

INTISARI

Latar Belakang: Bencana alam seperti erupsi Gunung Merapi tahun 2010 dapat menyebabkan gangguan psikologis. Remaja merupakan populasi yang rentan secara psikologis pasca bencana. Maka dari itu, remaja memerlukan *resilience* agar mampu pulih kembali dan menjalani kehidupannya secara normal pasca bencana. Karakteristik responden seperti jenis kelamin dan kehilangan orang yang dicintai serta dukungan sosial diketahui memiliki hubungan dengan *resilience* pada remaja pasca bencana. Penelitian terkait *resilience* remaja pasca bencana masih jarang dilakukan.

Tujuan Penelitian: Untuk mengetahui hubungan antara karakteristik responden dan dukungan sosial dengan *resilience* serta gambaran *resilience* pada remaja pasca 7 tahun erupsi Gunung Merapi di hunian tetap Desa Wukirsari

Metode: Penelitian ini merupakan penelitian deskriptif kuantitatif dengan rancangan penelitian *cross sectional*. Sampel yang digunakan yaitu 50 remaja di hunian tetap Desa Wukirsari. Penelitian ini dilaksanakan pada Januari 2018. Pengambilan data dilakukan dengan kuesioner *The Child and Youth Resilience Measure 12* untuk *resilience*, kuesioner karakteristik repositnden, *The Multidimensional Scale of Perceived Social Support* untuk dukungan sosial, dan Instrumen Penilaian Stressor Psikososial untuk stressor psikososial. Analisis data pada penelitian ini menggunakan uji *independent sample T-Test* dan *Spearman Rank*.

Hasil: Hubungan antara karakteristik responden (jenis kelamin dan kehilangan orang yang dicintai) dengan *resilience* memiliki nilai signifikansi *p* berturut-turut yaitu $p=0,234$ dan $p=0,305$. Hubungan antara dukungan sosial dan stressor psikososial dengan *resilience* memiliki nilai signifikansi *p* berturut-turut yaitu $p=0,001$ dan $p=0,531$. Persentase remaja dengan *resilience* tinggi sebesar 56% dan *resilience* rendah sebesar 44%.

Kesimpulan: Tidak terdapat hubungan antara karakteristik responden dan stressor psikososial dengan *resilience* remaja. Terdapat hubungan positif antara dukungan sosial dengan *resilience* remaja.

Kata kunci: *Resilience*, remaja, karakteristik responden, dukungan sosial

ABSTRACT

Background: Natural disaster, for instance Merapi's eruption in 2010, may cause psychological disorders. Adolescents are psychologically vulnerable to natural disaster. Therefore, adolescents need resilience in order to recover and to live normally after the disaster. Respondents' characteristics such as gender, deaths of beloved as well as social support are recognized to have relations with adolescents' resilience in coping with after effects of a disaster. Unfortunately, research about adolescent's resilience is infrequently conducted.

Objective: To understand the relation between respondents' characteristics and social support with resilience as well as to describe resilience among adolescents after 7 years of Merapi's eruption in 2010 in permanent shelter of Wukirsari Village.

Methods: This research was a descriptive quantitative research with cross sectional design method. Sample in this research consisted of 50 adolescents who lived in permanent shelter of Wukirsari Village. This study was conducted on January 2018. Sampling was performed by using *The Child and Youth Resilience Measure 12*, respondents' characteristics, *The Multidimensional Scale of Perceived Social Support*, and Instrumen Penilaian Stressor Psikososial. Data analysis in this research used independent sample T-Test and Spearman Rank.

Results: The relation between respondents' characteristics (gender and the death of beloved) and resilience had significant value of $p=0,234$ and $p=0,305$. The relation between social support and psychosocial stressor with resilience had significant value $p=0,001$ and $p=0,531$. The percentage of adolescents who had high level of resilience was 56% meanwhile percentage of adolescents whose low level of resilience was 44%.

Conclusion: There are no significant relations between respondents' characteristics and psychosocial stressor with resilience. However, there is a positive relation between social support and resilience.

Keywords: Resilience, adolescents, respondents' characteristics, social support