



Psychodynamics of resilience in depression sufferers

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Abstract. Many people in this life face problems. If one of these problems is not handled properly, it can cause anxiety, stress, and even depression. Therefore, persistence is needed to survive various pressures. This research aims to explain the psychodynamics of resilience in people with depression, as well as the factors that influence resilience. This case study research uses a qualitative approach. Data collection uses interviews, observation and psychological tests. The research subjects were early adult women who experienced depression. The research results show that; (1) resilience in people with depression is low, (2). factors that influence resilience, namely individual factors, family support factors and community factors. The implications of the research findings are family assistance, social support and various alternative therapies for depression sufferers who experience low resilience.

Keywords: Resilience, resilience factors, depression, depression sufferer

1. Introduction

Every human being has problems in life that require the best solution. Positive adaptation needs to be made by each individual in facing stressful situations [1]. One of the disorders that requires serious treatment is depression. Depression is a state of depression (sadness, discouragement) which is characterized by feelings of dissatisfaction, decreased activity and pessimism about the future [2]. Forms of depression include (a). a mood that manifests a feeling of very deep sadness, (b). depressive symptoms, (c). depressive disorders [3].

Depression sufferers need the ability to deal with pressure in order to bounce back and live a normal life. One way is through resilience. A person's capacity to deal with and reduce stress will emerge when they have psychological resilience [4]. Resilience is a process of positive self-adjustment that enables individuals to face difficulties, have the capacity to rise from difficulties, problems faced, resolve confusion, and be able to face failure by making positive changes [5]. Resilience has five characteristics which include; (a). self-reliance, (b). perseverance, (c). equanimity, (d), meaningfulness and (e). existential aloneness (Wagnild, 2009) & [7].

Resilience encourages individuals to remain productive and can build a healthy and happy family environment. A person who is resilient will be able to face difficulties,

stress, pressure, and be able to rise up when faced with shortcomings [8]. Individuals who have good resilience abilities can become resilient individuals and their minds are not dominated by negative thoughts. Apart from that, family support is also something that can be a fortress for individuals so that they remain physically and spiritually healthy [9].

Based on the explanation above, this research aims to describe the psychodynamics of resilience in depression sufferers, as well as what factors influence the resilience of depression sufferers, so that it can provide appropriate understanding and therapy for individuals experiencing depression.

2. Method

This case study research uses one single subject research by a qualitative approach. Participant of this research is a single subject that is studied in depth using certain criteria. The criteria for taking subjects were female subjects who experienced moderate depression in early adulthood (depressive disorders were measured using a scale Beck Depression Inventory/BDI Indonesian version). Data collection techniques use interviews, observation and psychological examination to support data acquisition with the BAUM, DAP, HTP tests.

3. Results

Resilience of Depression Sufferers

The description of the subject's resilience based on observational psychological tests and interviews is as follows: First; The subject looks less independent, this is indicated by the subject not daring to come alone to a public place, that's why the subject is very dependent on other people, if there are friends who want to be invited, the subject will go, but if there are no friends to invite, then the subject will not go. This attitude makes the subject less confident. Second; The subject is a less diligent person. Based on the psychological tests carried out, it can be seen that the subject is filled with feelings of tension, fear, gives up easily and feels insecure. This is reinforced by the results of the interview that the subject feels pessimistic. Subjects are unable to identify the problems they face and tend to avoid them. Subjects often avoid situations that cause fear, for example fear of crowds or fear of participating in discussion activities in forums.

Third; based on the results of interviews conducted with the subject's friends, it was stated that the subject was less calm in his life, this was characterized by the subject's excessive fear, always feeling hopeless, and the subject being difficult to get along, often sad, hopeless, no longer enthusiastic, no longer confident/feels useless, especially in front of family, friends and society. This indicates that the subject has low ability to analyze problems (causal analysis). Fourth; the subject feels that his life lacks meaning.

The subject has difficulty in regulating his emotions, characterized by feeling very sad and being a worthless person, feeling anxious and frustrated. The subject is aware of the anxiety and fear he is experiencing, but the subject is unable to overcome the negative emotions he feels, the subject tends to close himself off from the environment and does not have good social adjustments due to the fears he experienced in the past. Fifth; the subject feels that he does not exist enough. The subject feels that his existence is not needed. The indications are that the subject often experiences conflicts and often daydreams, and in his relationships the subject finds it difficult to socialize and even rarely makes friends, the subject feels that none of his friends like him. The results of psychological tests show that the subject has problems with social relationships, if it does not suit his wishes, the subject is more silent and does not want to follow the agreement of his friends so that other friends also do not dare to get closer to the subject because they are still selfish.

Based on the five characteristics of resilience, the results showed that subjects who were depressed had low resilience, characterized by a lack of independence, giving up easily, often withdrawing, not being calm in various situations, feeling that they had no meaning in life and feeling insecure.

Factors that Influence Resilience in Depression Sufferers

First; Individual factors. Individual factors can influence individual resilience. Each individual has unique characteristics. The subject has an unhealthy birth history, the subject has often been sick since childhood, and the subject rarely goes to school. According to the subject, the subject actually often pretended to be sick in order to miss school, on the grounds that it was difficult to learn, let alone memorize. As a child, the subject was also inferior to his other siblings, because according to the subject he was stupid and unlike his other siblings, the subject never won a championship and was not entered into competitions such as poetry, dance and painting competitions. The subject is a closed person, therefore the subject's activities are less extensive and the subject's social circle is very narrow, after school the participant spends more time at home and spends time with his family.

Second; family factors are one of the factors that influence individual resilience. The subjects in this study felt they received less support from their families. Third; community or external factors. The subject is less able to establish good relationships with other people, so the subject does not get enough external support. At first the subject was able to participate in various activities well, but in the end the subject found it difficult and was pushed aside by his friends so that the subject left the organization's activities.

4. Discussion

The results of the research show that resilience in people with depression is low, in this case meaning that low resilience will influence someone's high level of depression and vice versa. Someone with high resilience is more likely to experience positive emotions [10]. Having positive emotions will help teenagers reduce feelings of stress that have the potential to become depression so that teenagers can still function optimally even though they face difficulties in achieving their development goals [11]. From a cognitive perspective, adolescents with good resilience are able to be flexible, when faced with changing demands or problems, they do not focus on the problem, overcome stress quickly, and can find alternative solutions to problems. the problems they experience [12].

The results of this research are strengthened by the opinion that resilience is positively correlated with mental health [7]. Resilience can be a protective factor for someone from experiencing risk factors such as depression [13]. Depression is a mood disorder that often occurs in the adolescent to adult age range [14]. Good self-resilience is characterized by good emotional regulation abilities as well. Poor emotional regulation abilities in the subject can result in personal distress [15]. Personal distress is one aspect of empathy that is linked to the emergence of negative emotions such as depression [16].

Resilience is good adaptation/adjustment even under special conditions [17]. Resilience is an individual's positive adaptation when facing stress and trauma. Resilience makes someone have a pattern of thinking with new experiences so that they can understand life as a dynamic performance better (Sills & Stein, 2007). Good emotional regulation can help a person balance the emotions they feel, thus preventing the emergence of depression. Previous research shows that the higher the level of resilience, the lower the likelihood of someone experiencing depression. Resilience has an influence on depression but there are also other factors such as genetics, hormones, personality, self-esteem, family support and environmental factors [19].

5. Conclusion

Subjects who experience depression and have a low level of resilience are characterized by the characteristics of feeling unhappiness in life, always being sad, afraid, worthless and feeling inferior. The implications of the research results show how important the therapy models that can be given to subjects with depressive disorders are, including psychotherapy and family therapy. The family can provide support to the subject and assistance, especially from family, for example father, mother and siblings. The role of the family is highly expected by the subject so that his life feels more meaningful, and provides support to the subject that strengthens his mentality, and so that the subject thinks positively and is directed. In further research, it is hoped that researchers who

are interested in carrying out similar research will increase the number of subjects, so that the research can be generalized more widely.

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