

RESILIENCE OF DIVORCED MOTHERS IN HARJAMUKTI VILLAGE, CIREBON, INDONESIA

Meilani Dewi Setiamanah mdsetiah@yahoo.co.id

Jumayar Marbun drmarbunstks@gmail.com

Nurhayani Lubis yanilbs.stks@gmail.com

Politeknik Kesejahteraan Sosial (Poltekesos) Bandung
Jalan Ir. H. Juanda No.367 Bandung (022-2504838)

Abstract

This study is intended to find out how the resilience of divorced mothers in Harjamukti Village, Harjamukti District, Cirebon City, namely in the aspect of personal competence, believing in oneself, accepting positive change, self-control and aspects of spiritual influence. The research method is a quantitative descriptive survey with a sample of 50 mothers who are divorced, have family dependents and become the head of the family who live in Harjamukti Village, Harjamukti District, Cirebon City. The data collection techniques were questionnaires and documentation studies, with measuring instruments: the CD-RISC scale developed by Connor & Davidson, and previously modified. The results showed that the respondent's level of resilience was high with a score of 5,996. There are three aspects that are in the high category, namely: Personal Competence aspect (1.434), Accepting Change positively (1.412), and Spiritual Influence aspect (802). While the other two aspects are in the medium category, namely: the aspect of Self-Belief (1.643) and the aspect of Self-Control (704). Respondents who are resilient after divorce and can get out of stressful situations are able to carry out their dual roles, as housewives as well as heads of families. Respondents have all the components needed to shape them into a resilient person (although not all).

Keywords:

Resilience, divorced mothers, divorce

INTRODUCTION

The family is the smallest organization in society, consisting of father, mother as parents and children. The family as a shelter for family members, each family member needs each other. The father as the head of the family holds the responsibility as the main breadwinner for his family, although sometimes the mother also helps make a living or even her children are also involved in making a living to fulfill the material needs of the family. When these roles run properly, family life can be said to be harmonious.

Sometimes in a family there is no role of a father as the head of the family, which is caused by a divorce, due to divorce or divorce. Divorce results in inequality in the family, because there are roles that do not work, so the divorced mother must take over her husband's role as head of the family, if as a result of her divorce it is decided that child care is given to her. Mother has a dual role, as the head of the family as well as a mother, having to take care of the household and also have to earn a living to meet the needs of the family. This is quite difficult for a mother, especially for mothers who previously did not work, only relying on her husband's income, although for mothers who had previously worked it did not mean that they did not feel the weight of this dual role.

Mothers who carry out multiple roles must have such abilities, in order to maintain family stability. His initial task was only to take

care of the household and take care of his children, then it was increased to the task of making a living for the family. For mothers who previously did not work, they must immediately try to work in order to earn income to finance their family's needs. Likewise with mothers who previously worked, she had to work hard to find additional income in order to meet family needs and divide her time to keep taking care of the family. Therefore, divorced mothers must have the ability to adapt in order to get out of their problems.

The ability of a person to face his problems, to get out or rise from his difficulties back to his previous state or condition is called resilience. Reivich & Shatte (2002), formulate resilience as an ability possessed by a person so that he can rise from the problems he is facing in a productive and healthy way without resorting to violence, where this method is important to be able to control the pressures in life when under conditions stressful and quite severe. Mothers who carry out this dual role do not always have the same level of resilience, some are fast and some take a long time, or some are not resilient at all.

A divorced mother is said to have a high level of resilience if she is able to quickly rise from a stressful situation. The departure of her husband due to death or due to divorce did not make her languish in sadness for too long, considering that there are children who are her

responsibility and need attention for her survival. However, there is also the opposite, the husband's departure due to death or due to divorce causes problems to arise, the mother in question is not or is not ready to carry out her role as a single parent.

As a result, the family is not taken care of, which stems from economic problems, the child's education is disrupted because of the problem of lack of funds and having to work to help overcome the family's economic problems, or because of the lack of attention from the parents of the child experiencing problems due to wrong associations or a broken home. Some research results also show the same problem as a result of divorce, such as the results of research by Untari et al (2018), that the negative impact of divorce is not only experienced by parents, but also experienced by children, especially those entering their teens, divorce is a separate burden for children so that it has an impact on children. psychic.

In addition, problems that arise due to divorce can also befall the mother, such as difficulty finding additional income, difficulty getting a job because previously not working, choosing shortcuts to enter the world of prostitution, being vulnerable to being victims of human trafficking/trafficking or stress because they are confused about not finding anything. way out of the problem. The results of the research by Khan and Aftab in 2013 in Muhammad. et al. (2019) shows that divorce

has an impact on many aspects of women's lives including physical, mental health, financial status, child custody, education, and social status. Based on the results of Muhammad's research. et al (2019), it is known that respondents experience stress after divorce, never do not think about future plans, do not enjoy life, and lose enthusiasm to do something. In addition, respondents also admitted that sometimes they forget easily, have difficulty concentrating, lose their appetite after divorce, feel life has failed, are easily surprised, and show physical reactions (itching, nausea, and sweating). Likewise, the results of Jonathan and Herdiana's research (2020), show that post-divorce single mothers experience symptoms of stress in the form of increased blood pressure, often procrastination, irritability, changes in diet, increased cigarette consumption, and sleep disturbances.

Therefore, the resilience of divorced mothers is important to study, considering the divorce rate in Indonesia is quite high. Saputra (detik news, Friday 28 February 2020) said: "Nearly half a million new widows were born in Indonesia throughout 2019". In West Java Province, Cirebon is one of the areas where the divorce rate is quite high.

Data recorded at the Cirebon City Religious District Court, in 2019 as many as 8,609 people filed cases, of this figure, 8,573 cases have been decided by the court, and as of February 2020, there have been 1,025 divorce

cases submitted to the Sumber Religious Court (jabar.idntimes.com). Harjamukti Village, Harjamukti District, has the highest divorce rate. These data indicate that more and more problems will arise in the family as a result of divorce, which will then spread to social problems related to social dysfunction if the level of resilience of mothers who carry out dual roles is low or not resilient.

This research generally aims to examine the Resilience of Divorced Mothers in Harjamukti Village, Harjamukti District, Cirebon City. Specifically, this study aims to examine: 1) Characteristics of respondents; 2) respondent's personal competence; 3) believe in the respondent's self; 4) accept the changes in the respondents positively; 5) respondent's self-control/control; and 6) the spiritual influence of the respondents.

METHOD

This study uses a descriptive survey method with a quantitative approach. The data collection technique used questionnaires and documentation studies with data sources from 50 mothers who were divorced, had family dependents and became the head of the family who resided in Harjamukti Village, Harjamukti District, Cirebon City, which were determined by accidental sampling. The measuring instruments used are: CD-RISC scale developed by Connor & Davidson, which has been previously modified.

His statement concerns aspects of resilience as many as five aspects, using a Likert scale, with favorable and unfavorable statement forms, and tested for validity using Content Validity using Pearson Product Moment correlation and reliability testing using the Cronbachs Alpha formula. Analysis of the data using descriptive statistics.

Resilience is often interpreted as a person's ability to rise or get out of the problems or difficulties they face. Each person's level of resilience tends to be different, this is strongly influenced by the severity of the problems faced and the existence of factors that shape resilience itself. There are people who are able to quickly overcome their problems and can get out of their problems or difficulties (resilient), but there are those who take a longer time (less resilience), or some are even unable to get out of their problems (not resilient).

The word resilience comes from the Latin "resilire" which means to bounce back. Reivich and Shatte (2002:26), explain that: "Resilience is the capacity to respond in healthy and productive ways when faced with adversity or trauma, that is essential for managing the daily stress of life". Resilience is the capacity or ability that a person has in responding to life's difficulties or traumas they experience in healthy and productive ways, which can essentially control stress in everyday life. Greene, et al in Hendriani (2018), explain that resilience is the ability to cope with pain

and transform oneself, or the capacity to maintain the condition (self) in order to function competently in the face of various stressors in life. According to Connor and Davidson in Octaryani and Baidun (2017) resilience is an individual's ability to handle stress or pressure, as well as to overcome anxiety and depression. Meanwhile, according to Werner in Hendriani (2018), good development results in individuals with high-risk status, conditions recovering from trauma due to persistent or ongoing competence when under stressful conditions.

So, resilience is resilience that is formed from a person's basic ability to get out of the problems that press him. A resilient person will try hard to rise from his problems, because he takes lessons from the failures or difficulties in life that he is facing and uses the knowledge he has to overcome them. There are also people who have resilience due to forced or pressed circumstances, there is no other way for him but to immediately rise from the difficulties of his life, because according to him he must stay alive and there are family members who really need him.

According to Reivich & Shatte in Mulyani (2011), aspects of resilience consist of:

1. *emotion regulation*

The ability possessed by a person to remain calm under stressful conditions.

2. *impulse control*

The ability to be able to suppress and control various kinds of impulses that arise from within a person.

3. *Optimism*

A person's ability to see positively about his ability that he can cope with various pressures, optimistic people are physically healthier, and suffer from depression less often, because he believes he can handle problems in his life.

4. *causal analysis*

A person's ability to identify the cause of every problem he faces, this relates to a person's thinking style or the way commonly used to explain something good and bad that happened to him.

5. *Empathy*

A person's ability to see the meaning of nonverbal signs that a person appears.

6. *self-efficacy*

Confidence in one's own ability to deal with and solve problems effectively.

7. *reaching out*

The ability to achieve what you want by taking lessons from every problem that befalls him.

Connor and Davidson in Octaryani and Baidun (2017) explain that resilience consists of five aspects, namely:

1. *personal competence; high standard and tenacity*

Aspects of individual personal competence. Individuals feel as people who are able to achieve goals even in situations of setbacks or failures. The indicators are being able to become a competent individual; able to be a tenacious individual; and have high standards.

2. *self confidence; trust in one's instincts; tolerance of negative affect; strengthening effect of stress*

Calmness in acting, being careful in taking a stand on the problems at hand. Able to cope with stress quickly and stay focused on goals even when experiencing pressure or problems. The indicator is trust in instinct; tolerant of the bad; and able to cope with the effects of stress.

3. *positive acceptance of change and secure relationships*

The ability to accept difficulties positively, so that it does not affect the individual's social life with others. The indicator can accept change positively and can maintain good relations with others.

4. *control and factor*

This aspect is the ability to control oneself and achieve goals. Individuals have control over themselves in achieving goals and have the ability to ask for and get social support from others when experiencing a problem. The indicators in this aspect are being able to control oneself; able to control themselves.

5. *spiritual influences*

The ability to always fight because of his belief in God and destiny. Assuming that the

problems that exist are destiny from God and must be passed with positive feelings,

6. *self confidence; trust in one's instincts; tolerance of negative affect; strengthening effect of stress*

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9. *spiritual influences*

The ability to always fight because of his belief in God and destiny. Assuming that existing problems are destiny from God and must be passed with positive feelings, so individuals must continue to struggle in

achieving goals. The indicator is believing in God and destiny.

So, these aspects of resilience describe a person's internal strength that is used to be able to get out of stressful situations or the problems/difficulties they are experiencing. Not all aspects of resilience are present in every person, depending on how much urge arises in that person to get out of a stressful situation. There is a strong urge from within a person not to dissolve in his difficulties, as in a mother who has to carry out dual roles because she is divorced, as a mother as well as a father in the family. The mother in question carries out two roles at once, a domestic role and a public role, considering that there are children who must be saved. His status as a single parent does not make him despair, but tries hard to fix his life for the happiness of his children, he has the principle that life must go on.

Grotberg in Azkadina (2019), suggests several factors that affect a person's resilience, namely:

1. Temperament

Temperament affects how an individual reacts to stimuli.

2. Intelligence

Ability to utilize abstract concepts effectively.

3. Culture

Cultural differences are a limiting factor for the different dynamics in promoting resilience.

4. Age

The age of the child affects the ability of resilience. Younger children (under the age of eight) are more dependent on outside sources. Older children are more dependent on internal sources.

5. Gender

Gender differences affect the development of resilience.

Based on this explanation, it can be concluded that resilience is not formed just like that, there are many things that affect it, some come from within the person concerned, and some come from outside.

So, this resilience must exist in everyone, especially in divorced mothers in order to get out of the problem. Rutter in Azkadina (2019), revealed that there are four functions of resilience, namely:

1. To reduce the risk of experiencing negative consequences following a stressful life event;
2. Reducing the likelihood of a negative chain reaction following a stressful life event;
3. Help maintain self-esteem and self-sufficiency; and
4. Increase opportunities for growth.

Resilience functions as a self-defense mechanism in a stressful situation, in order to get out of the stressful situation, and its speed is very dependent on the basic abilities that are formed and the existence of a strong impulse that affects it. O'leary and Ickoviks in Azkadina

(2019), which states that although an individual may gain benefits and positive changes from a life challenge, there is no guarantee that the same results will appear when facing other challenges that occur almost simultaneously.

RESULT AND DISCUSSION

1. Characteristics of Respondents

a. Age

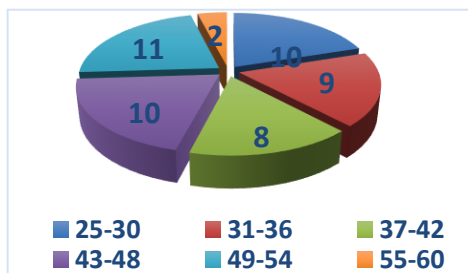


Figure 1. Respondent Age

The age of the respondents ranged between 25 and 60 years (productive age) and the majority were between 25 and 54 years (96%). So, 48 respondents are divorced mothers and are still productive or still able to work to support their families.

b. Education

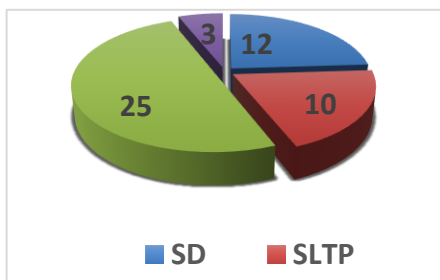


Figure 2. Respondent's Education

The majority of respondents have high school education and above, namely 25 high school (50%) and 3 undergraduate (6%). This shows the intellectual ability to think carefully

before deciding to divorce and resolve post-divorce problems.

c. Religion

All respondents involved in this study are Muslim (100%). This belief has been passed down from generation to generation from the respondent's parents who are also Muslim.

d. Occupation

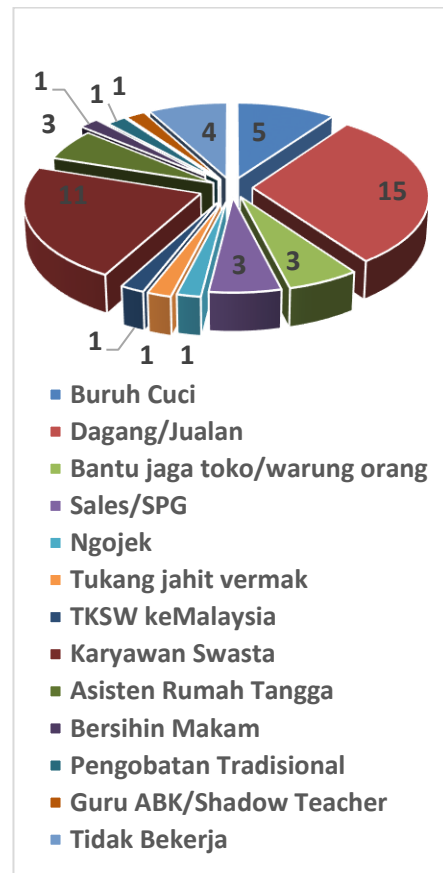


Figure 3. Respondent's Occupation

Almost all of the respondents work, meaning that they have a relatively stable income that can be used as a guide for their families. The respondents' occupations are varied, but in general there are 34 people who work in the non-formal sector, including trading, shop keeper, labor or household assistant, while the respondents who work in

the formal sector are 11 private employees and one teacher. Special Needs (ABK). A total of 34 respondents have their own business/labor and 11 respondents work as employees.

e. Income

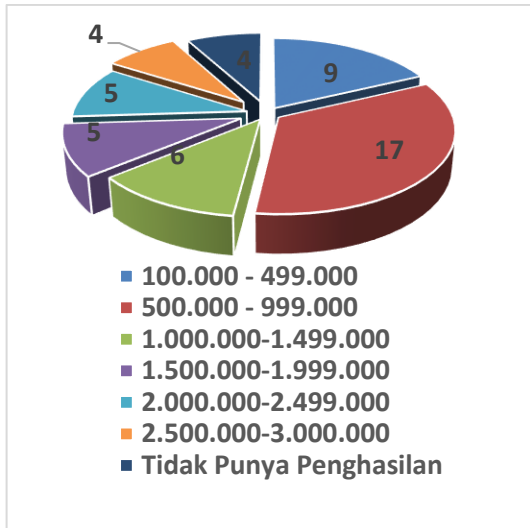


Figure 4. Respondent's Income

Almost half of the respondents earn less than one million rupiah, and some even have no income, depending on their children's daily income.

In a month the average income of respondents ranges from one hundred thousand rupiah to three million rupiah. Based on information from the West Java Province Manpower and Transmigration Office (Disnakertrans), it is known that the 2020 West Java UMK value for Cirebon City is Rp. 2,219,847.67. Thus, there are only 9 respondents who earn above the UMK, while 41 other respondents still earn below the UMK, even 4 of them have no income. This shows that respondents generally work in the non-formal sector and earn below the UMK. and in the condition as the head of the family, the

respondent needs to get attention from his extended family, the surrounding environment, and the local government in meeting their needs.

f. Number of Family Members

The family members referred to in this study consist of the respondent, children, in-laws, grandchildren, parents, and relatives listed in the respondent's Family Card.

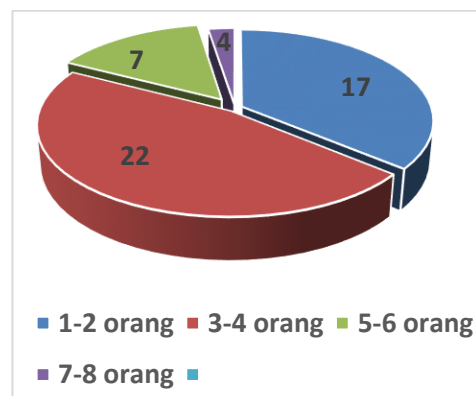


Figure 5. Number of Respondents' Family Members

The majority of respondents are part of a small family (1-4 people), as many as 39 respondents. While the respondents who are part of a large family (5-8 people) are only 11 people.

g. The number of dependents

The number of dependents referred to in this study are all people in the family who are the responsibility of the respondent in meeting their basic needs.

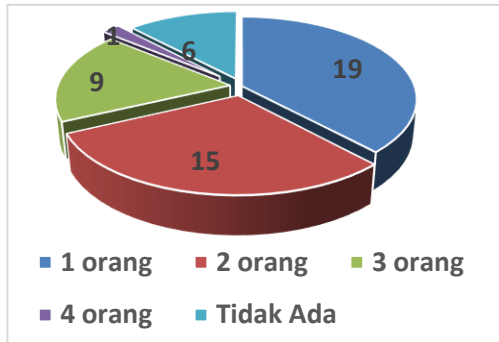


Figure 6. Number of Dependents of Respondents

The majority of respondents only have 1-2 dependents, namely as many as 34 respondents. The respondent's burden is still relatively light compared to the other 10 respondents who have 3-4 dependents.

h. Long time divorced

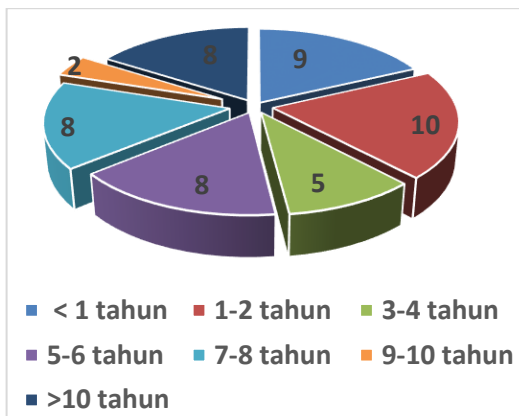


Figure 7. The duration of the respondent's divorce

Almost half of the respondents had been divorced for no more than 4 years, of which 9 were recently divorced (<1 year). There are at least 8 respondents who have been divorced for a very long time (>10 years). This shows the possibility of the length of time the divorce has an influence on the ability of the respondent's resilience to face the problems of family life quickly gradually recovering. In contrast to respondents who have just been divorced for a few months, they may still have difficulty recovering quickly, physically, materially,

psychologically/mentally, socially, and spiritually. Talking about the length of time for a divorce is certainly related to how much influence it has on the impact of the divorce.

2. Respondent Resilience

a. Personal Competence

To determine the level of respondent's ability in the aspect of personal competence, a measuring instrument is used which is formulated in nine statements. The result is as follows:

Table 1. Personal Competence

No.	Answer Choose	Total Score
1	Very Agree	403
2	Agree	459
3	Not Agree	362
4	Very Not Agree	210
Amount		1.434

Source: Research Results 2020

Table 1 shows the total score of the respondent's personal competence aspect is 1,434. After being calculated based on the categorization of the respondent's resilience level, the score is in the high category range. This shows that respondents have personal competence in dealing with their divorce. Respondents already have the ability to convince themselves that the problem they are facing will have a solution, as long as they are willing to try to get out of the problem. There is the ability to understand that from the problems they face there will be solutions. Respondents believed that their divorce problem would have a solution. Urgent

situations and conditions cause respondents to do anything for the survival of their families.

b. Believe in yourself

To determine the level of confidence in the respondent's self, a measuring instrument is used which is formulated in eleven statements. The results are as follows:

Table 2. Believe in themselves

No.	Answer Choose	Total Score
1	Very Agree	565
2	Agree	620
3	Not Agree	311
4	Very Not Agree	147
Amount		1.643

Source: Research Results 2020

Table 2 shows the total score of the respondents' self-confidence aspect is 1,643 (medium category). The score illustrates that respondents have confidence in themselves, although not optimally. This illustrates that respondents have a fairly good self-confidence in dealing with their divorce. There is a belief in respondents that they have the ability to overcome the problems they face due to divorce.

c. Accept Change

To determine the respondent's ability to accept change, a measuring instrument is used which is formulated in nine statements. The results are as follows:

Table 3. Accept Change

No.	Answer Choose	Total Score
1	Very Agree	343
2	Agree	480
3	Not Agree	372
4	Very Not Agree	217

Amount	1.412
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Source: Research Results 2020

Table 3 shows the total score for the aspect of accepting a change in the respondent of 1,412 (high category). Respondents have been able to accept changes in their lives since divorce, both in terms of meeting daily needs and in terms of child care. Respondents can accept changes that occur positively, are able to adapt, and are not worried in dealing with changes, especially when facing divorce.

d. Self Control/Control

To determine the level of control / self-control of the respondents used a measuring instrument which is formulated in five statements. The result is as follows:

Table 4. Self Control/Control

No.	Answer Choose	Total Score
1	Very Agree	149
2	Agree	289
3	Not Agree	218
4	Very Not Agree	48
Amount		704

Source: Research Results 2020

Table 4 shows the total score of the respondents' control/self-control aspects is 704 (medium category). This shows that the majority of respondents have control or self-control in dealing with problems that occur, although not optimally. Respondents can regulate their feelings and are not easily angry or provoked by emotions if someone offends them. Respondents have the ability to regulate their feelings when facing changes in their lives

and also have sympathy for others who have problems.

e. Spiritual Influence

To determine the level of spiritual influence of respondents used a measuring instrument formulated in five statements. The result is as follows:

Table 5. Spiritual Influence

No.	Answer Choose	Total Score
1	Very Agree	191
2	Agree	196
3	Not Agree	190
4	Very Not Agree	225
Amount		802

Source: Research Results 2020

Table 5 shows the total score of the aspect of spiritual influence on the respondents is 802 (high category). Respondents have the belief that the divorce problem they are facing has a lesson and is a test from God. Respondents also believe that God will provide help in fulfilling their life needs together with their children. Even though they have to be the backbone of the family after a divorce, respondents must still try to live their lives well.

f. Recapitulation of Respondents' Total Resilience Level Score

Based on the total score of these resilience aspects, it can be seen that the level of resilience of divorced mothers in Harjamukti Village, Harjamukti District, Cirebon City as respondents in this study is in the high category with a score of 5,995 as can be seen in Table 6 below:

Table 6. Rekapitulasi Total Skor Resiliensi Responden

No.	Resilience Aspect	Score	%
1	Kompetensi Personal	1.434	23,92
2	Percaya pada Diri Sendiri	1.643	27,41
3	Menerima Perubahan	1.412	23,55
4	Kontrol/Pengendalian Diri	704	11,74
5	Pengaruh Spiritual	802	13,38
Amount		5.995	100

Source: Research Results 2020

Table 6 shows that the total resilience score of respondents is 5,995 (high category). There are three aspects that are in the high category, namely aspects of Personal Competence, Accepting Positive Change and aspects of Spiritual Influence, while 2 other aspects are in the medium category range, namely aspects of Self-Belief and aspects of Self-Control/Control..

CONCLUSION

The majority of respondents (48 people) are still of productive age, namely (25 - 54 years), and only two people are aged 55 to d. 60 years out of 50 respondents who are all Muslim, with the majority education level being senior high school (25 people), 12 elementary school students and the rest being junior high school (10 people) and undergraduate (3 people). This level of education affects the field of work, the majority of whom work in the non-formal sector and there are 4 people who do not work with incomes below one million per month, while the number of family members ranges

from one to four people, some even more. However, because there are family members who work to help the family, the number of respondents' dependents ranges from one to two people, in addition, because the average divorce period for respondents is more than 10 years, only nine respondents have a divorce period of less than one year.

The results showed that the respondent's level of resilience was high with a score of 5,996. There are 3 aspects that are in the high category, namely: Personal Competence aspect (1,434), Accepting Change positively 1,412) and Spiritual Influence aspect (802). While the other 2 aspects are in the medium category, namely: the aspect of Self-Belief (1,643) and the aspect of Self-Control/Control (704).

Based on the description of the results of the study, it can be concluded that post-divorce resilient respondents, can get out of stressful situations, are able to carry out their dual roles, as housewives as well as heads of families. Respondents have all the components needed to shape them into a resilient person (although not all). This is also inseparable from the support from family, community and government.

The implications of the results of this study are aimed at the social work profession in order to develop the concept of women's empowerment, to design women's empowerment programs, so that post-divorced women can still carry out their social functions as they should, survive, do not depend on the

help of others, so that they can continue the continuity of their family life. Initiating and facilitating community members to form a forum for developing the competence of women as heads of families (PEKKA) in each region, and providing social assistance for post-divorce women.

The government should always provide education to the public, especially women, in order to maintain the continuity of their marriages and prevent divorce, and so that women's empowerment programs are developed again according to their problems and needs, and their targets are expanded.

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