & Grados, 2005). Resilience is the result of successful adaptation to various kinds of pressure that appear. Characteristics of each individual's personality and environmental situation can be used to identify the process of resilience. Individuals are said to be resilient if they are able to deal with the problem positively and adaptively (Zautra & Murray, 2014). This means that the behavior they bring up does not cause problems new to them or other people.

Personality traits are personality traits possessed by individuals. These personality traits then determine the character of each individual and make them different from other individuals. Personality determines how

individuals think, feel and behave (Sahi & Raghavi, 2016), and become an important factor in determining one's resilience (Elzohary et al., 2017).

Extraversion is one of the big five personality dimensions that has a negative correlation with perceived stress. Individuals with extraversion personality types tend to be more proactive and optimistic in dealing with stress (Lecic-Tosevski, Vukovic, & Stepanovic, 2011). They also have more positive emotions, and active mechanisms for coping. Fun characters and the ability to express themselves made these individuals easy to make friends with others (Mirhaghi & Sarabian, 2016). This shows that individuals with extraversion personality has less psychological distress (Sahi & Raghavi, 2016).

The purpose of this study is to see the relationship between resilience and perceived stress with extraversion moderators in adolescents who live in orphanage. Teenagers who have high resilience tend to be more resistant when facing a stressor by using appropriate and adaptive coping. That means teens with high resilience have low stress levels if they have extraversion personality.

Literature Review

Resilience and perceived stress

Resilience is the ability to adapt and stay firm in difficult situations (Reivich & Shatté, 2002). Resilience consists seven different abilities and almost none of the individuals as a whole have the ability that well. This ability consists of: 1. Emotional Regulation 2. Impulse Control 3. Optimism 4. Empathy 5. Analysis of the Causes of Problems 6. Self-efficacy.

Resilience has three important elements, first resilience as a sustainable adaptive effort and remains valid despite challenges, both second resilience as a reflection and recovery from challenges, and third resilience as a learning and growth process that broadens new understanding, knowledge and skills (Szanton, Gill, & Thorpe, 2010).

Enhanced positive aspects some researches showed that high stress levels and psychological symptoms is associated with poor personal resilience in resisting stress (Tung, Ning, Tse, & Alexander, 2014). Other research shows that increased level of resilience and decreased level of stress causes more satisfaction, showing better resources and developed to live well (Abolghasemi & Varaniyab, 2010).

Extraversion and perceived stress

Some studies show that the extraversion personality has negative relationship with stress. Individuals with extraversion personality traits will more adaptive in dealing with problems in life so as to make them less prone to psychological distress (Sahi & Raghavi, 2016). Another study shows that individuals with positive personalities will experience less stress compared to individuals with negative personalities, who experience stress levels higher (Vollrath & Torgersen, 2000).

Strategy of individuals with extraversion personality coping like humor, the need to discuss feelings and seek social support. People who score high on the extraversion scale consider stress as a challenge, not a threat. Because they are having an extraversion personality tend to be more proactive, sociable, oriented to the outside world rather than themselves and optimistic in dealing with stress (Gallagher, 1990).

Methods

The subjects of this study were adolescents who are living in an orphanage. Sampling method done by quota sampling. Quota sampling is a technique for determining a sample of a population that has certain characteristics up to the amount (quota) desired (Creswell, 2005). Samples are taken by giving rations or certain quorums against groups. After the quota is fulfilled, data collection were stopped. Research subjects amounted to 105 teenagers with the following criteria: 1) Adolescents aged 12-18 years; 2) Boys and girls; 3) Currently living in an orphanage.

Big five inventory (BFI) coefficient reliability after testing there are with 10 items and involving 105 subjects, obtained an alpha value of 0.6. Resilience scale coefficient reliability after 27 trials involving 105 subjects, obtained an alpha value of 0.861. Perceived stress scale after testing there are with 8 items and involving 105 subjects, obtained an alpha value of 0.6.

In general, this study was carried out in three main procedures following: (1) Preparation, at this stage of preparation starts from looking for the research scale in accordance with the research theme. The next step is to determine the subject taken from several orphanages in

Malang; (2) Implementation, at this stage the researcher gives the research scale to the subject which is then carried out try out the scale; (3) The last step is Data Analysis. After all data is obtained, researchers analyze these data using SPSS for windows ver. 21, that is using parametric Regression analysis. This test is done to figure out the effect of X variable on Y, and seeing the effect of M variable against X and Y variables.

Result

The result obtained R square value of 0.075 or 7.5%. That means the proportion of variance from perceived stress described by the resilience variable was 7.5% while the remaining 92.5% were influenced by other variables outside the research. Then the F test was conducted to determine the effect of resilience on perceived stress. The sig. (P) value was 0.005 or $p = 0.005$. Thus it was known that the value of $p < 0.05$, then there was a significant effect of resilience on perceived stress.

The results obtained the value of R square (IV to DV when moderated by M) of 0.102 or 10.2%. That means the proportion of variance from perceived stress explained by resilience when moderated by extraversion personality was 10.2% while the remaining 89.8% were influenced by other variables outside this research. This shows that there is increased IV effect on DV when moderated by variable M. The sig. (P) value was 0,000 or $p = 0,000$. Thus it is known that p value < 0.05 , meaning that extraversion personality has a significant effect towards the potential perceived stress in adolescents who have resilience.

Based on the explanation above it can be seen that model 1 has a R square value change of 0.075 and model 2 has a R square change value of 0.102. P this means that model 2 > model 1 so that there is a potential for moderation.

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Discussion

The results of statistical analysis in testing the first hypothesis shows that resilience has a positive and significant effect on perceived stress. This matter shows that teenagers who have good resilience can afford more understanding of themselves, be able to adjust to various situations, be responsible for the problem at hand, able to think of various choices and alternative in facing life's

challenges and more productive so that it will be easier to face various problems in their life.

The results of the second hypothesis test shows extraversion personality as the moderator variable has a negative value even though it is not significant. the higher individual having the extraversion personality value, the lower the potential for perceived stress on adolescents in orphanages despite having high resilience. However, when Extraversion's personality is lower, the higher they will be likely perceived stress along with the higher resilience of the nursing home.

Research shows that extraversion has a negative relationship with stress. Individuals with extraversion personality traits will be more adaptive in dealing with problems in life so as to make them less likely to experienced psychological pressure (Sahi & Raghavi, 2016). Other studies shows that individuals with a positive personality will experience less stress than individuals with negative personalities, who experience higher levels of stress (Vollrath & Torgersen, 2000).

From the results of this study, it was found that there was potential for moderation to occurs when extraversion personality is able to give a buffering effect on the relationship resilience to perceived stress even though it has a small potential effect. Because it is suspected that there may be other factors that play a bigger role but not examined in this study, such as other types of personality besides extraversion , stage of development, life experience, and how to deal with it or coping method used. Another factor that was not examined turned out to have a stronger influence compared to the factors that become research variables.

Conclusion

The results shows that there is a positive and significant influence between resilience towards perceived stress in adolescents who live in orphanages. However, extraversion personality as a moderator gives a buffering effect on the relationship resilience to perceived stress even though it has a small potential effect.

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