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Optimism and Social Support with Resilience in Rantau Students of Muhammadiyah Surakarta University

Detty Putri Marliana[1], Soleh Amini[2]

[1]*Fakultas Psikologi, Program Studi Psikologi, Universitas Muhammadiyah Surakarta.e-mail: f100200009@student.ums.ac.id*
[2]*Fakultas Psikologi, Program Studi Psikologi, Universitas Muhammadiyah Surakarta.e-mail: Sa270@unms.ac.id*

ARTICLE INFO	ABSTRACT
	Resilience is an individual's ability to recover from stressful conditions. This is influenced by factors such as optimism and social support. Factors that influence resilience include optimism and social support. This research aims to examine the relationship between optimism and social support on resilience. The research method used is quantitative. The population in this study was 788 overseas students from the Muhammadiyah University of Surakarta. The sampling technique used purposive sampling with the characteristics of active UMS students, who were overseas students outside Java, unmarried, female or male, aged 19-24 and had migrated. in Solo for a minimum of 6 months. The sample in this study consisted of 89 overseas students, with details of 43 female students and 46 male students. This research uses 3 scales, namely the resilience scale, optimism scale, and social support scale. Data analysis uses multiple linear regression test analysis. The results of data analysis show that there is a significant relationship between optimism and social support on the resilience of overseas students at Muhammadiyah University of Surakarta, this proves that the main hypothesis of this research is accepted. Then the results were found that there was a positive relationship between optimism and resilience in UMS overseas students, this proved that the first minor hypothesis was accepted. Then the results show a positive relationship between social support and the resilience of UMS overseas students, this proves that the second minor hypothesis is accepted. The effective contribution to this research was 80%, with details of optimism at 63.9%, social support at 16.1%, and the remaining 20% influenced by other factors. These other factors include personality characteristics, religiosity, and self-efficacy.

1. Introduction

Students are individual participants who are registered as students and are currently studying or studying at a particular university. Migrant as a way of pursuing education outside an area far from where you live. Migrant can make an individual increase knowledge, improve education and increase knowledge and motivate oneself to progress further (Yoety, 2022). This is in line with the definition of an overseas student according to Mochtar, namely someone who has the decision to study far from their home area within a predetermined period of time based on their own wishes (in Said et al., 2021).

The educational process is not an easy thing, every student experiences various obstacles and hurdles. Students often face pressure, stress and depression, some even make the decision to end their lives because of difficulties, pressure and unsatisfactory academic results. According to Smith and Khajawa (2014), the challenges usually faced by overseas students include adjustment, social isolation, language skills, expectations that often do not match, difficulties in academics, psychological pressure, work and culture shock. According to Reivich and Shatte (2002) resilience is a healthy productive force to face misfortune or certain trauma as an important strength in managing stress in living life.

The level of resilience of each student is different. Resilient students will be able to overcome many challenges in life, have the ability to survive, rise and adapt, making it possible to adjust to situations that are difficult to protect. According to Baumgadner (in Oktafryadi et al., 2023), students with high resilience have good intellectual and problem-solving abilities, a friendly attitude and the ability to adapt to change, optimism, strong cultural and personal values, and have a good understanding ability. Good. Meanwhile, students who are not resilient will easily give up when facing academic challenges. According to Oktafryadi et al. (2023) those who are pessimistic, do not have the ability to understand, cannot solve problems, and cannot adapt to change are signs of a low level of resilience.

Researchers conducted interviews on Monday, November 27 2023 with 15 students from several faculties at the Muhammadiyah University of Surakarta (UMS) who had migrated from outside Java, such as the faculties of teaching and education, engineering, psychology and business economics, class 2018 to 2021. Based on data The results of interviews with 15 UMS students found that 10 overseas students had difficulty adapting, while 5 other students had no difficulty adapting. Several overseas students stated that it was difficult to survive in an environment that has a different culture, it was difficult to build communication with people around them and it was difficult to adapt to a new environment. These difficulties make some students experience decline. The results of the interview stated that students need to have enthusiasm and positive thinking in living their college life and have the courage to face problems. According to Herdi and Ristianingsih (2021), overseas students must have the ability to adapt and overcome serious events or problems in life, which is called resilience.

Based on the background explained by the researcher, the formulation of the problem in this research is "Is there a relationship between optimism and social support and resilience in UMS overseas students?". "Is there a relationship between optimism and resilience among UMS overseas students?". "Is there a relationship between social support and resilience among UMS overseas students?" This research aims to empirically test the relationship between optimism and social support and resilience in UMS overseas students, examine the relationship between optimism and resilience in UMS overseas students, and test the relationship between social support and resilience in UMS overseas students.

This research has the theoretical benefit of being able to encourage thinking and knowledge as well as expanding existing research in psychology, especially future research. As a reference for further research that wants to research or explore resilience, optimism and social support. The practical benefit of this research is that for universities it can be used as material for decision making regarding student resilience issues, while for students it is hoped that it can increase resilience and increase knowledge regarding the importance of optimism and social support for student resilience in the process of undergoing education.

2. Literature Review

2.1 Theoretical Approach

Resilience is a dynamic process that involves the role of various individual, social and environmental factors, showing a person's strength and resilience to recover from negative emotional experiences in difficult situations that suppress or hinder significant obstacles. (Hendriani, 2022). According to Wagnild and Young (In Nashori & Saputro, 2021) people who have the courage and ability to adapt to unlucky situations are examples of resilience. Resilience refers to a person's capacity to overcome a challenge (Connor and Davidson, 2003). Resilience according to Nashori & Saputro (2021) is the process of adapting when facing difficulties, tragedy, trauma, threats, or other things that can cause stress for someone.

Aspects of resilience are, (1) Personal Competence which consists of self-reliance which means the ability to depend on oneself and perseverance which means perseverance in facing difficult situations that cause loss of enthusiasm, (2) Acceptance of life and self: consisting of meaningfulness which means life has goals and values, existential aloneness which means each individual has their own way of life and equanimity which means a balanced perspective between life and experience (Wagnild and Young, 1993). Resilience is influenced by factors, (1) Age and Gender, (2) Socioeconomic Status, (3) Personality Characteristics, (4) Religiosity, (5) Stress coping, (6) Self-efficacy, 7) Emotional intelligence, (8) Optimism, (9) Gratitude, (10) Parenting style, (11) Social support (Nashori & Saputro, 2021).

Resilient students need optimism, where they have the confidence to be able to rise above stressful circumstances. Optimism is the belief that an individual has that he can help himself in overcoming problems (Ratnawati, 2018). According to Seligman (in Nashori & Saputro, 2021) optimism is an individual's thinking about easily giving meaning to oneself and thinking positively well. Optimism has several aspects, namely, (1) Permanence, (2) pervasiveness, and (3) personalization (Seligman, 2006). Optimism factors are, (1) Ethnocentric factors, (2) Egocentric factors, (3) Pessimistic factors, (4) Social factors, (5) Prejudice, (6) Trust (Ratnawati, 2018).

Apart from optimism, social support is also needed by resilient students. According to Shumaker & Brownell (in Koamesah et al, 2022) social support is defined as the process of exchanging capabilities between two or more individuals with the aim of increasing the happiness of the recipient. This can be a tangible action from another person or a belief that if we need it, there is a sense of comfort, attention, and help (Sarafino et al., 2020). Social support has several aspects in Sarafino (in Nashori & Saputro, 2021), namely, (1) Emotional support, (2) Appreciative support, (3) Instrumental support, (4) Information support. Social support is influenced by several factors according to Sarafino (2011), namely, (1) Support recipients, (2) Support providers, (3) Composition factors.

2.2 Relevant Research

Based on research that has been conducted on several literature sources, the author highlights several previous or relevant studies as follows:

First, research conducted by Herdi and Restianingsih (2021), overseas students have a low level of resilience of 21.2%, while overseas students have a higher level of resilience. Medium (49.3%) and high (29.5%) resilience, according to the results of the research above, first year overseas students in Indonesia are included in the medium to low category.

Second, another research conducted by Pramudhita et al. (2023) to 16 students who were a combination of overseas students from outside Java and non-overseas students (students from the city of Bandung) who studied at universities in the city of Bandung. This research shows that students experience various pressures and difficulties while studying at college. The pressures faced by these students range from difficulty adapting to new environments and situations on campus, difficulty finding literature references in carrying out assignments, difficulty in writing a thesis to difficulty in fulfilling graduation requirements. Moreover, for students who are immigrants, the pressure and difficulties are felt when the distance between overseas students and their families greatly affects the lives of overseas students in Bandung. Not infrequently this can cause culture shock and homesickness for family back home.

Third, Sabouripour and Roslan's (2015) research in Malaysia on 291 students focused on examining the relationship between resilience, optimism and social support among international students. Foreign students tend to experience greater stress and anxiety during their studies. Foreign students need to have the ability to adapt to different environments and overcome challenges. Resilience is very important because it can help foreign students adjust to the pressures of life. This research aims to examine the levels and patterns of resilience, optimism and social support among international students. As a result of the findings in this study, optimism and social support have an important role as significant predictors of resilience.

Based on theoretical studies and several previous studies, the researcher proposed a hypothesis, namely that there is a relationship between optimism and social support and resilience in UMS overseas students, there is a positive relationship between optimism and resilience in UMS overseas students, there is a positive relationship between social support and resilience in UMS overseas students.

3. Research Methodology

3.1 Research Design

This research is quantitative research, namely the results are given in the form of numbers, because the phenomena obtained in this research will be converted using calculations so that the results of the data can be analyzed. This research uses a correlation study based on the problem and research objectives. This research uses 2 predictor variables, namely: optimism (X1), social support (X2) and 1 criterion variable, namely: resilience (Y)

3.2 Participants

The total sample for this research was 89 students. This research uses a purposive sampling method. The criteria for respondents in this research are; (1) active students studying at the Muhammadiyah University of Surakarta, (2) overseas students outside Java, (3) not married, (4) female or male, (5) age ±19 – 24 years, (6)) has migrated to Solo for at least 6 months.

3.3 Instruments

The research instrument used is a scale published in paper based form. The data collection method used was to provide statements to respondents who were met and met the predetermined criteria. Statements can be given directly/face to face. The scale, which is published in paper based form, contains a resilience scale, an optimism scale and a social support scale. The measurement instrument in this research uses a self-inventory scale.

The theoretical concept of Wagnild and Young (1993) became a reference for researchers in compiling a resilience scale. This scale covers aspects of personal competence and aspects of acceptance of life and self with 16 items consisting of 8 favorable and 8 unfavourable. Seligman's (2006) theoretical concept became a reference for researchers in compiling an optimism scale. This scale includes Permanentness, Pervasiveness, Personalization with 12 items consisting of 6 favorable and 6 unfavourable. The social support scale was prepared by researchers based on Sarafino's (2011) theoretical construct. This scale includes aspects of emotional support, appreciation support, instrumental support and information support with 12 items consisting of 8 favorable and 4 unfavorable.

The validity used in this research is content validity which involves professional expert judgment consisting of 3 lecturers at the UMS Faculty of Psychology. The three scales of this research on each item have a score of 4 starting from a score of 1 to 4. According to Aiken the value of V ranges between 0 - 1. If the index is less or equal to 0.4, it shows that the validity is low, if it is between 0.4 and 0.8, it shows moderate validity, and if more than 0.8 it shows very high validity (Retnawati, 2016). In the results of this validity calculation, the optimism variable gets a value of V=0.935, the social support variable gets a value of V=0.944, and the resilience variable gets a value of V=0.951.

The reliability test for this research was carried out using the Statistical Package for Social Science (SPSS) 25.0 program using the Alpha Cronbach technique. A Cronbach Alpha measurement ≥ 0.7 is considered a reliable scale and if it is less than 0.7 it is declared unreliable (Saifuddin, 2020). In this study, the optimism scale got a reliability of 0.875, the social support scale got a reliability of 0.889, and the resilience scale got a reliability of 0.905.

3.4 Data Analysis Procedures

This research hypothesis test can be carried out after the assumption tests are met. The techniques that need to be used to fulfill the assumption tests are carrying out normality, linearity, heteroscedasticity and multicollinearity tests. This research hypothesis test uses a statistical analysis method, namely the multiple linear regression test. This test uses SPSS 25.0 software.

4. Findings

4.1. Subject Demographics

Table 1. Subject Demographics

	category	frequency	Presentase
Gender	Female	43	48,3%
	Male	46	51,7%
Faculty	Psikologi	24	27%
	Teknik	40	44,9%
	FKI	2	2,3%
	FIK	4	4,5%
	Hukum	3	3,4%
	FEB	6	6,7%
	FKIP	10	11,2%
Residence	Sumatra	52	58,4%
	Kalimantan	18	20,2%
	Bali	3	3,4%
	Lombok	13	14,6%

Sulawesi	3	3,4%

4.2. Assumption Test and Hypothesis Test

The results of the assumption test are the normality test aims to determine whether the distribution of research data is normally or not normally distributed. Data is declared normal if the Kolgmogrov Smirnov test results have a significance value of >0.05. In this study, the normality test obtained sig results. 0.081. The linearity test aims to determine whether there is a linear relationship in the research variables. A variable is declared to have a linear relationship if it has a linearity significance value of <0.05. The linearity test in this study revealed that there is a linear relationship between variables X1 and Y. This is proven by obtaining a calculated F value of 1.717 with significance at linearity 0.000. Meanwhile, when testing the linearity of variables X2 with Y, the calculated F was 1.687 with significance at linearity of 0.000. The heteroscedasticity test is used to determine the error in all observations of each variable in the regression model. It can be said that the heteroscedasticity test does not occur if heteroscedasticity occurs if the points spread above and below the number 0, the distribution of data points is not patterned so that the results of the heteroscedasticity test using a scatter plot in this study meet the requirements or heteroscedasticity does not occur. The multicollinearity test aims to determine the existence of collinearity between independent variables. Data is said to have multicollinearity if it has the same linear function seen from the VIF and tolerance, where if the multicollinearity test results at VIF <10 and tolerance >0.01 then it is said that the data does not have multicollinearity. In this study, the multicollinearity test obtained a VIF of 2.135 and a tolerance of 0.468.

The hypothesis results in this study use multiple linear regression (major hypothesis). This analysis is used to determine whether there is a positive relationship between two or more predictor variables and the criterion variable. For this test, you can see the F result of 172.391 with a sig value. 0.000 (Sig<0.05), R=0.895 and R Square=0.800 so it can be said that the major hypothesis is accepted because there is a relationship between the predictor variables and the criterion variables.

Tabel 2. Hypothesis Test

Variabel	F	Sig.	R	R Square	Keterangan
Optimism, social support with Resilience	172,391	0,000	0,895	0,800	There is a very significant relationship

Apart from testing the major hypothesis, this research also tested the minor hypothesis. The minor hypothesis test is shown by the correlation coefficient value of the optimism variable with the resilience of UMS overseas students of 0.882 with a sig value. 0.000 (sig<0.01), t=10.291 so it can be interpreted that the first minor hypothesis is accepted and has a positive relationship. The coefficient of social support and resilience of UMS overseas students is 0.745 with a sig. 0.003 (sig<0.01), t=3.073 so it means that the second minor hypothesis is accepted and has a positive relationship.

Tabel 3. Hypothesis Test

Variabel	Koefisien korelasi (r)	T	Sig.	Keterangan
Optimism with Resilience	0,882	10,291	0,000	There is a positive relationship

Social support with Resilience	0,745	3,073	0,003	There is a positive relationship

4.3. Effective Contribution and Categorization

The effective contribution of the optimism variable and social support variable to the resilience variable is based on the R Square value of 0.800 (80%) with details of the optimism variable having an influence of 0.639 (63.9%), the social support variable having an influence of 0.161 (16.1%).), and 20% is influenced by the role of other factors.

Tabel 4. Effective Contribution

Variabel	Koefisien Regresi (Beta)	Koefisien korelasi (r)	R square
X1	0,725	0,882	
X2	0,216	0, 745	0,800

Based on the categorization obtained, it is known that resilience is high. The categorization of the resilience variable consists of 1 overseas student (1.1%) in the low category, 27 overseas students (30.3%) in the medium category, and 61 overseas students (68.5%) in the high category. Optimism is in the high category, consisting of 0 overseas students (0%) in the low category, 37 overseas students (41.6%) in the medium category, and 52 overseas students (58.4%) in the high category. Social support is in the high category, consisting of 2 overseas students (2.2%) in the low category, 34 overseas students (38.2%) in the medium category, and 53 overseas students (59.6%) in the high category.

Tabel 5. Categorization

Variabel	Kategorisasi
Resilience	high (68,5%)
Optimism	high (58,4%)
Social Support	high (59,6%)

5. Conclusion

From the results of the research that has been carried out, it can be concluded that the hypothesis is accepted. There is a very significant relationship between optimism and social support on the resilience of UMS overseas students, there is a significant positive relationship between optimism and resilience in UMS overseas students, there is a significant positive relationship between social support and resilience in UMS overseas students. The results of data analysis show optimism and social support with resilience of 80% with details of the optimism variable being 63.9%, the social support variable being 16.1%. Meanwhile, the remaining 20% is influenced by other factors including personality characteristics, religiosity, self-efficacy.

Suggestions for overseas students in increasing and maintaining resilience by maintaining the ability to adapt by being actively involved in academic and non-academic activities, establishing good relationships with friends and the environment, so that wider relationships are formed. Apart from social support, it is hoped that students will also increase and maintain optimism by continuing to try and not giving up easily when experiencing a problem that

causes setbacks. Suggestions for further research are to examine other factors that influence resilience and research can be carried out using qualitative methods in order to provide a comprehensive picture of the resilience of overseas students.

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