



Is Social Support a Mediator in the Relationship between Gratitude and Resilience of Covid-19 Survivors?

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Abstract. Each individual must possess the resilience to overcome the tests in their life. Covid-19 survivors need to have the resilience to be able to return to everyday life. In real life, not all Covid-19 survivors have high resilience. This research aimed to examine the mediating effect of social support in the relationship between gratitude and resilience in Covid-19 survivors. The hypotheses are (1). Gratitude correlates positively with social support; (2). Social support correlates positively with resilience; (3). Gratitude correlates positively with resilience; (4). Social support as a mediator of the relationship between gratitude and resilience. This is quantitative research. The sample was 114 Covid-19 survivor students consisting of 36 men and 78 women. Data were collected using a gratitude scale, a social support scale, and a resilience scale. Data analysis was conducted by SEM PLS. The results showed that social support does not mediate the relationship between gratitude and resilience in Covid-19 survivors. However, other results were found: (1). Gratitude is directly correlated positively with social support; (2). Social support does not correlate with resilience; (3). Gratitude is directly correlated positively with resilience. The contribution of gratitude and social support to the resilience of Covid-19 survivors is 40.1%. The finding of this research implies strengthening the resilience of Covid-19 survivors by increasing gratitude.

Keywords: Covid-19 Survivors, Gratitude, Social Support, Resilience

1 Introduction

Almost all countries in the world have experienced the Covid-19 pandemic, including Indonesia. Covid-19 virus exposure has impacted patients' physical, mental, and quality of life [1]. Patients who have recovered or are survivors of Covid-19 often experience psychological disorders. This psychological disorder is caused by long Covid. It means a condition felt for long periods as the impact of Covid-19. As many as 63.5% of the 294 survivors of Covid-19 in Indonesia experienced long Covid. They feel physical symptoms (aches, coughs, diarrhea) and psychological disorders (sleep disorder, anxiety, and depression) [2]. Data from the Indonesian Psychiatric Association stated from 182 survivors of Covid-19 as many as 80% of them experienced psychological disorder.

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ders with severe symptoms 46%, moderate 33%, mild 2% and the rest were asymptomatic [3]. Even 30.2% of the 381 survivors of Covid-19 experienced Post Traumatic Stress Disorder [4].

Covid-19 survivors need to have the resilience to maintain their mental health so they can return to their normal life. Resilience is needed to resolve and overcome adversity and trials in life [5]. However, not all survivors of Covid-19 have high resilience. Resilience is an important factor in overcoming problems and maintaining individual health [6]. Resilience has six aspects, namely personal competence, self-confidence, self-acceptance, self-control, and spiritual influence [6]. Protective factors that play a role in resilience include gratitude [7], [8] and social support [9], [10].

Gratitude is the condition of individuals who are aware of positive things and the role of other people in them [11]. Grateful individuals will feel positive emotions [12]. This positive emotion plays a role in increasing resilience to overcome stressful conditions [8]. Research proves that gratitude has a positive correlation with resilience [7], [10]. Gratitude also has a positive effect on social support [13]–[15].

Another protective factor of resilience is social support. Social support is a gift received from other parties so that individuals feel comfortable, appreciated, and cared for [16]. Social support can be provided by parents, friends, or other social circles. Social support is very important to increase one's resilience [9]. Research results show that social support does not only correlate directly with resilience but also mediates the relationship between gratitude and life satisfaction [12] and gratitude and wellbeing [13].

Existing research discusses the effects of gratitude, social support, and resilience separately or together. This research was designed to examine the mediating effect of social support in the relationship between gratitude and resilience in Covid-19 survivors. This study hypothesizes (1). Gratitude is positively correlated with social support; (2). Social support is positively correlated with resilience; (3). Gratitude is positively correlated with resilience; (4). Social support acts as a mediator between gratitude and resilience.

2 Method

This is quantitative research. The sample was 114 students, Covid-19 survivors at the Muhammadiyah University of Surakarta. The sample consisted of 78 women and 36 men aged 18-23 years.

This research used gratitude scales, social support scales, and resilience scales. The Connor-Davidson Resilience Scale (CD-RISC) was used to measure resilience. This scale consists of 17 items with a Cronbach alpha reliability of 0.835. The social support scale to measure social support. This scale consists of 18 items with a Cronbach's alpha reliability of 0.902. The Indonesian Gratitude Scale to measure gratitude [17]. This scale consists of 20 items with Cronbach's alpha reliability of 0.890.

Before data analysis, it is necessary to know the construct validity of the measuring instrument used. Measurement analysis related to the construct validity of the research

variables is determined by convergent validity and discriminant validity [18]. Convergent validity is measured by the outer loading score parameter > 0.60 and using the AVE parameter (> 0.5), T statistic > 1.9 [18]. The results of the analysis on this research scale obtained valid items because they had a loading factor > 0.6, with a p-value <0.05. The AVE results for all constructs obtained were >0.5, with p values <0.05, as shown in Table 1. Thus, the items in the three research constructs met the requirements of convergent and discriminant validity.

Table 1. Result of *AVE* and Reliability Test

Construct	<i>AVE</i>	<i>Composite Reliability</i>	<i>Cronbach 's Alpha</i>
Gratitude	0.668**	0.868**	0.773**
Social Support	0.628**	0.870**	0.798**
Resilience	0.567**	0.867**	0.807**

** p<0.01

The construct is reliable if the value of composite reliability and Cronbach's alpha > 0.60. The results of calculations on composite reliability and Cronbach's alpha for all constructs show a value of > 0.60, a p-value <0.05, which means that all constructs have good reliability, as shown in Table 1.

Then, the data were analyzed statistically using the Structural Equation Modelling (SEM) technique through Partial Least Square (PLS) [18]. Calculations were performed with the help of Smart PLS 3 software with a significance level of 5%.

3 Result and Discussion

3.1 Results

The results of the analysis of hypothesis testing 1, 2, and 3 (direct hypothesis) can be seen in Table 2.

Table 2. Result of Direct Hypothesis

	Social Support	Resilience
Gratitude	0.550 (p=0.000)	0.535 (p=0.000)
Social Support		0.154 (p=0.105)

Based on Table 2, it can be concluded that (1). Gratitude has a significant positive correlation with social support on Covid-19 survivors (r = 0.550; p=0.000; p < 0.05); (2). Social support does not correlate with resilience on Covid-19 survivors (r = .154; p = 0.105; p > 0.05); (3). Gratitude has a significant positive correlation with resilience on Covid-19 survivors (r = 0.535; p = 0.000; p < 0.05).

Table 3. Result of Indirect Hypothesis

Variable	r	p value
Gratitude >> social support >> resilience	0.090	0.158 (p > 0.05).

Based on Table 3, it can be concluded that social support is not a mediator of the relationship between gratitude and resilience in Covid-19 survivors ($r=0.090$; $p=0.158$; $p>0.05$). The results of the analysis also found that the variables of gratitude and social support had an effect of 40.1% on the resilience variable so 59.9% were influenced by other variables not examined in this study. Resilience is influenced by gratitude by 37.8%, while the effect of social support is only 2.3%.

3.2 Discussion

From the four hypotheses, two hypotheses are accepted and two hypotheses are rejected. The hypothesis that stated gratitude is correlated positively with social support is accepted. It means that the higher the gratitude is, the higher the social support felt by survivors of Covid-19. Gratitude occurs when individuals can feel positive things and the role of others towards them [11]. The gratitude felt by survivors of Covid-19 for getting wisdom or positive things while infected with Covid-19. They are also aware of God's power as the giver of disease and health. Covid-19 survivors are very aware of the role of God, family, friends, neighbors, government, and other parties in their healing process. Awareness of the role of other parties can lead to comfort and a feeling of being cared for by Covid-19 survivors. It supports that gratitude helps individuals feel more social support [12].

Gratitude is positively correlated with resilience so the third hypothesis is accepted. It means that the higher the gratitude is, the higher the resilience possessed by survivors of Covid-19. Grateful survivors of Covid-19 will be able to feel positive wisdom and the role of other parties in every incident they experience. The positive wisdom gained includes being more careful, taking care of yourself, obeying health protocols, believing that the pandemic and Covid still exist, the importance of helping and respecting others, and being aware of God's favors and help [19], [20]. Awareness of this wisdom can generate positive emotions in survivors of covid19. Positive emotions will increase Covid-19 survivors' efforts to stay strong and try to get back up. Therefore, they do not give up after being infected with covid. Positive emotions play a role in increasing resilience [8]. Resilience occurs when individuals are strong and able to overcome difficulties and pressures that occur positively [21].

Social support was not correlated with resilience in Covid-19 survivors. Therefore, the hypothesis that stated social support has a positive correlation with resilience is rejected. The results of this research are inconsistent with various studies which stated that social support is an important factor in increasing resilience [9]. Social support occurs when individuals get resources from others to deal with pressure [22]. Social

support can be given in the form of attention, appreciation, information, instrumental, and friendship [16]. Social support can come from family, neighbors, friends, or other social environments. However, the results of this research show that the resources provided to Covid-19 survivors seem less needed than when they are infected with Covid. The pressure faced by survivors of Covid-19 had also begun to decrease because the research process was carried out in November 2021 when Covid-19 cases started to be controlled and a massive vaccination program was carried out. That month has also entered a new normal period so that people are allowed to carry out their normal activities while still implementing health protocols to prevent transmission of Covid-19 [23]. Covid-19 survivors with student status have also started to carry out their regular activities and lectures without strict restrictions even though they are still implementing health protocols. Therefore, the social support provided has little effect on the ability of Covid-19 survivors to cope with the pressures they face.

Social support does not act as a mediator of the relationship between gratitude and resilience in survivors of Covid-19. Thus, the hypothesis which stated that social support acts as a mediator of the relationship between gratitude and resilience is rejected. The relationship between gratitude and resilience in Covid-19 survivors is direct without requiring social support variables. It is also supported by the findings of the small role of social support for resilience which is 2.3%. Meanwhile, gratitude has an effect of 37.8% on resilience. It means that survivors of Covid-19 will become resilient individuals if they can be grateful for all the events they experience. Covid-19 survivors who have resilience will be stronger and soon rise from various difficulties. Resilience also makes individuals develop well even though they are faced with various life pressures [6]. The implication of the results of this research is to strengthen resilience in survivors of Covid-19 by increasing their gratitude.

4 Conclusion

The research results revealed that social support does not act as a mediator in the relationship between gratitude and resilience in Covid-19 survivors. The relationship between gratitude and resilience is positive and direct without requiring social support. Another result obtained is that gratitude is correlated positively with social support, but social support does not correlate with resilience in Covid-19 survivors. The effect of gratitude on the resilience of Covid-19 survivors is 37.8%. The finding of this research implies strengthening the resilience of Covid-19 survivors by increasing gratitude.

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