

The Concept of Resilience in Adults

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ABSTRACT: Individual always experiences both pleasant and unpleasant events. Resilience is an individual's capacity to deal with unpleasant events, through developing ways to transform stressful circumstances into an opportunity for personal development. Increasing resilience is an important task to provide capacity in facing life's challenges and difficulties. This literature review aims to identify and provide an overview of the concept of resilience in adults. The research was conducted by reviewing research results published from 2008 to 2018 that obtained from Google Scholar and also several journal databases such as Science Direct, SAGE, and Elsevier. Data search was done using keywords, including resilience and adult. The concept of resilience consists of understanding, influencing factors, aspects or dimensions, scales to measure resilience and therapy or interventions to increase resilience.

KEYWORDS: Adults, Individual Capacity, Resilience

INTRODUCTION

The changes and events which cause stress must be experienced by adults in everyday life^[1]. Unpleasant events will grow a challenge for humans. This challenge triggers humans' ability to have a high effort, enthusiasm and courage in facing challenges and willingness to change. Individuals apply several strategies related to change that can help them adapt with the adverse situation. One of the strategies is resilience which is one of the studies in positive psychology^[2]

Keyes' research shows that good mental and physical is not only finding none of pathology or disease, but also individuals' welfare. One of the individuals' welfare is resilience, which is the ability to deal with stress and problems^[3]. Resilience is defined as a process of significant adaptation from various sources of stress or trauma^[4]. International research shows that there is a substantial increase in the research of resilience over the past two decades in relation to its influences in quality of life and health, especially mental health^[5]

Richardson found that high resilience can also be determined from a strong social network, which consists of the support of friends^[6]. This can affect good mental and physical health status. Some resilience studies show that there is a relation of strong mental health status which is also affecting individuals' resilience. The research found that optimism is that having confidence in faith can lead individuals to be resilient so they are able to adapt and arise feelings of optimism. Optimism is an important factor in growing resilience in individuals. On the contrary, the feeling of not accepting the reality causes a feeling of pessimism that makes the individuals will be less able to adapt to the faced^[7]

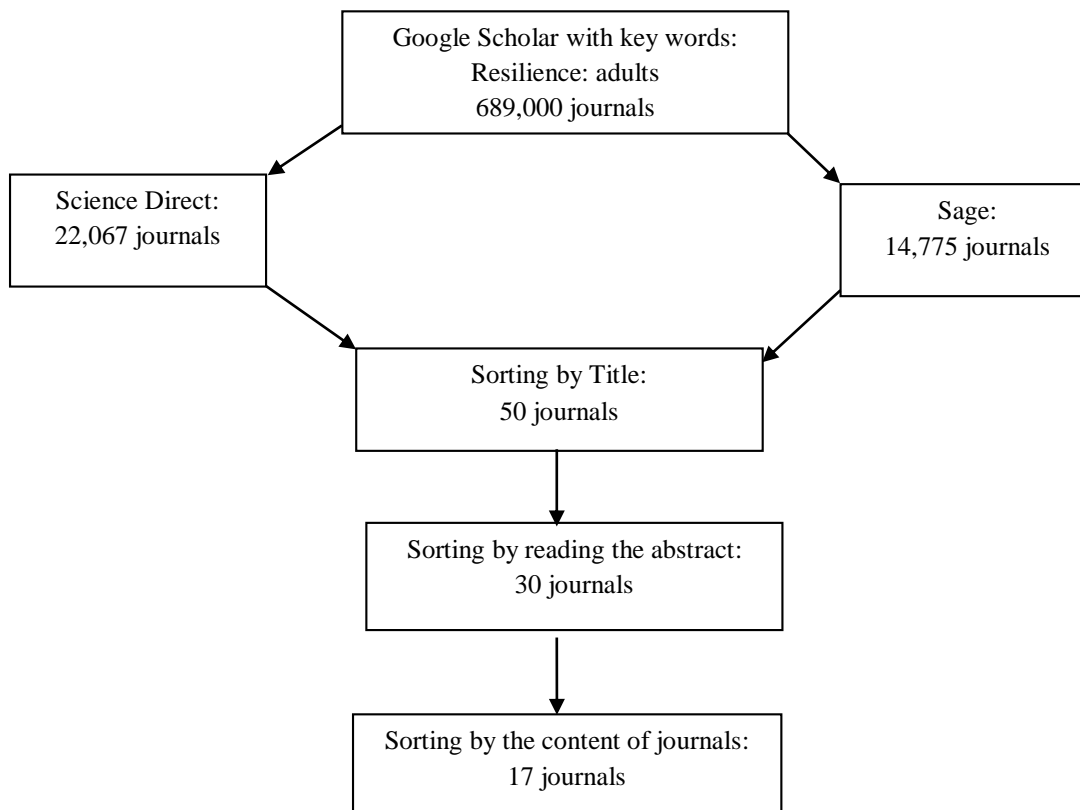
A quasi-experimental research of CBT therapy to increase resilience. The construction phase of the resilience model is the main goal of this therapy because by using this model the individuals will be easy to remember who they are and what strength which they have when they are facing difficult times. Resilience is related to effective use of cognitive abilities in dealing with stress^[8]. Individuals who are resilient in facing difficult times will use their cognitive abilities effectively. Empirically positive emotions will be connected with the increase of emotional resources such as life welfare and resilience.

The purpose of this article is to conduct a systematic literature review of resilience findings. The topics to be discussed are about the definition of resilience, aspects of resilience and interventions conducted to increase resilience in young adults to the elderly.

METHOD

The searching method conducted by researchers in making this literature review is through Google scholar with keywords of resilience and adults. From Google Scholar, there were 689,000 journals, and then from Google Scholar, researchers looked for two databases namely science direct, which found 22,067 journals that were matched to the the keywords, while in Sagepub database found 14,775 journals. The researcher sorted by reading the title and selecting 50 journals. After reading the title, the researcher sorted the journals again by reading the abstract and selecting 30 journals. From the 30 journals the researchers chose 17 journals.

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RESULTS

From the review process of 17 articles obtained, there are 5 themes related to resilience in young adults to the elderly, namely the definition of resilience, factors that affect resilience, aspects of resilience, scale of resilience measurement and therapy to increase resilience. The five themes will be described sequentially in the following paragraphs.

A. Definition of Resilience

The etymological derivation of the word 'resilience' comes from Latin which means softening, which means 'bouncing, jumping / stomping'. These adverse or traumatic events can put individuals at risk to sacrifice their ability to deal with pressure. Many consequences of resilience have emerged in the literature, such as integration, personal control, psychological adjustment, personal growth, and solving problems effectively, but integration and solving problems effectively will clearly shows the results of higher resilience^[9]

Resilience is a dynamic capacity and adaptation process in facing the stress and adversity, while maintaining physical and psychological function. The stressful condition that occurs is responded by resilience which is a form of positive emotion to be more resistant to a stressor. Stress can lead to the development of mental disorders, so resilience appears to help individuals positively deal with differences or life experiences and difficulties^[10]

Resilience is the ability of individuals to make positive adaptations to achieve better results in terms of behavior, achievement and social relationships and the level of individual resilience when facing adverse conditions. Resilience in individuals will make individuals to be able to overcome the difficulties faced in their lives that are influenced by environmental^[11]

Life skills such as how to communicate with others, the realistic ability to plan the life can be formed by developing self-resilience. Unexpected human life creates an endurance to be able to take another perspective from each event. Humans will develop ways to transform stressful circumstances into an opportunity for personal development. Increasing resilience is an important task because it can provide experience for humans in facing life's challenges and difficulties^[12]

B. Factors that affect resilience

Research shows the results that middle-aged adults have more resilience than early adults. In early adulthood, social support was an important factor to build resilience, whereas in the middle adulthood, the ability to regulate emotions and solve problems well became influential predictors^[10]. Other factors that arise in increasing resilience are education level, gender and cultural background^[13] and some research shows that women have higher resilience than men^[14]

Banaag states that resilience is a process of interaction between individual factors and environmental factors. These individual factors function to resist self-destruction and conduct self-construction positively, while environmental factors function to protect individuals and "soften" the difficulties of individuals' life^[15]. Identifying resilience requires two conditions, which is the first is a

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significant threat to the individuals (*high risk*) or be stricken by adversity and chronic trauma and the second is the quality of adaptation or individual development is classified as good.

Meanwhile according to Grothberg (1995) there are 3 factors that influence individual resilience^[16]

- 1) *I am*, that is the power that comes from the individual itself. This factor is divided into several parts, namely pride in self-ability, self-love, altruistic empathy and independence
- 2) *I have*, where individual resilience is influenced by external factors, namely rules at home, role models, and relationships with other people.
- 3) *I can*, where individuals relate to one's social and interpersonal competencies such as establishing trustworthy relationships, communication skills, problem solving skills, and measuring temperament in both themselves and others.

C. Dimensions of Resilience

Wagnild and Young describe the dimensions of resilience into 5^[17] namely:

- 1) *Equanimity*
Balance of views about various experiences in life. Individuals who have equanimity understand when life is like a wheel, there is a time above and there are times when it is difficult.
- 2) *Perseverance*
Individuals who have perseverance will continue to advance even though they are experiencing difficulties or despair in facing problems, but still discipline to continue their struggle
- 3) *Self Reliant*
Self reliant is the ability to depend on themselves and recognize their strengths and limitations. People who have self reliant, then they are confident in their ability to solve various problems
- 4) *Meaningfulness*
The meaning of life believed to have goals and values. People who have meaningfulness will do various things based on goals and give meaningful value in their life.
- 5) *Existential aloneness*
Existential aloneness is the fact that everyone has a unique way of life. A person who has existential aloneness will feel unique and different from the others.

In addition to the above dimensions, resilience consists of several factors, Connor and Davidson stated that there are five factors that are found in resilience^[18], namely:

- 1) Personal competence
Someone who has resilience will identify a problem to be a challenge that must be resolved and has maximum confidence to find a way out of the problem
- 2) A person's trust in others and tolerance for negative impacts
Individuals will seek support from the closest person to help receive the impact of the problem and involve other people in solving the problem
- 3) Positive self-acceptance of change
When experiencing a problem or traumatic event, individuals will try to accept it patiently. After accepting the condition, the individual will have clearer goals or thoughts to get back up and be sure that everything can be controlled properly
- 4) Ability to control
Resilient individuals can control their emotions when facing the traumatic and stressful events that occur in their lives and are more realistic about the sense of control itself.
- 5) Spiritual
Individuals who are resilient or firm of having a high faith and belief and they are easier to get up and be able to adapt to difficulties.

D. Scale for measuring resilience

The scale to uncover resilience is divided into several, namely:

- 1) CD-RISC which was published by O'Connor & Davidson in 2003 which consisted of 25 items. The results of previous research confirm that the RS and CD-RISC appear to only assess the cognitive aspects of individuals by ignoring social / interpersonal factors from resilience.
- 2) CD-RISC that has been modified by Dong et al (2013)
Modified CD-RISC instruments can be useful in assessing the resistance of psychiatric patients because they manage diseases such as PTSD, depression, and anxiety. There are 2 items added and changed to 27 items^[13]
- 3) Social / interpersonal subscales from SPF
The SPF-24 social scale appears to assess the quality of social support and beliefs in social skills and does not measure the number of friends or frequency using social skills. Likewise, the scale of SPF-24 measures the level of one's confidence in

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achieving the highest goals in life. The SPF-24 allows people to identify the improvement field and allows the development of treatments or intervention plans and measures the possibility of someone is lacking of social support. This information can be used to help young people build social cohesion and increase social support in everyday life ^[19]

4) RS-25 & RS-14

One of the most widely used tools in resilience research is the Resilience Scale (RS) by Wagnild and Young (1993). RS is the first instrument developed to measure resilience and can be applied in various age groups, from adolescents to elderly. The first scale is a tool that aims to evaluate the level of individual resilience through five personal characteristics. Although there are many validation criteria, which are used for research of elderly in North America, Brazil, Argentina, Sweden, Japan and Spain, the RS-25 scale factor structure is not yet reliable and clear. This shows that further analysis is needed to create RS-14 ^[19]

5) RAS (*Resilience Appraisal Scale*)

The Resilience Appraisal Scale consists of three aspects, namely social support, emotional management skills and problem solving abilities ^[20]

E. *Interventions to increase resilience*

Letting go is one of the ways to increase resilience. Letting go is as a technique to bring back things that are not realized so they can be accessed. Corey uses the term letting go in terms of letting go of hurt and revenge, guilty, and self-destructive patterns such as thoughts, feelings and behaviors in order to have a calm soul^[22]. Therapy to increase resilience in Indonesia uses a number of Emotion Regulations training and *Dzikir*, these two therapies are not found in external researches which assume that spirituality does not contribute to the process of increasing resilience ^[23]

The research has focused on therapy to increase resilience in adults through the ability to enjoy positive experiences by doing activities to encourage anticipation of future events; and guidelines for strengthening relationships that trigger feelings of happiness. An article shows the relationship between happiness and resilience. In young adults, it is shown that interventions to increase happiness through optimism, gratitude, and positive emotions also have the potential to build resilience ^[14]

Positive emotions are a good mechanism for increasing welfare and allowing people to face more effective challenges. The intervention to increase the following resilience is *Reminiscence therapy*. This therapy tries to generate significant memories from the past by sharing experiences, information, and activities carried out. Looking back as a reaction to change and loss is a natural thing and can lead someone to reflect on their lives and reflect on their meaning. Memories can help elderly adults maintain a sense of integrity and control ^[24]

DISCUSSION

There is several research methods found in this literature review. First the experimental method, there are two journals that both use the experimental method by giving treatment in the form of *Dzikir* training and emotion regulation training to increase resilience. Both qualitative methods are used by two Indonesian journals in the hope that qualitative methods can dig deeper and understand an event holistically, while the experimental method is used to increase resilience in subjects who have passed stress or traumatic events^[25]. Research using female subjects was found in three journals, where it was proven that women had higher resilience than men.

While the definition of resilience both say to adapt or rise up after experiencing a traumatic event. Research on resilience can reduce the level of depression and it can form a good mental health. In the aspect of resilience factors, Asian culture has the same supporting factors to increase resilience, which is in the form of social support. Social support is obtained by individuals from family or close friends ^[21]

Resilience is also one of the ways to identify those who are at risk for depression after 12 months of experiencing a traumatic event ^[26]. Resilience is also found in individuals who are caregivers because it can reduce their burden and predict the results that indicate mental and physical health and quality of life in family members and create optimal family function ^[27]

The results of the study show that the closeness between family members, family communication and social support can increase family resilience ^[28]. Research conducted in China with elderly subjects said that besides the resilience, social support obtained from families such as from children and grandchildren can prevent the occurrence of depression in the elderly. The concept of resilience also contributes to the prevention of mental disorders because it provides immunity in the soul

In the aspect of scale equation, there are five journals that use the CD-RISC scale to measure the level of resilience in each individual. The CD-RISC consists of two versions, there are 25 items and 10 items, while the RAS scale created by Johnson & Johnson (2010) is used by two international journals. This scale consists of three sub-scales that reflect social support, emotional regulatory skills and problem solving skills ^[21]

The differences found regarding the views of this aspect reveal resilience; there are three aspects of each expert to uncover resilience. The first aspects of Wagnild and Young describe the dimensions of resilience into 5 dimensions, namely equanimity, perseverance, self reliant, meaningfulness, and existential aloneness^[17]. Meanwhile Grothberg stated that 3 aspects of resilience, namely I am, I

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have and I can. Another difference was found in terms of intervention^[16]. From those two aspects, the five aspects of Wagnild and Young are more effective and deeper to measure a person's level of resilience because they are more comprehensive and deeper. Interventions to increase resilience are very varied ranging from behavioral approaches and cognitive approaches. The behavioral approach for example is *Dzikir* training, emotional regulation training^[23], a training to calculate and write blessings on a journal entry^[14]. Cognitive approaches such as letting go in the sense of releasing hurt and revenge, guilty, and patterns of self-destructive patterns such as thoughts, feelings and behavior^[25]. Another intervention is reminiscence therapy, where people know what resources are available to deal with crisis situations, what strategies help them survive in the past, and what can help them overcome changes in life^[24]

CONCLUSION

Every adult individual must experience several events in his/her life. These events occur from pleasant to unpleasant events that cause trauma to individuals. Many researches have examined the concept of resilience. It is started from understanding, influencing factors, aspects, scale and finally the therapy to increase resilience.

The results of the literature review by the authors state that the definition of resilience is an individual's ability to rise up again, to face and be able to adapt to solve problems or trauma that occur in life. The factors that affect resilience consist of external and internal factors. The aspect found by the author is to measure resilience according to Wagnild & Young and according to Grothberg, but aspects according to Wagnild and Young can measure resilience comprehensively.

The scale for measuring resilience consists of CD-RISC, modified CD-RISC, RS, SPF and RAS that measure resilience in the elderly. Interventions conducted to increase resilience have two approaches, namely behavioral and cognitive approaches, such as letting go, reminiscence therapy, *Dzikir* training, emotional regulation training and a training to calculate and write blessings in a journal entry

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