

Optimism and Resilience of Indonesian Society During Pandemic Covid-19

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ABSTRACT

The number of positive cases of COVID-19 in Indonesia has increased significantly from day to day. Changes in the situation due to a pandemic must be balanced with special efforts to keep people healthy both physically and mentally. Resilience is the individual's capacity to respond healthily and productively when faced with adversity or trauma, which is needed to manage the stresses of everyday life. Optimism is an important aspect in helping to develop resilience towards individuals. The purpose of this study is to provide an overview of the relationship between optimism and the resilience of Indonesian society during the COVID-19 pandemic. This research uses a descriptive quantitative method. The number of participants in this study were 117 people (N = 117) who were selected using convenience sampling technique. Data collection in this study was conducted online using google form. This research uses an optimism scale which is compiled by referring to the aspects of Seligman's (2001) theory, namely the aspects of permanence, pervasiveness, and aspects of personalization. and using The Connor Davidson Resilience Scale (CD-RISC) to measure resilience. The results showed that optimism was significantly associated with resilience ($r = 0.440$, $p = 0.000$). These results indicate that optimism has a role in developing resilience during the COVID-19 pandemic. This optimistic attitude encourages people to carry out activities by following health protocols, so that people can manage their daily stresses and be productive. The suggestion from this research is that the results of this study can be used as a basis for providing further interventions, especially for people affected by COVID-19.

Keywords: Optimism; resilience; pandemic COVID-19

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INTRODUCTION

Today, the world's citizens are experiencing non-natural disasters that cause panic and pressure, this is caused by the spread of a virus known as Corona Virus Disease 19 (COVID 19). The virus that made the world panic first appeared in Wuhan China at the end of 2019. To date, more than 200 countries have been confirmed affected by the spread of the virus. The World Health Organization (WHO) has designated COVID-19 as a pandemic because of its very alarming level of spread and severity. The epidemic that has spread to many people in various countries is significant and continues to grow so that many countries are overwhelmed in dealing with the pandemic that has occurred.

The COVID-19 pandemic that occurred in Indonesia caused the government to implement a Large-Scale Social Restriction (PSBB) policy in several areas. This policy changed the socio-economic activities of the community, such as limited transportation, shopping centers, recreation and

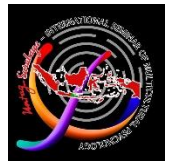
entertainment venues. This situation has a broad impact on the socio-economic conditions of the community, including job security and a decrease in workers' income. In its early phase the International Labor Organization (ILO) estimated that around 25 million jobs worldwide could be lost due to the COVID-19 pandemic (ILO, 2020a). Furthermore, in the second quarter of 2020 the ILO predicts the working hours of all workers will decrease by 10.5 percent or the equivalent of 305 million full-time workers assuming full-time working hours is 48 hours per week (ILO, 2020c)

The results of research conducted by the LIPI Population Research Center together with the Demographic Institute of the University of Indonesia (LD-UI) and the Research and Development Agency of the Ministry of Manpower showed a wave of layoffs (PHK) and a decrease in labor / employee / employee income during the PSBB period in Indonesia. The percentage of workers / employees / employees layoffs in Indonesia at the end of April 2020 was 15.6 percent, consisting of 1.8 percent layoffs with severance pay and 13.8 percent layoffs without severance pay. (LIPI, LD-UI & BPPKK. 2020)

The percentage is almost equal between male and female workers dismissed victims, namely 16.7 percent and 14.2 percent, respectively. The percentage of workforce layoffs due to COVID-19 from the results of this study appears to be higher than the ILO prediction, namely 10.5 percent in the second quarter of 2020. However, the layoff rate is almost the same as the rate of layoffs in the United States which in July 2020 was 14.7 percent (Ziv, 2020). Even Cox (2020) predicts unemployment in the United States will reach 32.1 percent as a result of COVID-19. The magnitude of the influence of COVID-19 is explained by Ozili (2020) that the sudden economic disruption caused by COVID-19 is not only damaging but also has an excess impact because it creates demand and supply shocks in nearly every line of business. The COVID-19 pandemic also has an impact on reducing the income of workers who are not affected by layoffs. Of the respondents studied, 31.0 percent of workers admitted that their income had decreased by less than 50 percent and 8.6 percent of workers whose income had decreased by more than 50 percent. (LIPI, LD-UI & BPPKK. 2020)

COVID-19 has hit all sectors and types of work in Indonesia with different levels of severity. Dcode (2020) estimates that there are several sectors that have the potential to lose and become winners in the short term due to COVID-19. Health services, food processing and trade, e-commerce and information & communication technology are potential winners, while tourism, transportation and construction are potential losers. The types of jobs / positions most affected by layoffs were service business workers (28.3 percent) and sales business personnel (26.4 percent). Apart from experiencing layoffs, some workers also experienced a decline in income. In all types of positions, there are 24-44 percent of workers whose income has decreased by less than 50 percent. In addition, there are 5-16 percent of workers whose income has decreased by more than 50 percent. (LIPI, LD-UI & BPPKK. 2020)

There are red zone sectors that experienced quite high layoffs, namely the construction sector (29.3 percent) and the trade, restaurants and accommodation services sector (28.9 percent). The worst cases of layoffs occurred in the construction sector because all of the laid off victims did not receive severance pay. The situation is almost the same in the trade, restaurants and accommodation services sector. In this sector, around 26.1 percent of workers affected by layoffs do not receive severance pay. The victims of layoffs who do not receive severance pay generally have the status of temporary employees or contract employees whose wages are based on certain outputs. Many recreational areas are closed and building construction activities have stopped, so that employees stop working without getting severance pay. Layoffs due to COVID-19 have also occurred in other countries in the world. The ILO estimates that around 47 million representing 54 percent of all employers worldwide have also



been hit by the crisis because of COVID-19. The four sectors that were hard hit were (a) the wholesale and retail trade sector; and motor vehicle repair, (b) manufacturing, (c) accommodation and food, (d) real estate, business activities and administration (ILO, 2020).

The economic pressure caused by the spread of COVID-19 and existing policies is indeed very heavy for many residents who feel the impact, citizens are required to adapt to existing changes and comply with government policies so that the chain of spread of COVID-19 can be cut off and declared finished, in these circumstances of course each individual will be different in dealing with it. The fact is that there are some residents who are able to face economic pressures, such as that experienced by Varian Arsyagam Isbandi, a 27-year-old man. He is determined to breed earthworms due to difficulties in finding work at the company. Rian first started his business in July 2020 with a capital of IDR 35 million. The money he obtained from savings and debt, initially as a rental driver, was forced to stop due to lack of passengers (Kompas.com, 2020).

Coming up from a downturn due to an event that causes stress is not an easy matter, it takes good adaptation to get through the existing pressures so that it can prevent or eliminate the bad impact for the individual himself. Resilience is the ability of individuals to adjust positively to achieve better results when faced with something difficult (Santrock 2015).

Individuals who have the ability of resilience will try effectively to adapt and rise from difficult situations. One of the efforts made to develop resilience is optimistic behavior. According to Reivich & Shatte (2002), one of the seven aspects of resilience is optimism. Optimism is when individuals see that their future is bright, resilient individuals are individuals who are optimistic. Optimism, of course, means that individuals see a relatively bright future. The implication of optimism is to believe that you have the ability to overcome difficulties that may occur in the future. Optimists do not deny that they have problems or avoid bad news, on the contrary, they view problems and bad news as difficulties that can be overcome.

The state of the COVID-19 pandemic requires affected residents to survive from economic pressure due to the impact of the spread of COVID-19 and policies imposed by the government. In order to deal with the current economic pressures, good resilience is essential so that the resulting impacts can be minimized. The role of resilience is needed in stressful situations, with the ability of resilience possessed by individuals, impacts such as anxiety, stress, trauma to the desire to commit suicide will be able to be minimized and become productive. From the explanation above, the researcher considers that the existing problems are important to conduct research related to the relationship between optimism and the resilience of Indonesian society.

METHOD

Research Design

This study used a non-experimental quantitative approach with a correlational research design. Correlational research design is used to explain the linkages or relationships between variables where the researcher does not control or manipulate these variables (Cresswell, 2012). The correlational research design in this study was used to describe the relationship between optimism and resilience in society in Indonesia.

Participants

Participants involved in this study were 117 people (N = 117). Participants were obtained using a convenience sampling technique. Participants involved in this study were aged between 18 and 50 years (mean age = 28.30). Research participants came from various cities or regions in Indonesia with different conditions of affected areas.

Instrument

Resilience of participants was measured using the CD-RISC from Connor & Davidson (2003) and adapted into Indonesian through a process of forward and back translation. CD-RISC consists of 25 items with a 5 point likert scale (strongly disagree, disagree, undecided, agree, and strongly agree). Researchers eliminated three items of resilience scale because they had a total index corrected item value below 0.30. The cronbach alpha coefficient on the resilience scale after eliminating the three items on the resilience scale was 0.891 ($\alpha = 0.891$) with a total index corrected item from 0.401 to 0.717. Participant optimism is measured using an optimism scale developed based on the aspects of Seligman's (2006) theory, namely aspects of *permanence*, *pervasiveness*, and aspects of *personalization*. The optimism scale consisted of 25 items with a 5-point likert scale (strongly disagree, disagree, undecided, agree, and strongly agree). Researchers also eliminated 4 items on the optimism scale because they had the index corrected item total correlation value below 0.30. The cronbach alpha coefficient of the religiosity scale after eliminating the three items of the religiosity scale was 0.797 ($\alpha = 0.872$) with a total corrected item index of 0.355 to 0.819.

Research Procedure

The data collection process in this study was carried out online on November 2 - 7, 2020 using the google form. Google form contains informed consent and the research scale is distributed using social media assistance. Participants can access the google form link using a laptop / computer and smartphones. Participants can also share the google form link with others (such as friends, family members, etc.). All participants expressed their willingness to be involved voluntarily in this study.

Data Analysis Techniques

Descriptive statistics are used to describe optimism and resilience in research participants. The Kolmogorov-Smirnov statistical test was used to test whether the data generated in

This study was normally distributed or not. Spearman Brown correlation technique because the research data were not normally distributed.

RESULT

Participants involved in this study amounted to 117 people under the age of 20 (13.7%), 21-25 (31.7%), 26-30 (26.5%), 31-35 (23%) and over 35 (5.2%) are partisans. The educational background of the research participants consisted of high school (30.1%), undergraduate (49.6%), master (5.2%) and others (14.6%). The types of participatory work consisted of private jobs

(35.1%), entrepreneurship (40.1%), civil servants (2.6%) and others (22.3%). The condition of the participant area consists of the condition of the area with a green zone (62.4%), yellow (19.7%) orange (9.4%) and red (8.5%). With female participants (63.0%) and male participants (37.0%). The characteristics of research participants can be seen in table



1. Table 1

Characteristics of Participants	Total (N = 117)
Age (years)	
< 20	16 (13,7%)
21 – 25	37 (31,7%)
26-30	31 (26,5%)
31-35	27 (23%)
> 35	6 (5,2%)
Gender, n (%)	
Male	44 (37, 0%)
Female	73 (63,0%)
Educational Degree, n (%)	
Senior High School	36 (30,1%)
Bachelor Degree	58 (49,6%)
Master Degree	6 (5,2%)
other	17 (14,6%)
Type of workSwasta , n (%)	
Self-employed	41 (35,1%)
Entrepreneur	47 (40,1%)
Civil servants	3 (2,6%)
Others	26 (22,3%)
regional conditions	
green zone	73 (62,4%)
yellow zone	23 (19,7%)
orange zone	11 (9,4%)
red zone	10 (8,5%)

The data normality test using the Kolmogorov-Smirnov test showed that the resilience and optimism data in this study were not normally distributed ($p < 0.05$). The results of the normality test of research data are presented in Table 2.

Table 2. Normality Test

Variables	Kolmogorov-Smirnov		
	df	Sig	explanation
Resilience	117	0.017	not normal
Optimism	117	0.002	not normal

The results were calculated using SPSS 21 using the *Spearman Brown*. The reason for using *Spearman Brown* in this study is because the data is not normally distributed. The test results of the analysis of the *Spearman Brown* variables of optimism and resilience are as follows:

Table 3. Correlation test *Spearman Brown*.

ρ	P	explanation
0,440	0,000	$\rho < 0,01$ then these results are very significant

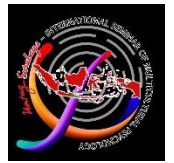
The calculation results show the correlation coefficient score of 0.440 (ρ) with a significance value (p) 0.000 ($p < 0.01$) which means there is a very significant relationship between the use of optimism with resilience. These results show that the better the use of optimism, the higher one's resilience will be in dealing with the impact of the COVID-19 pandemic. Conversely, the worse the use of optimism, the lower a person's resilience in facing the impact of the COVID-19 pandemic. Thus the hypothesis proposed in this study can be accepted.

DISCUSSION

The results obtained in this study indicate that there is a positive and significant relationship. This means that the higher the level of optimism, the better the resilience of the Indonesian people in facing the COVID-19 pandemic. The results of this study are in accordance with the hypothesis proposed by researchers, which is that there is a significant relationship between the level of optimism and the resilience of the Indonesian people in facing the COVID-19 pandemic. This research is also in line with research conducted by Choirunnisa & Supriatna (2019) which states that optimism contributes to high resilience. Reivich & Shatte (2002) also explained that one of the seven aspects of resilience is optimism.

The ability to survive and rise from difficult situations in individuals is usually referred to as resilience (Tugade & Fredrikson, in Muchammad & Noviekayati, 2016). Individuals who have the ability to resilience will easily adapt well even in stressful conditions due to traumatic events and can quickly return to their pre-trauma conditions. In general, reliability refers to positive adaptation, which occurs when traumatic events occur until post-traumatic events occur in individuals or communities who are affected by difficulties (Kiding & Matulesy, 2019).

Molinero's (2018) research results on 132 students from the University of Cádiz (Spain) also said that there was no difference in the level of student resilience in terms of gender and age. According to Revich & Shatte (2002), resilience is the ability to survive, adapt and overcome problems or events that are severe, depressing and even miserable in life. Resilience of the individual's ability to adjust positively to achieve better results when faced with something difficult (Santrock 2015) Individuals who have the ability of resilience will try effectively to adapt and rise from difficult situations. One of



the efforts made to develop resilience is optimistic behavior.

The results of Malik's research (2013) explain that in dealing with negative or adverse events, individuals and cultures with an optimistic explanatory style are usually very motivated, task-oriented, interactive and socially supportive, resilient, able to survive, less prone to stress and depression, able to make effective decisions, and focus solutions. According to Seligman (2006), an optimistic individual can be seen through the way he explains events that have or have not occurred. The way individuals explain events is known as the explanatory style. Explanatory style is

a way that is owned by an individual and is in the form of a habit of looking at an event in his life which is then shown by how the individual explains the event. In essence, an individual's habit of thinking is reflected in how he explains everything that happens in his life.

Optimism is directed at reducing emotional suffering by seeing events with confidence that any difficulty can be overcome. For Indonesian citizens who are facing the COVID-19 pandemic, optimism is effective to use as an effort for someone to rise from a downturn or economic pressure resulting from COVID-19 and excessive fear, which cannot be controlled or avoided. The strong belief that is felt makes people move and try and are not afraid to try and try, so that residents who experience these problems are able to resilience or adapt and rise from their downturn.

The results of this study are in line with the research conducted by Listiyandini & Roellyana (2016) which states that resilience has a relationship with the optimistic behavior of final year students working on theses, because final year students working on theses are stressful situations that cannot or be avoided, so that optimistic behavior is very effective. to increase resilience when faced with problems that cannot be controlled or avoided.

Optimistic behavior is also marked by thinking positively about the pandemic that has occurred or seeing the positive side of the existing problem so that Indonesians are able to accept it freely and try to get up. This effort will have an effect on increasing the ability to increase positive things such as reducing excessive fear of the spread of COVID-19, so that Indonesian citizens are able to adapt to the pandemic that is happening.

Belief and positive thinking on the problems caused by the COVID-19 pandemic are effectively used by Indonesians who have experienced job layoffs and lost jobs, so that these residents are able to control negative impulses such as the desire to commit suicide can be minimized (control of impulses)

Optimistic behavior carried out by Indonesian citizens will affect the ability to see that the future is bright, individuals also see a relatively bright future, and have the ability to overcome difficulties that may occur in the future. so that individuals do not need to panic too much, be able to adapt and rise up from the difficult situations experienced during the COVID-19 pandemic that occurred.

Individuals who have the ability to resilience will try effectively to adapt and rise from difficult situations. One of the efforts made to develop resilience is optimistic behavior. According to Reivich & Shatte (2002), one of the seven aspects of resilience is optimism.

These results are consistent with research conducted by researchers, which based on statistical calculations obtained a correlation coefficient score (r) of 0.440 with a significance value ($p < 0.000$) ($p < 0.01$) which means that there is a very significant relationship between the use of optimism and

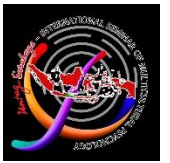
resilience. shows that the better the use of optimism, the higher one's resilience will be in dealing with the impact of the COVID-19 pandemic. Conversely, the worse the use of optimism, the lower one's resilience in facing the impact of the COVID-19 pandemic. An optimistic attitude encourages Indonesians to carry out activities from home, worship from home, work from home and social distancing by still using masks without worry, so that people can manage daily stresses and be productive. The limitation in this study is that this research was conducted online using convenience sampling so that participants who are involved in this study do not represent the study population. In addition, the majority of participants in this study were women, so they did not show a balance of participants based on gender.

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