

Problem Focused Coping as a Moderator between Extraversion Personality and Resilience on Adolescents Living in Orphanages

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Abstract. Adolescents who are left by parents due to passed away and underprivileged, and have to stay in an orphanage tend to experience psychological distress. This causes adolescents to experience sleeping difficulty/disorder, stress, and depression while in an orphanage. Problem focused coping is a method used by adolescents to solve problems so that it can help adolescents to survive under stress and stress conditions. This study purpose) to determine the effects of problem focused coping on extraversion personality and resilience on adolescent living in orphanages. The research in this study used quantitative method. Subjects in this study were adolescents who are living in orphanages and were aged between 12-18 years old. This study used instrument of Resilience Scale (RS), Big Five Inventory (BFI), and Coping Strategy Scale (COPE). The research was analyzed using Moderated Regression Analysis (MRA). The results showed that extraversion personality has a positive effect on resilience. However, problem focused coping as moderation has a buffering effect on extraversion personality on resilience but still has potential.

Keywords : Problem focused coping, resilience, extraversion personality, adolescents

Introduction

Adolescents with good resilience will showed a greater capability to quickly regain the balance physiologically, psychologically, and in social relationships after stressful events (Zautra, Hall, & Murray, 2010). Therefore, adolescents who have a concern for resilience have good social skills, have competence, have problem solving skills, and have goals for their lives (Fayombo, 2010). The positive impact of resilience in individuals such as sleep problems (Chatburn, Coussens, & Kohler, 2014), reducing the pain of abandoned by their parents, cope with the trauma of losing a parent, petrified in a problem, and help the environment with the social environment (Naqshbandi, Sehgal, Abdullah, & Hassan, 2012).

The factors that affect low resilience are lack of security and warmth, lack of independence, lack of perseverance, lack of strength, impatience, lack of ability in managing stress and low spiritual value. Resilience is positively related to openness to experience and extraversion (Segovia, Moore, Linnville, Hoyt, & Hain, 2008), but is negatively related to neurotism (Smith et al., 2008). Big five personality and live event stress are situational factors that can influence resilience (Waaktaar & Torgersen, 2010)

Personality trait is a characteristic of the individual. Various characteristics of personality that determine individual character, so that they differ from one another (Ercan, 2017; Fayombo, 2010; Roth & Herzberg, 2017). Several studies have been conducted to find the

relationship between personality trait and resilience. The results show that resilience is negatively related to neuroticism, and is positively associated with extraversion, consiousness, agreeableness, and openness to experience (Campbell-Sills, Cohan, & Stein, 2006; Sahi & Raghavi, 2016).

Most extraversion personality use problem focused coping as a way to overcome the problems faced in everyday life. Problem focused coping is a strategy that can be used by individuals to cope with stressors directly (Matthews, Zeidner, & Roberts, 2015). In this case problem focused coping has a direct relationship with resilience. Individuals who have good problem focused coping, then the resilience of the stressor will increase as well. Coping focuses more on the skills possessed by individuals to respond to and overcome stressors, while resilience refers to the ability to adapt positively when faced with difficult situations (Rice & Liu, 2016). Extraversion has a positive correlation with problem focused coping (Matthews et al., 2015). Extraversion, Openness, and Conscientiousness are more likely to use problem solving and cognitive reconstruction strategies, Agreeableness uses emotional support and Neuroticism using narrow disengagement (Connor-Smith & Flachsbart, 2007).

The formulation of the problem in this study is as follows: 1) is there a relationship between extraversion personality on resilience in adolescent orphans?; 2) is there a relationship between resilience and problem focused coping in adolescent orphans?, and 3) is there a relationship between extraversion personality on

resilience in adolescents which institution is moderated by problem focused coping?

The purpose in this study , first to describe the extraversion personality of adolescent orphans, second to determine the level of resilience in adolescent orphans, and third to find out the description of extraversion personality and resilience in adolescents who use problem focused coping.

Literature Review

Resilience

Resilience is a good adaptation process in the face of difficulties, trauma, tragedy, threats, and sources of stress (APA, 2013). Resilience is the ability to adapt well from difficult situations (Zautra et al., 2010). Resilience can be assessed as a measure of ability to cope with stress, so that with the presence of eating resilience, stress and stress can be overcome (Connor & Davidson, 2003). Resilience is the ability to adapt to stressful events. Individuals who have resilience tend to be able to identify the abilities they have to gradually step in situations of stress and pressure (Narayanan, 2008; Zautra et al., 2010). Resilience has three important elements, first resilience as a sustainable adaptive effort and remains valid despite challenges, both resilience as a reflection and recovery from challenges, and third resilience as a learning and growth process that broadens new understanding, knowledge and skills (Szanton, Gill, & Thorpe, 2010).

When adolescents have sufficient protective factors in the attachment relationship, competence, optimism, and support from the environment, the adolescents can face stressful conditions well (Lee, Cheung, & Kwong, 2012). In addition, if adolescents have a good relationship with adults, a relaxed personality, cognitive abilities that are good enough, confident, and have strong internal values it will be easy for them in dealing with stress (Murphey, Barry, & Vaughn, 2013).

In addition, other factors that can influence resilience in positive and negative life events (Sarubin et al., 2015), good coping (Folkman, Lazarus, Dunkel-Schetter, DeLongis, & Gruen, 1986), a formidable personality that is extraversion (Jackson & Schneider, 2014). Furthermore, social capital which is a factor in resilience is obtained at the level of education, family, peers, and environment. Social capital can help adolescents toward positive development and health (Carpiano & Hystad, 2011).

Adolescents who have resilience will tend to be able to avoid riskful behaviors such as violence, drugs use, extramarital pregnancy, suicide, and other criminal acts compared to adolescents who do not have resilience. In addition, these adolescents can also easily find ways to reduce the effects of stress on their lives by replacing stress into positive things such as physical exercise, avoiding drugs use, and relaxing themselves (Murphey et al., 2013).

Extraversion personality

Extraversion personality is one dimension of the big five personality which is characterized as having a tendency to experience positive, friendly, talkative, assertive, energetic, and warm influences. Individuals with high extraversion personality tend to like pleasure, stimulation and social interaction. Besides, extraversion personality also shows positive stress (Jackson & Schneider, 2014). Extraversion is considered as a trait that produces positive influences such as very active behavior, positive emotional feelings, assertiveness, and openness (Vazsonyi, Ksinan, Mikuška, & Jiskrova, 2015). Adolescents of this type will also be easy to convey their thoughts and feelings so that there is no pile of problems within themselves because they are capable of communicating with others. In addition, adolescents who have extraversion personality will tend to be more active, tend not to be susceptible to stress, happy, grateful, and intrigued (Mcniel, Lowman, & Fleeson, 2010).

Problem focused coping

Coping is an effort made by an individual to change cognitive and behavior. This change aims to manage the external / internal demands of individuals. Coping does not contain plans, thoughts or emotions that reflect aspects of personality characteristics. However, coping includes continuous cognitive, behavioral, and affective changes (Sullivan, 2010). In general, there are two types of coping, namely problem focused coping and emotional-focused coping, but in this study focused on Problem focused coping. Problem focused coping is used when individuals are faced with changes in dangerous, threatening and opposing environmental conditions (Richard S. Lazarus & Folkman, 1984).

Method

Subjects in this study were adolescents who lived in orphanages. The samples selected in this study were 105 people taken by quota sampling technique. Quota sampling is the determination of the number of research samples conducted by researchers due to the limited number of samples (Creswell, 2011)

Big Five Inventory (BFI) coefficient reliability after testing there are 10 items and involving 105 sub-people, obtained an alpha value of 0.600. Resilience scale coefficient reliability after 27 trials involving 105 subjects, obtained an alpha value of 0.861. Coping Strategy Scale (COPE) coefficient reliability after testing there were 20 items and involved 105 sub-groups, obtained an alpha value of 0.762.

Result

The results obtained the value of R-Sq X to Y is $0.089 = 8.9\%$. Means that X variable has a significant effect on Y variable at 8.9%. The proportion of resilience explained by the extraversion personality variable is 8.9%, while 91.1% is influenced by variables outside the study. Furthermore, ANOVA test was conducted to

analyze the effects of extraversion personality on resilience. The results of the test with a significance value of 0.002 or $p = 0.002$. If $p < 0.05$, the X variable has a significant effect on Y Variable. Based on the ANOVA test results, it is obtained $0.002 < 0.05$, which means that extraversion personality variables have a significant effect on resilience variables.

The results obtained the value of R-Sq X.M to Y is $0.782 = 78.2\%$. Means that X Variable has a significant effect on Y variable at 8.9%. The proportion of X.M which is explained by extraversion personality and problem focused coping variables is 78.2%, while 21.8% is influenced by variables outside the study. Furthermore, ANOVA test was conducted to analyze X.M's effect on resilience. The results of the test with a significance value of 0.000 or $p = 0.000$. If $p < 0.05$, the variable X.M significantly affects the variable Y. ANOVA test results obtained $0.000 < 0.05$, which means that the extraversion personality*problem focused coping variable has a significant effect and has a positive relationship to resilience. The moderation model that occurs is 0.324 or 32.4%. These results indicate that problem focused coping moderates the peravality extraversion of resilience by 32.4%.

Discussion

The results of the first hypothesis that has been tested showed that extraversion personality has a positive and significant influence on resilience. Adolescents who have extraversion personality will tend to be easier to adapt to stress and stress which means that the adolescents has good resilience. This result is in line with research conducted by Lü, Wang, Liu, & Zhang, (2014); and Mansouri, Mousavi-Nasab, & Shamsodini Lori, (2015) when individuals have extraversion personality, then the individuals also has high resilience in them. Adolescents with extraversion personality tend to be able to survive in conditions of stress. When adolescents orphans are able to deal with pressure, they will get a positive influence such as not easily exposed to stress and depression and replace stress into more useful activities such as physical exercise (Murphey et al., 2013). Individuals with extraversion personality are characterized by active, talkative, tend to not to be susceptible to stress, happy, grateful, and intrigued (Mcniel et al., 2010). When adolescents have extrarversion personality they can be easy to convey the thoughts and feelings that are felt, so there is no pile of feelings and problems within them.

The result of the second hypothesis that has been tested shows that problem focused coping as a moderator has no significant influence, so it is less able to strengthen the extraversion personality towards resilience. This can be caused by the influence of other variables that were not examined in this study but have a considerable influence. These factors can be a lack of security and warmth, lack of independence, lack of perseverance, lack of strength, impatience, lack of ability to manage stress and lack of spirituality (Segovia et al., 2008). The adolescents live in orphanage are partly faced

with various unpleasant events including deceased parents and low economic status, so that situational factors affect the resistance to stress. This is in line with research that shows that the dimensions of each big five personality and live event stress are situational factors that can influence resilience (Waaktaar & Torgersen, 2010).

Adolescents live in orphanages with a variety of life stressors, namely loss of parents and low socioeconomic status will tend to have different stress resistance than other adolescents. They have a great desire to have a complete and happy family. When the pressure starts to come they will have a coping that will help them to stay in touch with stressful and stressful situations. Choosing the right coping method will help them to survive and be able to overcome the problems they face. In this study, adolescents use problem focused coping as a coping method but the results are less significant to make adolescents able to survive in stressful and stressful situations. This is influenced by other factors in dealing with stress and pressure. This factor can be a situational factor or even an internal factor that is motivation from within or external factors from the environment. It can be clearly stated that problem focused coping is a moderation to improve resilience in adolescents.

Conclusion

The results of this study explain that there is a positive and significant effect of extraversion personality on resilience in adolescent living on orphanages. However, problem focused coping as moderation provides a buffering effect on extraversion personality on resilience in adolescents who live in orphanages.

Based on the results of the study, further researchers are expected to develop other variables and consider internal factors such as motivation, gender bias, external factors such as cultural background, and situational stressful life events of the study subjects so that the results are better.

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