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HASIL PENILAIAN SEJAWAT SEBIDANG ATAU PEER REVIEW
KARYA ILMIAH: JURNAL ILMIAH

Judul Jurnal Ilmiah (Artikel) : Perceptions of Family Hurdles Among Emerging Adults: A Preliminary Study About Resilience in The Indonesian Family

Penulis Jurnal Ilmiah : Annastasia Ediati, **Salma Salma**, Dian Veronika Sakti Kaloeti

Jumlah Penulis : 3 orang

Status Pengusul : Penulis pendamping

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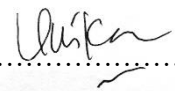
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dalam menghadapi masalah berat lainnya. Peranan sense of coherence dan self-efficacy yang dimiliki oleh emerging dalam mengatasi permasalahan keluarga menunjukkan bahwa emerging dewasa merupakan individu yang tangguh. Keluarga berperan dalam membantu orang dewasa yang baru muncul untuk menafsirkan secara positif, membangun kemandirian diri, dan mendorong pembentukan ketahanan dalam menghadapi kesulitan hidup.

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Semarang, 30 Mei 2021
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CAREER DECISION-MAKING ATTRIBUTION AND SELF EFFICACY: THE MODERATING ROLE OF EMOTIONAL INTELLIGENCE

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Abstract

It is known that gifted high-school students tend to have difficulty in choosing career due to their wide-range interests and capabilities. In order to successfully making an appropriate career choice, having a high level of career decision making self-efficacy (CDMSE) is an important precondition. CDMSE is the belief in one's ability to successfully complete the task necessary to make career-related decisions. Of several factors known to be affecting CDMSE, previous study has shown that career decision-making attribution (CDMA) could affect students CDMSE. However, the CDMA effect on CDMSE in gifted student is seemed to be related to personal trait of students, namely emotional intelligence (EI). Therefore, this study aims to examine the moderating role of EI on the impact of gifted high-school student CDMA on CDMSE. Subjects in this study were gifted high school students (N = 165; 52.12% males; M-age = 16.20 years old) in Jakarta. The measurement tools used are CDMSE Scale Short-Form, Assessment of Attribution for Career Decision Making, and Trait Emotional Intelligence Questionnaire Short-Form (TEIQue-SF) adapted into Indonesian language. The data were analyzed using simple regression analysis with Hayes PROCESS model. It was found that there is a direct effect of CDMA on CDMSE with ($F(1,163) = 10.6661, p = .0033 < .001$), in which CDMA serves as a predictor of CDMSE. We also found that EI can serve as a predictor of CDMSE ($F(1,163) = 10.6661, p = .0007 < .001$). However, EI did not moderate the CDMA-CDMSE relation. Discussion, limitations, and suggestions for further research are listed.

Keywords: career decision-making attribution; career decision making self-efficacy; emotional intelligence

Abstrak

Siswa berbakat di jenjang sekolah menengah atas (SMA) cenderung mengalami kesulitan dalam memilih karier karena beragamnya minat dan kemampuan yang dimiliki. Agar dapat berhasil membuat pilihan karier yang tepat, adanya efikasi diri yang tinggi untuk membuat keputusan karier (CDMSE) menjadi penting. CDMSE adalah keyakinan diri seseorang untuk berhasil menuntaskan tugas yang diperlukan terkait pembuatan keputusan karier. Dari beberapa faktor yang mempengaruhi CDMSE, penelitian sebelumnya menunjukkan bahwa atribusi atas pengambilan keputusan karier (CDMA) dapat mempengaruhi CDMSE siswa. Namun, efek CDMA pada CDMSE, khususnya pada siswa berbakat berkelindan dengan karakteristik pribadi siswa berupa kecerdasan emosi. Oleh sebab itu, penelitian ini bertujuan untuk menguji efek moderasi dari kecerdasan emosi dalam hubungan antara CDMA dan CDMSE pada siswa SMA berbakat. Penelitian dilakukan pada siswa SMA berbakat (N = 165; 52.12% laki-laki; M-usia = 16.20 tahun) di Jakarta dengan alat ukur berupa skala CDMSE *short-form*, skala *Assessment of Attribution for Career Decision Making*, dan skala *Trait Emotional Intelligence Questionnaire Short-Form* (TEIQue-SF) yang diadaptasi ke Bahasa Indonesia. Analisis data dengan teknik sederhana regresi menggunakan model PROSES Hayes menunjukkan bahwa terdapat efek langsung CDMA terhadap CDMSE ($F(1,163) = 10,6661, p = 0,0033 < 0,001$), di mana CDMA berfungsi sebagai prediktor dari CDMSE. Kecerdasan emosi juga berfungsi sebagai prediktor CDMSE ($F(1,163) = 10,6661, p = 0,0007, < 0,001$ tetapi tidak memoderasi hubungan antara CDMA dan CDMSE. Diskusi, limitasi, dan saran penelitian terlampir.

Kata kunci: *career decision-making attribution; career decision making self-efficacy; emotional intelligence*

INTRODUCTION

Adolescence is an important period for individual to start building their future career.

It is known as one of several major developmental tasks to be met by individual before they are grown into an adult (Santrock, 2014). In building a career, the

WORKPLACE SPIRITUALITY AND WORK ENGAGEMENT AMONG HIGH SCHOOL TEACHERS IN BANDA ACEH

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Abstract

Work engagement is vivacious for teachers to improve and maintain the quality of education. One of the factors that can improve work engagement is workplace spirituality. The study aimed to determine the relationship between workplace spirituality and work engagement of High School teachers. This study used a quantitative method with a cluster random sampling technique and the sample size was based on Isaac and Michael table with a 5% error level with 120 participants who work as civil servant High School teachers in Banda Aceh. The scales used in this study are an adaptation of Workplace Spirituality Scale developed by Milliman, Czaplewski, and Ferguson and adaptation of Utrecht Work Engagement Scale (UWES) by Schaufeli, Salanova, Gonzalez-Roma, and Bakker. The result of data analysis using the Pearson Product-Moment Correlation test showed a correlation coefficient of .397 with $p\text{-value} = .000$ ($p < .05$). The hypothesis was confirmed so it can be concluded that there was a significant positive correlation between workplace spirituality and work engagement of High School teachers. It means the higher the workplace spirituality of teachers, the higher the work engagement of teacher will be and vice versa. The results showed that the majority of workplace spirituality and work engagement of High School teachers in Banda Aceh classified into “high” category.

Keywords: workplace spirituality; work engagement; High School teachers

Abstrak

Work engagement adalah hal yang penting bagi guru untuk meningkatkan dan mempertahankan kualitas pendidikan. *Workplace spirituality* merupakan salah satu variabel yang dapat meningkatkan *workengagement*. Penelitian ini bertujuan untuk mengetahui hubungan antara *workplace spirituality* dengan *work engagement* pada guru SMA. Penelitian ini menggunakan metode kuantitatif dengan teknik pengambilan sampel *cluster random sampling* dan jumlah sampelnya berpedoman pada tabel Isaac dan Michael dengan taraf kesalahan 5% dengan jumlah 120 subjek yang berprofesi sebagai guru PNS di SMA Banda Aceh. Alat ukur yang digunakan dalam penelitian ini adalah adaptasi Skala *Workplace Spirituality* yang disusun dan dikembangkan oleh Milliman, Czaplewski dan Ferguson dan Skala adaptasi *Utrecht Work Engagement Scale* (UWES) yang disusun oleh Schaufeli, Salanova, Gonzalez-Roma, dan Bakker. Hasil analisa data menggunakan *Pearson Product-Moment Correlation* menunjukkan koefisien korelasi (r) sebesar 0,397 dengan nilai $p = 0,000$ ($p < 0,05$). Hipotesis yang diajukan diterima sehingga dapat disimpulkan bahwa terdapat hubungan positif dan signifikan antara *workplace spirituality* dan *work engagement* pada guru SMA Banda Aceh. Hal ini menunjukkan semakin tinggi *workplace spirituality* maka semakin tinggi *work engagement* guru SMA Banda Aceh. Hasil penelitian juga menunjukkan bahwa mayoritas tingkat *workplace spirituality* dan *work engagement* pada guru SMA Banda Aceh tergolong dalam kategori tinggi.

Kata Kunci: *workplace spirituality*; *work engagement*; guru SMA Banda Aceh

INTRODUCTION

Indonesia is the fourth country with the most population in the world (detik.com, 2014). Therefore, good quality human resources are fundamental (Saharuddin & Budiman, 2014).

One way to improve quality is through education and it's essential like the teacher (Man & Hadi, 2013). Ramayulis (2013) expresses that the teacher is an individual who is responsible for guiding students to become human beings who humanize

THE ROLE OF SELF-CONCEPT AND HEALTH LOCUS OF CONTROL ON QUALITY OF LIFE AMONG INDIVIDUALS WITH DIABETES

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Abstract

Quality of life is an elemental factor for individuals with diabetes to improve health and reduce the risk of complications. Diabetics need to maintain their behavior to control blood sugar. With a locus of control and good self-concept, they will be able to improve their quality of life. The purpose of this study is to examine the role of self-concept and health locus of control on the quality of life among individuals with diabetes. This study used a quantitative approach involving 157 diabetics Jabodetabek. Nonprobability sampling technique, precisely the purposive sampling technique, was used to select the study sample. In collecting the data, three instruments were administered which consisted of a World Health Organization Quality of Life (WHOQOL-BREF) instrument with 26 items ($\alpha = .92$), Revised Generalized Health-Related Self Concept Scale (RGHRSCS) with 25 items ($\alpha = .76$), and Diabetes Locus of Control Scale (DLOCS) with 18 items (mean $\alpha = .71$). The multiple regression analysis applied to answer the research questions. The findings of this study indicate that there was a significant effect of self-concept and locus of health control on the quality of life of people with diabetes. Based on the minor hypothesis test, there were five significant variables, namely disposition of health protector ($b=.433$, $p<.001$), motivation to maintain health ($b=.176$, $p=.007$), extrinsic motivation avoidance ($b=-.141$, $p=.033$), internality ($b=.289$, $p<.001$), and other strong externalities ($b=.105$, $p=.017$), whereas the other three variables are not significant, specifically vulnerability, health-risky habits, and chance externality.

Keywords: quality of life; self-concept; health locus of control; diabetes

Abstrak

Kualitas hidup merupakan salah satu faktor penting bagi penyandang diabetes untuk meningkatkan kesehatan. Menjaga perilaku agar senantiasa dapat mengontrol gula darah merupakan hal penting untuk penyandang diabetes. Penelitian sebelumnya menunjukkan bahwa konsep diri dan lokus kontrol kesehatan merupakan faktor penting untuk meningkatkan kualitas hidup seseorang. Meskipun demikian, sedikit sekali penelitian yang menganalisis variabel konsep diri dan lokus kontrol kesehatan dengan penyandang penyakit diabetes. Penelitian ini bertujuan menguji pengaruh konsep diri dan lokus kontrol kesehatan terhadap kualitas hidup penyandang diabetes. Penelitian ini menggunakan pendekatan kuantitatif dengan melibatkan 157 penyandang diabetes yang ada di Jabodetabek. Pengambilan sampel dilakukan menggunakan *non probability sampling technique*. Alat ukur yang digunakan adalah *World Health Organization Quality of Life (WHOQOL-BREF)*, *Revised Generalized Health Related Self Concept Scale (RGHRSCS)*, dan *Diabetes Locus of Control Scale (DLOCS)*. Teknik analisis data yang digunakan untuk menjawab pertanyaan penelitian adalah analisis regresi berganda. Hasil uji hipotesis mayor menunjukkan konsep diri dan lokus kontrol kesehatan berpengaruh secara signifikan terhadap kualitas hidup penyandang diabetes. Berdasarkan uji hipotesis minor, terdapat lima variabel yang signifikan, yaitu disposisi pelindung kesehatan, motivasi menjaga kesehatan, motivasi ekstrinsik penghindaran, internalitas dan eksternalitas kuat lainnya, sedangkan tiga variabel lainnya tidak signifikan, yaitu variabel kerentanan, kebiasaan berisiko kesehatan, dan peluang eksternalitas.

Kata kunci: kualitas hidup; konsep diri; lokus kontrol kesehatan; diabetes

THE EFFECT OF ANGER MANAGEMENT TRAINING TOWARD AGGRESSIVE BEHAVIOR IN ADOLESCENTS

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Abstract

The purpose of this study is to examine the effect of anger management training on adolescent aggressive behavior. This study uses a quasi-experimental method, with one group pretest-posttest design. The treatment is only given to one group. The population of this study are 15 male neglected and street adolescences. The subjects of this study were six male adolescences ($M_{age}=14$ years old, $SD=.75$), with highly aggressive behavior. Aggression behavior is measured using the CBCL (Child Behavior Checklist). The adolescence who have scores above the threshold line are then involved in this study. Data were collected before and after the intervention using the Aggression Questionnaire (AQ) (29 items, $\alpha = .917$). As a treatment, a nine-session of anger management training was conducted. The data were analyzed with the wilcoxon signed-rank test, and the result shows that there is a significant difference knowledge ($p = .028$, $p < .05$) and aggressive behavior ($p = .028$, $p < .05$) before and after training. It can be concluded that anger management training can be considered as a good program in increasing knowledge about aggression and procedure in reducing aggressive behavior.

Keywords: aggression; anger; anger management; adolescence

Abstrak

Tujuan dari penelitian ini adalah untuk menguji pengaruh *anger management training* terhadap perilaku agresi remaja. Penelitian ini menggunakan metode eksperimen quasi yakni *one group pretest-posttest* dimana hanya terdapat satu kelompok yang akan diberikan intervensi. Populasi penelitian ini adalah 15 remaja laki-laki yang terdiri dari anak terlantar dan juga anak jalanan. Partisipan penelitian merupakan enam remaja laki-laki ($M_{usia} = 14$ tahun, $SD = 0,75$) yang memiliki perilaku agresi berada di atas garis ambang berdasar alat ukur CBCL (*Child Behavior Checklist*). Pengumpulan data sebelum dan sesudah intervensi menggunakan Aggression Questionnaire (AQ) (29 jumlah item, $\alpha = 0,917$). Intervensi yang diberikan adalah sembilan sesi *anger management training*. Berdasar hasil analisis data yang diuji melalui *wilcoxon signed rank test*, diketahui bahwa terdapat perbedaan yang signifikan antara pengetahuan partisipan penelitian mengenai agresi ($p = 0,028$, $p < 0,05$) dan perilaku agresi ($p = 0,028$, $p < 0,05$) sebelum dan setelah dilakukannya intervensi. Hal ini dapat disimpulkan bahwa *anger management training* dapat dianggap sebagai program yang efektif dalam meningkatkan pengetahuan mengenai agresi serta menurunkan perilaku agresi.

Kata kunci: agresi; marah; manajemen kemarahan; remaja

INTRODUCTION

Anger is an emotion, most often felt by individuals (Bhave & Saini, 2009; Williams, 2011). Anger emerge to respond to the threats, that threatening something consequential and special for individuals and can help individuals protect themselves from danger (Reis-Dennis, 2018). Anger is a consequence of various factors, internal and

external factors, such as: biological, psychological, and social. The internal factors include personality types, lack of problem-solving skills, tension, anxiety, depression, and the presence of unpleasant experiences. The external factors are environmental factors (such as traffic jams, barking dogs, loud noises), peer and media

Perceptions of Family Hurdles Among Emerging Adults: A Preliminary Study About Resilience in The Indonesian Family

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PERCEPTIONS OF FAMILY HURDLES AMONG EMERGING ADULTS: A PRELIMINARY STUDY ABOUT RESILIENCE IN THE INDONESIAN FAMILY

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Abstract

Family resilience is an essential skill for family members to deal with problems in their families. It is a condition in which a family able to adapt and successfully cope with stress, either now or in the future. Emerging adults are faced with a number of development tasks that focus on career development, independence, and building a family. The study aims to explore to what extent emerging adults in Indonesia interpret the problems in their families and describe their self-efficacies in dealing with these problems. The study participants comprised 1,010 emerging adults (aged 18-25 years old) who studied at various universities in Indonesia. They were approached using a snowball sampling technique. An indigenous psychology approach was used in the study and data were analyzed qualitatively. The results of data analysis showed that emerging adults in Indonesia positively interpreted the problems in their families. In addition, the majority of participants indicated of having self-efficacy towards problem-solving. We applied the sense of coherence concept to explain positive meanings and self-efficacy that have a positive impact on emerging adults in developing into resilient individuals in responding to the challenges of developmental tasks in the transition to adulthood.

Keywords: self-efficacy; emerging adult; positive meaning; family resilience; a sense of coherence

Abstrak

Resiliensi keluarga merupakan kemampuan esensial yang dibutuhkan untuk dapat menghadapi masalah yang dialami secara kolektif oleh setiap anggota keluarga. Resiliensi keluarga adalah suatu kondisi di mana keluarga mampu beradaptasi dan berhasil melalui stres, baik di saat sekarang maupun waktu-waktu berikutnya. *Emerging adults* dihadapkan pada sejumlah tugas perkembangan yang berfokus pada perkembangan karier, kemandirian, dan membangun keluarga baru. Penelitian ini bertujuan untuk mengeksplorasi bagaimana *emerging adults* di Indonesia memaknai permasalahan yang dihadapi di dalam keluarga serta efikasi diri mereka dalam menghadapi masalah tersebut. Partisipan penelitian ini terdiri dari 1.010 *emerging adults* (usia 18-25 tahun) yang menempuh studi di berbagai universitas di Indonesia dengan menggunakan teknik *snowball sampling*. Pendekatan psikologi ulayat digunakan dalam penelitian ini dan data dianalisis secara kualitatif. Hasil analisis data menunjukkan bahwa *emerging adults* di Indonesia mampu memaknai secara positif masalah yang dihadapi. Hal ini juga didukung oleh efikasi diri terhadap pemecahan masalah yang ditunjukkan oleh sebagian besar partisipan. Konsep *sense of coherence* diterapkan untuk menjelaskan pemaknaan positif serta efikasi diri yang berdampak positif bagi *emerging adults* dalam berkembang menjadi individu yang resilien dalam menjawab tantangan tugas perkembangan di masa transisi menuju dewasa.

Kata kunci: efikasi diri; *emerging adults*; pemaknaan positif; resiliensi keluarga; *sense of coherence*

INTRODUCTION

Family plays an important role in developing the mental health of its members. Family is the first environment, in which children are introduced, socialized, and has an important influence on children's development. Through family, children learn

to respond to others and know themselves. Biological and psychological attachments lead the families to interplay their mental health significantly (Ennis & Bunting, 2013).

A number of studies suggest, that conflicts between family members, such as divorce,

sibling rivalry, domestic violence have deleterious impact on various health issues, as well as psychological distress, depression, anxiety, and even a number of maladaptive behaviors, such as aggressiveness in children and adolescents or infidelity of husband or wife (Kolak, Wade, & Ross, 2018; Myklestad, Røysamb, & Tambs, 2012; Ryan, O'Farrelly, & Ramchandani, 2017; D'Onofrio, Emery, 2019). On the other hand, a number of studies have revealed that the role of the family has a positive impact on the mental health of family members (Chacko et al., 2009; Gyamfi et al., 2009; Hoagwood et al., 2010). Further, this model is found progressively more grounded in families living amidst collectivist societies, including Indonesia (Du, Li, Lin, & Tam, 2015; Fitriyasari, Yusuf, Nursalam, Tristiana, & Nihayati, 2018).

In each developmental phase, an individual has to deal with tasks and crises, also when someone enters a developmental period, the age varies of 18-25 years. It is known as the stage of emerging adulthood. This phase is the stage of transition from adolescence to adulthood (Arnett in Papalia, Olds & Feldman, 2009). The development tasks commonly include (1) identity exploration; (2) instability; (3) self-focus; (4) feeling in between two phases, adolescents and adults; and (5) trying out various opportunities (ages of possibilities). In addition, the emerging adult confronts a number of other psychological problems, such as the emergence of anxiety and other negative emotions towards careers and life partners, maladaptive behavioral disorders such as drinking alcohol or narcotics (Merikangas et al., 2010). Michaud and Fombonne (2005) found that there were three factors that triggered the crisis in the era of emerging adulthood, namely: (1) increase of pressure on education and occupation, because of lack in education and jobs availability; (2) increase unemployment number; and (3) social changes, include weakened function and role of the family. It can be concluded,

that in early adulthood, individuals or emerging adults are facing more complex developmental problems and tasks than in adolescence. Therefore, in order to be able to get through the tasks and crises, the emerging adults urgently need the family role.

The role of the family is crucial for emerging adults in growing into an individual adult. Several studies have found that the development from the child to adolescents and adults phase is strongly influenced by the internalization of the values, instilled by families and communities. Families play a role in restructuring emotions and cognition so that emerging adults able to strategically cope, overcome, and master the problems (Luthar, 2006; Ungar, 2013). Resilience is a capacity of a system (individual, family, or other systems) to well adapt to the challenges or difficulties, that are threatening the function, survival, and development of the system (Masten, 2018). Family resilience is a condition in which a family is able to adapt and succeed in coping stresses, in the present and subsequent times (Hawley & DeHaan, Kalil, 2003). Resilience is formed from the interaction between risk factors and protective factors (Kalil, 2003). Risk factors can potentially cause difficulties. Protective factors are strengthening the individual or family in confronting difficulties. The family adopted belief system, family organization patterns and communication process/ problem solving are suggested as supporting factors for the family resilience (Walsh, 2003). Nevertheless, in reality, there are problems, occurring in the family, like a dysfunctional family, which results in a lack of emotional support, and has an impact on child maladaptive behavior or criminality hereafter (Gonzalez-Gadea et al., 2014). Furthermore, poor relationships with mothers and fathers, lack of parental support for emerging adults in overcoming problems, a cold family atmosphere, have an impact on the poor mental health of

emerging adults (O'Rourke, Halpern, & Vaysman, 2018). These components can cause less help for the process of family strength.

The occurring problems in the family are perceived differently by each family member. A problem perceived by one family member is not necessarily a problem for other members. One family member could perceive an incident as a tough problem to deal with, while another member may assume that the incidents are an ordinary problem. Furthermore, families with the ability to survive in facing difficult situations will form collective resilience as well. Family resilience has a positive impact on each family member, in dealing with the experienced stressors. Resilient families show supports gives, and reciprocate among the members. So the family integrity and harmony can be maintained (Valdez, Chavez, & Woulfe, 2012). Diversity in perceiving problems among family members is the background to implement this research. This research focuses on the emerging adults in perceiving problems, confronted by the family. Some problems are also necessary for resilience building (Walsh, 2003).

Rising grown-ups are stood up to with various formative errands, that emphasis on vocation autonomy and building another family. Then again, the preparation of rising grown-ups in completing undertakings is as yet a different issue. Wood et al. (2018) found that a lack of confidence in undergoing developmental tasks properly would lead to failure in passing through the developmental tasks expected by the community. Furthermore, the value inculcation in the family contributes significantly to the ability to emerge adults to respond to the development task (Luecken & Gress, 2010). Therefore, this study explores the meaning of family hurdles in emerging adults' point of view, and their self-efficacy in perceived the ability of their family to solve the problems. For

Indonesian, family plays an important role in building the mental health of its members. The adversity faced by family and problem solving specifically applied by Indonesian families need to be a particular concern for the psychological science in Indonesia. This study is a preliminary study, to get a picture of family resilience based on Indonesian emerging adult perspective.

METHOD

Research approach

This exploration utilizes a grounded hypothesis with a constructivist approach, a methodology intends to increase a ground hypothesis and dynamic pattern, concentrating on accentuation on the importance of the participant's answers (Charmaz in Creswell, 2012).

Participants

1,010 participants were involved in this research. Participants' recruitment is conducted with a snowball sampling method. Participants are students of 80 universities in Indonesia, aged 18-25 years old ($M = 19.3 \pm 1.3$ years; 23% male and 77% female). Table 1 contains the demographic data of the participants.

Data Collection

The indigenous psychological approach was used in this study to get a contextual picture of understanding the problem faced by the family, in emerging adults in Indonesia. An open-ended questionnaire was compiled based on the concept of the resilience of Walsh (2003) and distributed through Google form. The questions were: (1) "What difficulties are you / have faced in your family?" (2) "What did you learn from the difficulty?" (3) "Are you sure that the difficulty will be overcome? Explain your answer!"

Data analysis

In this study, the data were analyzed qualitatively, by searching each keyword from the participants' answers and tabulating

the keywords into quantitative data (Kim & Park, 2008).

RESULTS AND DISCUSSION

Characteristics of Participant

The demographic analysis data includes ethnic background, family income, parent's marital status and years of study, as can be seen in Table 1. In general, the majority (62.97%) of participants were Javanese. Ethnicities from outside Java also participated, namely, Batak and Minang ethnic. 43.17% of total participants had a family income below IDR 2,500,000, or almost equivalent to the regional minimum wage of Central Java. Most participants (82.7%) have parents in a marriage relationship. The proportion of participants according to years of study is relatively balanced in number.

Table 1.

Characteristics of Participants (N= 1,010)

Characteristics	f	%
Ethnicities		
Javanese	636	62,97
Bataknese	65	6,44
Sudanese	64	6,34
Minangnese	47	4,65
Others	198	19,60
Family income (Rupiah)		
1,000,000	136	13,47
1,000,000 - 2,500,000	300	29,70
2,500,000 – 5,000,000	284	28,12
5,000,000	290	28,71
Parental marital status		
Married	835	82,67
Divorced	76	7,52
Death of spouse	99	9,80
Years of study		
First	262	25,94
Second	248	24,55
Third	227	22,48
Fourth	207	20,50
Fifth and so forth	66	6,53

Family's Hurdles

This study found that the most problems faced by participant's families are family financial problems, particularly education costs, debt, the problem in the business of their parents or family bankrupt, parents' retirement, and parental job loss. Relationship issues among relatives are additionally looked by numerous participants, likewise misalignment throughout everyday life (philosophy) among relatives, parent-child conflict, marital conflict, long-distance marriage, separate, divorce, single parent, parental remarriage and adjustment of a new family member. Most health problems, found in the participant's family are accidents of family members, suffering from chronic illness, and terminal illness. Some problems relate to factors outside the nuclear family, include problems with extended families, neighbors, communities, law enforcement agencies (crime and imprisonment), and natural factors (natural disasters). In addition, the death of family members (parents, siblings), was also mentioned as a family problem. Furthermore, problems experienced by participants' families can be seen in Table 2 below.

Table 2.

Family's Hurdles

Categories	f	%
Financial problem	491	73,07
The interpersonal problem in the family	213	31,70
Health problem	76	11,31
Problem related to people outside the nuclear family	64	9,52
Death of a family member	14	2,08

Meaning of the Problem

In most cases, participants perceived the problem internally and externally. Internally, 37.42% of participants interpreted the problem as an approach to construct a more mature cognitive process. These are the statements, conveyed by participants:

Participants 1 (P1) and Participant 16 (P16)
"Everyone has their problems, although many people are better at financial, maybe they have tougher problems, without me knowing it." (P1)

"No matter how good the family conditions are, they have challenges/ temptation, which can unexpectedly happen" (P16)

26.53% of participants thought that the problems they faced could foster their spirituality (P32 and P87), 20.97% of participants considered the problems as valuable lessons for making better decisions in the future (P114 and P121). Externally, 15.07% of participants interpreted the problems as a way to strengthen the relationships among the family members (P55 and (P113).

"I learned about the meaning of gratitude, being thankful for all the difficulties I found up in my age, I'm sure God never left His children, learn to be independent, more independent than my peers, learn to be responsible, learn to be more mature in facing the problem, learn to rise in any circumstances." (p32)

"Can always be grateful to God, because with gratitude to God, everything is fulfilled (by God) and everyone has their own fortune" (P87)

"Choosing the right life partner with the same vision, pious and cooperate to build a good family. Bad or good of the family depends on its members." (P114)

"What my parents gave me as an example are learn to keep on believing, that fortune has been arranged by God, live in simplicity, no matter how difficult (the finance) is, do not owe. In the future, I want to run a business, so I can get additional income and able to share it with people in need." (P121)

"Families are a team, every member has to trust each other, take care of each other and tolerance for each other. If there is a problem then solve the core problem, sit down and discuss it together. No matter how big and difficult the problems are, (family/its members) has to fix it. Forgiveness and (give) second chance are important." (P55)

"Pay more attention to mom. Because in the past I tend to pay less attention, care (to mother). Now, I more often listen to mom, when she needs something to share or complain." (P113)

Self-efficacy in Accomplished the Family's Hurdles

Most (79%) of participants believe, they are able to solve the problems. On the other hand, only 5% of participants thought that the problems are difficult to be overcome (P21), and the rest (16%) were neutral. Several factors, affecting beliefs, originate from outside (external) and inside (internal) the participants. Around 75 % (P105) of participants' affirmed that external factors such as supports from each family member are able to increase their positive thought toward the problems. About 25% of participants believe in the importance of financial stability, even though the problems always exist (P94). Internal factors include cognitive reframing and active coping. Approximately, 77% (P81) of participants undertake the cognitive reframing. They change their point of view of a problem, into a more positive view. Furthermore, 23% (P23) of participants tried to identify and solve the problems.

"Mom and Dad are 64 years old, it's too late to improve (fix the problem). Moreover, it is difficult for both, them, to accept the past and endure each other's mistakes" (P21)

"Our family (member) is supporting each other and understand the condition, happening at the time" (P105)

"So far it (problem) can still be overcome, although have to borrow some (money) from other people first" (P94)

"Based on my family experience, (we just faced) only ordinary difficulties, which also faced by many other families. But there is always a possibility, that unexpected thing will happen, either it will worsen or alleviate the problem." (P81)

"My brothers and I are hard workers. We want to succeed in overcoming our family's economic difficulties and make our parents happy" (P23).

¹⁵ This study aims to identify the meaning of family hurdles in emerging adult's points of view and their self-efficacy toward their family issues in which we believed will give the family resilience picture. A number of unique problems in the family were found in this study. Most of the emerging adults, involved in this study (73.07%), consider that financial problems are the most challenging problem, faced by the family. However, only 43.17% of participants have an income equivalent to or lower as the regional minimum wage. This indicates, that family income does not necessarily predict the occurred financial problems. In line with this finding, a number of studies have found that perceptions of financial difficulties are significantly positively correlated with the level of psychological distress in emerging adults (Dunn et al., 2008; Richardson, Elliot, Roberts, & Jansen, 2017).

This study found that emerging adults in Indonesia are able to develop positive meanings through their family's adversity. Ryff (2014) argues that positive meaning has implications for self-efficacy in dealing with problems. In line with this, the majority (75%) of participants in this study expressed confidence in the family's ability to solve the problems. Furthermore, Valdez, Lim, and Parker (2015) suggest that positive meaning and self-efficacy determine the ability to deal with crises in youth. Ryff and Singer

(2006) found that positive meanings encourage individuals to be responsible for unraveling (active coping), and not just avoiding the problem (flight coping).

In particular, Walsh (2003) discusses the sense of coherence to describe positive meanings and its implications for families' efficacy and active coping in dealing with the problems. A sense of coherence is defined as characterized to what degree, an individual can decipher his capacity positively and confidently to deal with the problems, wherein the ability involves mental processes, both, personally and environmentally support (Eriksson, 2005). The role of sense of coherence in this study is indicated through positive meanings carried out by emerging adults both internally and externally, so it built the high self-adequacy, that empower them to solve the problems. This result is in line with the research result conducted by Konaszewski, Kolemba, and Niesiołędzka (2019). Research recommends that sense of coherence and self-efficacy correlate with the problem and emotional-oriented coping stress, whereas the low sense of coherence and self-efficacy are associated with avoidance coping stress.

Furthermore, this study found that emerging adults construe problems internally and externally. The first internal meaning is to build thought processes, and in that process, participants try to focus more on the positive rather than negative consequences of the difficulty. Moreover, Streb, Haller, and Michael (2014) found that the sense of coherence is associated with resilience. The presence of a sense of coherence helps individuals to wave facing problems, reestablish better social and psychological functions, and even offer ascent to posttraumatic growth in individuals, experienced trauma (Ragger, Hiebler-Ragger, Herzog, Kapfhammer, & Unterrainer, 2019; Veronese & Pepe, 2014).

Several kinds of literature expose that the role of the family is an essential factor for emerging adults to respond positively to the challenges. The essential family roles among others are socioeconomic conditions, parental support in various viewpoints in children's lives, the culture that develops in the family, norms that are explicitly applied in the family, and parenting styles (Fingerman, 2017; Roest, Dubas, & Gerris, 2009). Especially, in the 21st century, time for technology and social media develop rapidly, the role of the family in encouraging children to be adaptive becomes critical. Parental guidance surely has a greater impact on the process of children's socialization in the real world (Arnett, 2015). Cross-cultural research about emerging adults, conducted in Turkey and the United States found that culture influences differences in points of view and life of emerging adults in each country. The emerging adult in the United States, living with individualistic culture, growing in megapolitan cities shows more independence, compared to emerging adults in Turkish culture. Socioeconomic differences and strong pronounce of religious and cultural values in Turkey lead to the necessity of higher social support and tendencies to continually depend on extended family. In addition, in Turkey, the role of the original family is still strongly existing, after emerging adults decide to get married. On the contrary, this does not happen in the United States. The independence, that needs to be achieved by emerging adults in the United States before they decide to get married, is suspected to be a factor in postponing marriage (Aycicegi-Dinn & Kagitcibasi, 2010). In Indonesia, the role of families in encouraging emerging adults to be mature in facing life challenges is very crucial. Indonesia is a collectivist country with strong emphasized cultural values. A study conducted on adolescents, who grew up in ex-localization in Indonesia, emphasize the needs of family role in externalizing bad values, resulted from localization, and internalize good values,

replacing the bad values, and think about responding the developmental task challenges (Hasanah, Susanti, & Panjaitan, 2019).

Moreover, the findings of this study have several limitations, to be exact: (1) this study uses online data collection methods. Participants who are less technologically literate or do not have access to social media or the internet, could not be involved or participate in this study. So the description of their family problems are still unable to be explored; (2) the majority of participants are Javanese female. It is still less exactly known, how male participants view problems in their families. Less male participation in this study shows probably an ignorance attitude or thought of taboo to share information about family problems. The reason for this less male participation needs to be examined in further study. Future studies are expected to involve more participants from various non-Javanese ethnic groups, inter-ethnic families, and examine family problems based on different stages of the family cycle.

CONCLUSION

The results of this study showed that the majority of emerging adults have positive meanings about their family hurdles. It followed by self-efficacy toward the problems. Also, it can be concluded that emerging adults have a sense of coherence. The crisis experienced by an emerging adult can be interpreted as something positive, that can be used as a booster in dealing with other severe problems. The role of sense of coherence and self-efficacy, owned by emerging in overcoming their families' problems indicates that emerging adults are resilient individuals. The families play roles in helping emerging adults to interpret positively, built self-efficacy, and encourage the establishment of resilience in facing life difficulties.

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