

Resilience and Hope of Prospective Cadets and Cadets of The Magelang Military Academy

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ABSTRACT

Understanding individual resilience is important to reveal his capacity in dealing with difficult situations and learn to adapt amid their limitations. This study aims to describe the resilience and hope of Tk, Ck, and Rz during their struggle to become cadets of the Magelang Military Academy covering the factors of I Have, I Am, and I Can. The long struggle during the selection and repeated failure raises the question of how they interpret the process of struggling to achieve their goals. This research is a case study using a qualitative approach. All data in this study were obtained from three research subjects, namely Tk, Ck, and Rz as well as three key informants who came from family members of the research subjects. Subjects were selected using a purposive technique. The data was collected through in-depth interviews and observations so the instruments used in this study were interview guidelines and observation guidelines. The data analysis was performed by the Miles and Huberman Model. The validity of the data was assured by source triangulation. The results showed the I Have factors in all subjects are receiving support and attention from the family, especially their mothers. Each subject had a role model, encouragement from the family to be independent, received good health, education, and security services. Both Tk and Ck had self-binding rules for practicing whereas Rz didn't. The I Am factor were the three subjects considered themselves loved, open, caring for others, willing to share experiences, independent and responsible, proud of themselves, and optimistic. The I Can factor includes being able to express their thoughts and feelings, being able to solve the problems they face, being able to control their emotions well and being able to build good relationships with others in the three subjects even though Ck tends to be more closed off.

Keywords: Resilience, Hope, Prospective Cadets, and Cadets

1. INTRODUCTION

Each individual must have hopes and ideals that want to be realized. The struggle to achieve goals is certainly not easy. Many processes must be passed and many things must be sacrificed. Just like to become a soldier through the cadet education path of the Magelang Military Academy. High school graduates who are interested in applying must go through a long and rigorous selection process. The length of the process that must be taken to become a cadet does not dampen the intentions of prospective cadets who have not passed the selection to fight for their ideals. Not a few have tried the selection until many times. According to information from the official website of the Military Academy [1], there are opportunities for high school graduates an equivalent students who are at least 17 years and 9 months old and not more than 22 years old at the time of the opening of their education. That means, if the average

senior high school graduate is 18 years old, there will be four times the opportunity to apply. After passing, cadets will study for four years. The cadets are hard pressed by trainers and seniors to instill the soul of future warriors. Becoming a soldier requires a strong struggle and belief. Therefore, a resilient individual is needed. Resilience is the individual's capacity to adapt the difficult circumstances so that individuals tend to be stronger and have hope for the future. Individuals who have good quality expectations will tend to be persistent and have a strong determination where these two factors are things that affect individual resilience [2]. Hope is a desire and belief in an individual's life that can make the individual's quality better coupled with the motivation to achieve that hope [3].

The problems experienced by prospective cadets when facing failure can be handled by increasing resilience and hope. Individuals can develop life skills

such as how to communicate, realistic abilities in making life plans, and are able to take the right steps for their lives [4]. Thus, it is expected that individuals can interpret that barriers and obstacles are not the end of everything, in fact they can be used as lessons to continue to have hope, to improve, and to strive for the best. In observing the long journey of prospective cadets from the selection process and repeated failures, the question arises what makes them persist in fighting for their dreams despite repeated failures. Another question worth asking is how they interpret their failures and successes; how they try to keep the fire of passion burning within; how is their psychological flexibility (resilience)? This makes researchers interested in conducting research on the picture of resilience and hope of prospective cadets and cadets of the Military Academy. The aim is to identify the resilience and hope of prospective cadets and cadets as well as the factors that influence.

2. METHODS

2.1. Types of Research

This study uses a qualitative approach with the type of research used is a case study. The case study itself aims to find out something in depth so that it is very suitable to reveal the picture of self-resilience and hope that is owned the factors behind it. The unique research theme also underlies the choice of this method.

2.2. Time and Place

This research was conducted in Magelang Regency because the subject himself was domiciled in Magelang Regency. The data collection process was carried out in May until September 2020. As for other subjects considering that they are still in a pandemic condition, interview done by telephone, chat, and video call.

2.3. Subject

Subject study determined using technique purposive. All data in this study were obtained from three research subjects and three key informant who came from family members of the research subjects. The three subjects were chosen because they have their own characteristics. Researchers use initials to maintain confidentiality for all subjects and key informant.

The first subject is Tk. Tk is a young man who graduated from high school in 2019, he is now 21 years old and is preparing to take part in the selection process for the Military Academy cadet admissions in 2022. In 2019, 2020, and 2021, Tk participated in the selection of cadets but failed in the final stage. Tk was chosen as the subject because his desire to become an cadet was very big. This can be seen from preparation that Tk underwent

before the selection process. Tk who originally had above average weight, was willing to carry out a strict diet process and physical exercise to form an ideal body. In addition, Tk also performs hernia surgery and foot therapy.

The second subject is Ck. Ck is a young man who is currently studying at the third level as a cadet of the Magelang Military Academy. He is currently 24 years old. Before being accepted as a cadet, Ck had registered three times and was only able to pass on the fourth try on his last chance to register. Ck was chosen as the subject because of his unyielding struggle to participate in the selection even though he had to fail three times and at the same time his father was also lying sick and had to undergo surgery. The condition must not be easy for Ck, but he managed to get through it.

The third subject is Rz. Rz is a soldier who graduated from Magelang Military Academy who is now serving at Kodam XVIII Kaswari, Papua. He is now 26 years old. Before becoming a cadet, Rz had registered twice and only passed in his third attempt to take part in the selection. Rz was chosen as the subject because of his great heart who remained strong even though he failed twice. Even when other friends cried shortly after the announcement, Rz actually calmed, encouraged, and comforted his friends.

2.4. Data Collection Technique

In obtaining the necessary data for research, the techniques used by researchers are in-depth interviews and interviews observation. In-depth interviews were conducted to obtain in-depth, open, and focused information at the research center. This interview also has the characteristics of flexibility so that it is expected to be able to dig up information about the background of the subject's life, beliefs, motivations, daily activities, hope, and resilience including factors I Have, I Am, and I Can.

Observation which used in this research is non-participant observation. The researcher does not participate in the activities that the subject does. Researchers only observe using observation guidelines by means of structured observations. Observations were made to reveal the resilience aspects shown by the three subjects in their daily behavior. Aspects observed by researchers include physical condition and socialization skills of the subject.

2.5. Data Analysis Technique

This study refers to the data analysis technique using the Miles and Huberman Model. The data obtained were

then analyzed through three steps, namely data reduction, data presentation, and drawing conclusions.

3. RESULT AND DISCUSSION

3.1. Research Result

3.1.1. Tk

After graduating from high school in 2019, Tk participated in the selection of cadet candidates (catar). He went through the selection process with enthusiasm accompanied by prayers and full support from his family. Start from the selection of the administrative stage, continued with the selection of the Kodam level. Tk followed the selection from Kodam IV Diponegoro so that the test was carried out in Semarang for five consecutive days. He successfully passed a series of physical health tests in the form of running, swimming, sit ups, push ups, pull ups, and checking body posture properly so that it is declared pass. Furthermore, Tk will take part in the selection at the Panda level (regional committee) which is held at Rindam IV Diponegoro Magelang for seven days of quarantine. At this stage Tk follows a series of physical tests (running, swimming, sit ups, push ups, pull ups, and checking posture), test check up complete health, as well as psychological tests. On the seventh day, Tk participated in the regional pantukhir trial to determine the qualifications. He successfully passed and continued the selection at the central level which was held at Military Academy Magelang. Unfortunately, Tk's dream to become a cadet in 2019 had to be stopped when he was declared not to have passed due to his perceived lack of academic scores compared to other applicants. In July 2020, Tk registered again and followed a series of selection processes. He was very enthusiastic and managed to pass the administrative stage, the selection at the Kodam level, continued at the Panda level, until the selection at the Central level. But unfortunately for the second time, Tk's struggle had to stop when he was declared a failure in central tribunal. As a result of the new regulation, the Kodam quota which originally would have passed 45 prospective cadets as representatives of the Diponegoro Kodam only passed 35 people so that the Tk failed because of the allocation. All aspects of the selection and test results conducted by Tk were declared eligible but he lost the ranking. Despite feeling disappointed and sad, Tk remains enthusiastic and optimistic about participating in the selection again for the third time in 2021.

3.1.2. Ck

After graduating from high school in 2015, Ck had the opportunity to study mechanical engineering at ITS through an invitation. His dream of becoming a cadet

made Ck not take the opportunity and chose to focus on taking part in the catar (prospective cadets) selection. Ck was very excited and enthusiastic about participating in a series of selection processes. Starting from the administrative selection stage, the selection at the Kodam level, at the Panda level, until selection at the central level. Ck left for Military Academy Magelang armed with the blessing of both parents, especially his mother who was very supportive of him. The hope is very high to become cadets in 2015 because most people think that when they reach the central stage, they are just one step away from becoming cadets and their dreams come true. Ck is very sure because he has also prepared everything well. He also went through the quarantine process with joy until the day of the announcement, Ck felt lost when he was declared unable to pass due to suffering from rhinitis, which is a kind of allergy. At that time, Ck felt that he was at the lowest point and did not know where to go. During for some time, Ck was gloomy and just locked himself in his room. However, he refused to enter the non-commissioned education because he still wanted to try his luck next year. In 2016, Ck re-registered. Ck's struggle was smooth so he was able to send him to the central level selection. It's a shame that he failed again due to his posture. He was declared to have lordosis of the spine. In the same year, Ck and his family experienced an accident where his father had a heart attack. Luckily at that time Ck was at home so he could take his father to the hospital at the right time. This incident was a turning point for Ck to learn from his failure. Ck can't imagine if he passed the selection but had to lose his father forever. In 2017, for the third time Ck had to fail at the central level due to allocation. All aspects of the selection and test results conducted by Ck were declared eligible, but he lost the ranking so that his dream of becoming a cadet that year was again dashed. Three failures did not make Ck discouraged, the support from his family, especially his mother, made him realign his intentions and improve himself until finally at the last opportunity in 2018 Ck managed to achieve his dream of entering the gates of education in the Candradimuka crater of the Magelang Military Academy as a cadet.

3.1.3. Rz

Rz graduated from high school in 2012. After graduating from high school, he had made up his mind to register for the Military Academy selection. Because Rz came from Magelang, he registered through the Diponegoro Military Command IV. His first attempt failed in the regional selection because the results of the psychological test did not meet the requirements. Despite failing, Rz felt less sad and down. He is strong enough and optimistic to try again next year. For Rz, failure is a natural thing considering that the catastrophic selection is not easy and tight. The second year to be exact in 2013,

Rz registered again. The registration and selection process for Rz went through with enthusiasm. He passed the Kodam level and continued the Panda level selection which was held in Rindam Magelang. Rz carried out a series of tests in earnest, but unfortunately his dream of becoming a cadet had to be delayed because he failed at the regional final due to the allocation. Failing a second time doesn't dampen Rz's spirit, he is still optimistic to enroll in the following year. When many of his friends were crying because of accepting failure, Rz generously encouraged and comforted them. Rz has faith that Allah will grant his dreams as long as he keeps trying and praying earnestly. In 2014 Rz passed the selection and became an cadet after going through two failures.

3.2. Discussion

The three subjects had the same dream to become Indonesian Army soldiers through the Academy Military Magelang cadet education path. The background of the three subjects has aspirations to become cadets due to the influence of the family environment most of whom are soldiers. As stated by Dariyo [5] that early adulthood is a time to reach the peak of achievement. Individuals will look for jobs that match their interests and talents. The three subjects who come from military families have the same interest, namely wanting to become soldiers like those closest to them.

In the selection process and failed, the three subjects had various responses. Tk and Ck had time to feel hit, sad, didn't know where to go after that, even gloomy for a few days while Rz was more heartened to accept the fact and even cheered on other friends who had the same fate as him. This is in accordance with what was expressed by Jahja [6] that early adulthood is a period of emotional tension in which individuals tend to be restless, have very volatile emotions, and tend to worry about their work status and career. On the other hand, individuals in early adulthood will have their own responsibilities and commitments within themselves and to others [7]. This can be seen from the commitment of the three subjects to realize their goals, still wanted to take part in the selection in the following year, and refused the offer of non-commissioned education. Rz participated in the selection three times, Ck four times, and Tk will register again this year for the third time.

Factor I Have that the subject has, namely Tk, Ck, and Rz have families who always support and encourage them. Through I Have, a person feels they have a trusting relationship. Relationships like this are obtained from parents, other family members, teachers, and friends who love and accept the individual [8]. The three subjects also have mothers who are very supportive and become a place for the three to share stories, complain, or exchange ideas to make decisions. This is in line with what was

expressed by Nadesul [9] that children are very dependent on their mothers to make decisions in the future. The three subjects had rules and training schedules to prepare themselves before the Military Academy selection. With clear rules, individuals can understand what should be done and not done [10]. Tk and Ck themselves have rules that bind them to routine physical exercise, be it running, sit ups, push ups, and pull ups. Meanwhile, Rz is more focused on practicing academic questions and psychological tests. Grotberg [8] stated that one of the important aspects I Have is an individual imitating the behavior of role models in the face of adversity. The three subjects each have good things that they imitate from their idol figures. Tk has an idol figure, namely General Sudirman. He admired the figure of Sudirman who never gave up and was persistent in the struggle to lead troops to face the invaders even though he was in a very sick condition. Meanwhile, Ck idolizes his uncle who is also an Military Academy graduate and is now a soldier with a good career. Ck revealed that one of the people behind his current success is his uncle who constantly provides motivation and support so that Ck is passionate about realizing aspirations to become a cadet. It's different with Ck, Rz's idols are his friends who first became cadets. According to Rz, the friends who had already been accepted made him motivated to follow in their footsteps and experience education in the Candradimuka crater. Both Tk, Ck, and Rz have good health, education, and security services. Before taking part in the selection, Tk did an independent health check and it turned out that there was a hernia which was eventually operated on. Tk also get access to education and good security, Tk parents provide academic tutoring facilities and psychological consultations to prepare Tk for the Military Academy selection. Similar to Tk, Ck who failed in the first try due to suffering from rhinitis also received treatment and access to health care smoothly. Ck also has access to education and good security. He regularly consults psychology in Bandung to prepare for the selection. In contrast to Tk and Ck who had received special treatment for health problems, Rz admitted that so far he was quite healthy so he had never been treated and only relied on over-the-counter medicines when he was mildly ill. Rz's access to education and security has also been good.

Factor I Am which are owned by the three subjects, namely Tk, Ck, and Rz, each of which is loved by others because of their good qualities. In addition, other people will be willing to accept and help individuals when they see the individual as a loved one [8]. Tk is loved because he has a good attitude. Tsk is loved for having an attitude who is independent and calm, while Rz is loved for his easy-going, outgoing, and big-hearted nature. The three of them are also individuals who have empathy, like to

provide assistance to people in need, and like to share the knowledge and experiences they have gained during the selection process with younger siblings who want to register for the Military Academy selection. The three subjects are independent individuals, as can be seen from their commitment to help parents do housework, prepare their own personal needs, and go through a selection process with quarantine and military life which are indeed required to be independent. In accordance with the theory expressed by Grotberg [10] that individuals can do something with their own abilities and accept the consequences of their actions. Both Tk, Ck, and Rz have hopes that they believe will come true as long as they keep trying, pray, believe in their goals, and have a strong motivation to achieve them. Snyder [11] states that goals can be in the form of goals that can be achieved in a relatively short time (short-term goals) or goals that take a long time, can take years to achieve (long-term goals). Tk has short-term goals and hopes that he wants to pass the 2021 Military Academy cadet selection. Meanwhile, his long-term hope is that he wants to have a good military career and make his parents happy. Tk's efforts are to seriously practice, pray, and ask for the blessing of both parents. Meanwhile, Ck, who is currently studying at the third level, has the goal and hope to complete his education with good and happy parents. His long-term hope is that he wants to own a house and private vehicle and get married at the age of 28. The efforts made by Ck are by following the best possible education, worshipping, and asking for blessings from parents. Rz's goal and hope in the future is to make both parents happy by sending them away and giving them success in their careers. The efforts made by Rz are by saving and always praying and doing the best in every way. All three subjects are optimistic that their hopes will come true. This is in line with the theory of Grotberg [8] which states that individuals have a belief that things will go well and have a good future.

Factor I Can possessed by the three subjects, both Tk, Ck, and Rz were able to express their thoughts and feelings in their own way. This is in accordance with the theory of Brooks [12] which states that individuals will be more successful and resilient when they can learn to convey their feelings, thoughts, and beliefs both verbally and non-verbally. Psychological resilience is a variable that affects psychological health [13]. When faced with a problem or difficult situation, the three subjects have their own way of solving the problems they face. Several alternative and effective avenues produced by individuals become very important when individuals are experiencing obstacles [11]. Tk and Ck will seek help such as good advice and direction if they feel they can't deal with the problem on their own. It's different with Rz, when he's in trouble, who the main thing Rz does is pray,

surrender, and don't forget to try his best to solve the problem. The three subjects were also able to control emotions well. Individuals have knowledge of their own temperaments (such as how active, impulsive, risk-taking or silent, reflective, and cautious) as well as the temperaments of others [10]. This is owned by the three subjects, Tk is not the type to overflow when angry, he will try to calm his mind more. Tk is also able to be patient and does not like fuss. Even so, he doesn't like fuss and chooses to solve problems in a good way. He thinks more about cause and effect before acting or reacting. Rz is also not a person who explodes when emotional. He can control his emotions well.

Currently, Tk considers the failure that experienced as a lesson to improve what is lacking and needs to be improved. He also tried to prepare himself well to take part in the selection the following year. Ck views that yesterday's failure was a process. The principle of Ck, if other people can why I can't. Ck realized that there was a meaning behind his failure in 2016 when his father had a heart attack, there he felt grateful that he did not pass the Military Academy and was still able to gather with his family. Currently, Ck is trying to follow the educational process at Military Academy as best he can and live the life of the cadets with all their ups and downs. Rz has the view that failure is nothing to regret, in fact be a motivation to keep the spirit and keep trying because anyone must have experienced failure. Rz is grateful that God has given him the opportunity to be in his current position. He tries to carry out his duties as sincerely and sincerely as possible. Currently, the three subjects have been able to interpret the process they have gone through from repeated failures because they have an attitude of resilience. Resilience is the ability or human capacity of a person, group, or society that enables it to deal with, prevent, minimize, and even eliminate the adverse effects of unpleasant conditions or even change miserable living conditions into a natural thing to overcome [14]. Resilient individuals are able to change and transform into a better direction in dealing with life's problems, no matter the type and severity of the problems they face [15].

4. CONCLUSION

Based on the results of the study, the resilience of the three subjects can be observed from three factors, namely: I Have, I Am, and I Can. Factor I Have namely support and attention from their families, especially their mothers, the three subjects each have people who are used as role models, have encouragement from the family to be independent, get good health, education, and security services. Tk and Ck have rules that bind themselves alone to practice while Rz no. Factor I Am covering the three subjects considered themselves loved, open, caring for others, willing to share experiences, independent and

responsible, proud of themselves, and optimistic. Factor I Can including, the three subjects were able to express their thoughts and feelings, were able to solve the problems they faced, were able to control their emotions well and were able to build good relationships with others even though Ck tended to be more introverted. The backgrounds of the three subjects have almost the same aspiration to become cadets. Tk, CK, and Rz aspire to become cadets because they come from military families.

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