The Relationship of Self-esteem with Resilience of Teenagers Survivors of Mount Agung Eruption

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Abstract: Objective: This study aimed to analyze the relationship of self-esteem with resilience in teenagers survivors of Mount Agung eruption. Method: Descriptive correlational with cross sectional approach was used in this study. The sampling technique with purposive sampling resulted in the number of samples 203 teenagers who lived in affected area. Data was collected in May 2018 using questionnaire of self esteem and resilience that has been tested its validity and reliability. Data was analyzed by Spearman Rank test. Result: self-esteem and resilience of teenagers were mostly in the moderate category (74.9% and 64.0% respectively). There was a significant correlation between self-esteem and resilience in teenagers survivors. Conclusion: This study showed alteration of psychological state from survivors rely on internal and external protective factors. The higher the level of resilience survivors the higher they would have self-esteem.

1 INTRODUCTION

Indonesia has a large area and is located on the equator in a cross position between two continents and two oceans, in a region that has geographical, geological, hydrological and demographic conditions that are prone to disasters with a high frequency. Indonesia is on an active continental plate, surrounded by a row of very active volcanoes called the ring of fire. Indonesia's natural and geographical conditions make Indonesia very vulnerable to disasters (Ramli, 2010).

Disasters can occur anytime and anywhere. Indonesia is often hit by disasters both small and large scale which is causes large casualties. Some of the disasters that occurred in Indonesia such as the Tsunami on December 26, 2004 in Aceh resulted in 150,000 people died and tens of thousands more missing. The height of the tsunami reached 35 meters due to the 8.5 SR tectonic earthquake in the Indian Ocean. The West Sumatra earthquake on September 30, 2009 measuring 7.6 on the Richter scale resulted in 1,115 deaths (Ramli, 2010). Lately, Indonesia, especially Bali, experienced natural disasters, namely the eruption of Mount Agung located in Karangasem Regency, which is still level 3 or erupted.

A total of 22 villages have the potential to be affected by eruptions after the alert status of Mount Agung was determined. The village is in a prone radius of eruption as far as eight kilometers from the crater of Mount Agung, plus sectoral expansion to the north, northeast, southeast, south and southwest as far as 10 kilometers. Due to the eruption of Mount Agung, the number of refugees starting on Wednesday, November 1, 2017 at 18.00 WIB reached 129,276 people spread across 229 refugee points. Refugees are in Buleleng Regency (20,853 people), Klungkung (15,500 people), Karangasem (50,215 people), Bangli (3,882 people), Tabanan (4,074 people), Denpasar City (14,852 people), Gianyar (12,887 people), Badung (6,383 soul), and Jembrana (630 people) and up to Sunday, March 4, 2018 the distribution of refugees in 40 refugee points in Karangasem Regency was 1750 people.

Every disaster event will produce a number of victims. Victims who survive of disaster called survivors. Survivors are those who directly experience traumatic/natural disasters and survive the disaster (Pratiwi, A.C., Suci, M.K., dan Rin, 2011). Survivors of natural disasters face very complex situations and conditions, both physically, psychologically and socially (Rusmiyati, Chatarina dan Enny, 2012). For survivors who are able to adapt well, they will produce a positive performance in their lives, whereas for survivors who are less able to adapt they will remain in these unpleasant conditions. The term that describes personal quality that allows

individuals and their communities to grow even though they are in disadvantage is called resilience (Margareth, 2016)

Resilience is the ability of a person to survive and not give up on difficult circumstances in his life, and try to learn and adapt to these conditions and then rise to become better (Widani, 2015). Factors that affect the resilience are by internal and external protective factors. Internal protective factor is a protective factor originating from inner self such as self-esteem, self-efficacy, ability to overcome problems, regulation of emotions and optimism. Whereas the external protective factor is a protective factor originating outside the individual, for example, support from family and the environment (Singarimbun, 2017) Self-esteem is obtained from oneself and others who are loved, respected, and valued. Individuals will feel high self-esteem if they often experience success, and vice versa individuals will feel low self-esteem if not accepted in their environment and often failed (Widani, 2015).

Teenagers who are in a period of growth and development really need self-esteem, because self-esteem reaches its peak in adolescence. Teenagers are one group that receives the effects of natural disasters, one of which arises from the experience of living in refugee camps without access to schools (Sandha P, T., Sri, H., dan Nailul, 2012). This is also due to several factors, namely the existence of adolescents is still under risk and endanger their survival, the level of life dependence that is still high on adults, do not have much life experience, the ability to protect themselves is still limited, not in conditions that can make decisions on themselves alone (Hidayati, 2014)

Several study showed that self-esteem and resilience has different result. For intance, self-esteem and resilience from adolescene at Mount Sinabung survivor stated there was no significant correlation to their life (Singarimbun, 2017). In different perspective, research from (Margareth, 2016), stated there was a significant correlation from self-esteem and resilience leve of adolescene to their life during disaster experiences. Based on that different result, therefore a new research to emphasise that need to be conducted.

Based on a preliminary study is conducted by the researcher on March 19, 2018 through interviews with the principal of the Selat 1 Public Junior High School, the number of 512 students was divided into 8 classes for 9th grade, 7 classes for 8th grade, and 6 classes for 7th grade. Most of the students who attend live in the level 3 eruption-prone area of Mount Agung, amounting to 412 people. Students of the Selat 1 Public Junior High School attend the school closest to their place of refuge. The results of interviews with 12 students, they said that the situation in the refugees was very uncomfortable, they claimed to be embarrassed when they had to attend other schools because they were the center of attention in the schools where they were displaced. This study aimed to analyze the relationship between self - esteem with resilience in adolescent survivors of the eruption of Mount Agung

2 METHODS

This research was a quantitative study with the research design used was descriptive correlational cross sectional. In this study the researcher connected two variables, self-esteem with resilience in adolescents who survived the eruption of Mount Agung. The population in this study were all students of Selat 1 Public Middle School who resided in the disaster-prone area of 3 volcano eruptions which numbered 412 people. The sampling technique in this study is non probability sampling, namely purposive sampling, obtained a sample of 203 people. The instruments used were the self-esteem and resilience questionnaire.

Validity of questionnaire self-esteem has been tested with result range from 0.384 to 0.720 whereas reliability test result was 0.775. Validity questionnaire of resilience has been tested with result range from 0.376 to 0.690 and reliability test result was 0.863 which means all the questionnaire are valid and reliable. Data was collected by using primary data directly to respondent. Before data had been collected, researcher have been doing some administrational procedure due to authorized party such as, government and school. All respondents were given informed consent before filling the questionnaire. After principal of Selat 1 Public Junior High School giving a permit to collecting data, researcher gathered all students based on their respective classes to be given two questionnaires, after filling out, the researcher checked again before the tabulation was conducted. Data was analysed using statictical analysis such as descriptical frequencies and for both variable using Rank Spearman test to obtain relationship between two variable.

3 RESULTS

3.1 Characteristic of Respondents

This research contains three types of respondents characteristic data collected such as age, gender and duration of living in evacuation area.

Table 1: Frecuency distribution of characterictic of respondents by age, gender and duration of living in evacuation area.

Characteristic	Categories	Frecuency	Percentage
Age	11 y.o	1	0.5
	12 y.o	14	6.9
	13 y.o	85	41.9
	14 y.o	74	36.5
	15 y.o	24	11.8
	16 y.o	4	2.0
	17 y.o	1	0.5
Total		203	100.0
Gender	Female	104	51.2
	Male	99	48.8
Total		203	100.0
Duration of living in evacuation area	1 month	27	13.3
	2 month	30	14.8
	3 month	37	18.2
	4 month	35	17.2
	5 month	38	18.7
	6 month	36	17.7
Total		203	100.0

3.2 Self-esteem in Survivors the Eruption of Mount Agung

Table 2: Self-esteem in survivors the eruption of Mount Agung (n = 203).

No.	Categories	Frecuency	Percentage
1.	High	46	22.7
2.	Moderate	152	74.9
3.	Low	5	2.4
Total		203	100.0

Most of the 203 respondents were in the moderate category, which were 152 respondents (74.9%).

3.3 Resilience in Survivors of Mount Agung's Eruption

Table 3: Resilience in survivors the eruption of Mount Agung (n = 203).

No.	Categories	Frecuency	Percentage
1.	High	71	35.0
2.	Moderate	130	64.0
3.	Low	2	1.0
Total		203	100.0

Most of the 203 respondents were in the moderate category, which were 130 respondents (64.0%).

3.4 Data Analysis between Self-esteem and Resillience of Survivors Mount Agung Eruption

Table 4: Analysis between self-esteem and resilience of survivors Mount Agung Eruption (n=203).

Self-esteem		Resiliensi			
		High	Moderate	Low	total
High	f	42	4	0	46
	%	20.7	2.0	0	22.7
Moderate	f	28	124	0	152
	%	13.8	61.1	0	74.9
Low	f	1	2	2	5
	%	0.4	1.0	1.0	2.4
total	f	71	130	2	203
	%	35.0	64.0	1.0	100.0
P value		0.000			
Correlation Coefficient		0.632			

According to the description of the table above, it showed that most of them have self-esteem in the moderate category, namely 124 people or 61.1% and have resilience in the medium category. Based on the results of the Rank Spearman test results obtained p value = 0,000 < level of confidence or the specified error rate is 0.05.

These results indicate that there is a significant relationship between self-esteem and resilience in adolescents who survived the eruption of Mount Agung in the Selat 1 Public Junior High School, Selat District, Karangasem Regency. Based on the results of the Rank Spearman test also obtained a correlation coefficient of 0.632. This showed that the variable self-esteem with resilience has a strong degree of relationship. The correlation coefficient is positive, which means that the variable self-esteem with resilience has a direct correlation, meaning that the higher the level of self-esteem, the higher level of resilience and vice versa.

4 DISSCUSSION

4.1 Self-esteem

The results obtained were based on a study of 203 respondents who were teenagers who survived the eruption of Mount Agung in the Selat 1 Public Junior High School, Selat District, Karangasem Regency, respondents with moderate self-esteem were dominating as many as 152 respondents (74.9%). Self-esteem is an individual's comprehensive assessment of himself both positive and negative obtained from himself, others who are loved, respected and valued in his environment. (Dewa, 2016) mentions that the factors that affect self-esteem include individual development, unrealistic self-ideal, physical and mental disorders, non-functioning family systems, repetitive traumatic experiences such as war, physical and emotional abuse, natural disasters and so on.

Most respondents feel confident in their ability to deal with natural disasters that occur, they feel able to do something like what other people do. They are able to accept themselves as who they are, and they feel confident about what they are doing, they feel good about themselves.

One of the effects that they felt from the eruption of Mount Agung was that they had to evacuate to a safer place, and they had to follow the learning process at the school closest to their place of refuge. Uncertainty about the disasters that occur make them also feel uncomfortable because teaching and learning activities are uncertain, they feel less confident when they have to study at a school that is close to the location of their evacuation for fear of looking strange in front of other students. This shows that they have a worry about the views of others about them including their physical, abilities and appearance.

The results of this study are in accordance with the results by Singarimbun (2017) who conducted research on the relationship of self-esteem with resilience to teenagers survivors of Mount Sinabung eruption conducted to 45 adolescents who survived the eruption of Mount Sinabung, 36 people (80%) had self-esteem in the moderate category. Self-esteem is a dynamic development process that can develop along with the development of the individual. Teenagers is the period in the search for identity can make youth self-esteem will be continued to grow and not stable (Kamila, 2013).

Social contexts such as family, friends and school have an influence on the development of teenagers self-esteem. A study found that when family cohesiveness increases, teenagers self-esteem also increases with age. Fair treatment, giving opportunities to be active, and educating democratic ones will make children get high self-esteem (Sandha P, T., Sri, H., dan Nailul, 2012). Parents who often provide penalties and prohibitions for no reason can cause children to feel worthless (Ghufron, M.N & Risnawita, 2010).

Margareth (2016) states that there are three aspects of individual self-esteem, namely performance self-esteem, which refers to one's general competence including intellectual ability, school performance, self capacity, self-confidence, and self-efficacy. People who have high performance self-esteem believe that they are smart and capable; Social self-esteem refers to how someone trusts the views of others according to them. If other people, especially important people, value them, individuals will have high social self-esteem. Someone with low social self-esteem will feel anxious when in their environment and will be very worried about the views of others towards them; The physical (appearance) of self-esteem refers to how one sees their physicality including skills, attractive appearance, body image and also stigma about race and ethnicity.

4.2 Resilience

Survivors of the Mount Agung eruption mostly had moderate levels of resilience of 130 respondents (64%). Resilience is a person's ability to survive and not give up in difficult circumstances in life, adapted

to these conditions and able to rise to be better than before.

A person with high resilience will be able to accept changes positively and also can adapt to changes that occur in their life, have a good coping mechanism for stress, know what to do in the face of unexpected situations. This is because teenagers are a transitional stage, where one characteristic of adolescents is experiencing emotional instability, so that teenagers cannot control themselves when faced with a situation that suddenly changes, adolescents are still very dependent on adults, especially parents, and lack of experience and knowledge in dealing with disaster situations. Resilience in adolescents can be volatile, will continue to develop over time.

The results of this study are in accordance with the results of a study conducted by (Oktaviani, 2012) about the resilience of Acehnese teenagers who experienced the 2004 tsunami disaster that was carried out to 25 respondents. From the results of the study which was found that the resilience of teenagers of the 2004 Aceh tsunami survivors was mostly classified as moderate, some even relatively high. This can occur due to several reasons, including that resilience is a dynamic process that can change, including the development of age.

According to Oktaviani (2012) the average resilience score of teenagers classified as moderate can be caused by lack of full understanding of one's ability to deal with problems. This lack of understanding of one's abilities is related to the task of teenagers development, namely identity vs. identity confusion. Teenagers at this stage try to find their identity, are still confused about the changes in identity and definition in life, as a consequence of the transition period between children and adults.

Margareth (2016) revealed that there are five aspects of resilience that explain about students who experience conflict, among others: personal competence, high standards and tenacity which shows that someone feels as a person who is able to achieve goals in situations of setbacks or failures; Believe in yourself, have a tolerance for negative and strong or strong effects in dealing with stress. This aspect relates to calmness, fast coping with stress, thinking carefully and staying focused even when facing problems; Accept changes positively and can make a safe relationship with others. This aspect relates to the ability to adapt if facing change; Self control in achieving goals and how to ask for or get help from others; Spiritual influence that is sure of God or fate.

4.3 Correlation between Self-Esteem and Resilience

The results showed the results of p value = 0,000 < level of confidence or the level of error specified is 0.05. These results indicate that there is a significant relationship between self-esteem and resilience in teenagers who survived the eruption of Mount Agung. Based on the results of the Spearman Rank test, the correlation coefficient was 0.632. This shows that the variable self-esteem with resilience has a strong degree of correlation and a positive correlation coefficient, which means that the variable self-esteem with resilience has a direct relationship, meaning that the higher the level of self-esteem the higher the resilience and vice versa. It indicate that one of the factors that can influence resilience is self-esteem.

The results of this study are in accordance with the research conducted by Margareth (2016) who conducted a study of the relationship between self-esteem and resilience in secondary school students after floods and landslides in the Batu Gajah area of Ambon. The results of data analysis showed that there was a significant positive relationship between self esteem and resilience. It can be happened because high school students who experience floods and landslides in the Batu Gajah area of Ambon have a low level of self esteem, which causes low resilience in themselves, which is caused by the lack of experience they have about calamities and difficulties in life.

The results of this study contradict the research by Singarimbun (2017) who conducted a study on the relationship between self-esteem and resilience in teenagers survivors of Mount Sinabung eruption. The results showed that there was no significant positive relationship between self-esteem and resilience. This means that self-esteem does not contribute to resilience. This can be caused by other external factors that influence resilience such as family, environment, and culture, because resilience is a dynamic process and develops over time. Similar to self-esteem, self-esteem is also a dynamic development process that can develop along with the development of the individual. Teenagers where the period in the search for identity can make youth self-esteem will continue to grow and not stable.

Margareth (2016) states that self-esteem is an internal factor that influences the formation of one's resilience. Individuals with high self-esteem are able to respect themselves, make good judgments on themselves by accepting their abilities, accept all the shortcomings they have, take responsibility for the life they live by accepting the good and bad facts that

occur in their lives. The individual is not only thinking of himself but also able to respect others and have good social relations or relationships with those around him. This will form individuals who have high resilience.

According to (Desmita, 2012), self-esteem is a factor that plays an important role in all aspects of human life. Self-esteem can affect motivation, behavioral functions and life satisfaction, and significantly relate to the well-being of all aspects of life. Self-esteem is one dimension of self-concept, and is one aspect of personality that has an important role and influence on individual attitudes and behavior (Kamila, 2013). Self-esteem is one aspect that determines the success of teenagers in interacting with their social environment. Through self-image, learning process, experience and interaction with the environment, teenagers can form a positive assessment of themselves. Everything that a teenager thinks and feels about himself is an important value for teens to be able to realize their worth. The formation of positive judgments in teenagers relates to the appreciation of themselves, which in turn will affect how teens display their potential (Sandha P, T., Sri, H., dan Nailul, 2012).

High self-esteem of someone who has confidence in themselves includes physical, intellectual abilities and skills they have, does not feel worried when they are in environment and is not worried about the views of others towards them, then these individuals will have high resilience which is indicated by they will show that they are people who are able to achieve goals even in unpleasant situations, have positive stress coping, are able to accept changes positively, are able to adapt if they face change, are able to control themselves and know how to ask for help from others.

5 CONCLUSIONS

This results indicate that there is a significant relationship between self-esteem and resilience in adolescents who survived the eruption of Mount Agung. The higher level of resilience survivors the high they will have self-esteem.

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