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The Influence of Resilience And Social Support on Post-Traumatic Stress Disorder (Ptsd) in Early Adults

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Abstract: Many unpleasant events and attached to a person cause trauma for those who experience them. Traumatic experiences in early adulthood can greatly affect a person's personal, emotional, and social development. These traumatic events can be said to be PostTraumatic Stress Disorder (PTSD), which is a mental disorder experienced by individuals who experience traumatic events, which lasts for months or even years after exposure to traumatic events. Resilience and social support are considered to influence a person's vulnerability to PTSD. So, the aim of this research is to see how resilience and social support influence PostTraumatic Stress Disorder (PTSD) in young adults in Jabodetabek. This research is a quantitative study with a sample of 116 early adult respondents in Jabodetabek who had experienced a traumatic event with an age range of 20-40 years. The research results show that resilience and social support have a significant influence on Post-Traumatic Stress Disorder (PTSD) in early adulthood ($p < 0.001$; $R^2 = 0.406$). So it can be concluded that there is an influence of resilience and social support on Post-Traumatic Stress Disorder (PTSD) in early adulthood in Jabodetabek.

Keywords: Post-Traumatic Stress Disorder, Resilience, Social Support

INTRODUCTION

Childhood is a very important period in every individual's development stage. Every experience that occurs in childhood has a positive or negative long-term impact that greatly affects the individual's life when entering adulthood. The developmental stage of adulthood includes various phases and changes that can affect how a person experiences and copes with trauma. Many unpleasant events stick to a person and cause trauma for those who experience them. Traumatic experiences in early adulthood can greatly affect a person's personal, emotional, and social development.

A traumatic event is one of the extraordinary events that occurs to an individual because the victim must be able to adapt to the changes that occur in their life. The body's physical and emotional response to exposure to bad events will be different for each individual and can last

a long time if not treated properly. This traumatic event can be said to be Post-Traumatic Stress Disorder (PTSD), which is a mental disorder experienced by individuals who experience traumatic events, which lasts for months or even years after exposure to traumatic events (Durand & Barlow, in Endiyono & Hidayah, 2018).

Trauma usually occurs in individuals who have experienced events or incidents that are considered frightening and life-threatening, such as natural disasters, serious accidents, abuse, violence, war, and other events. There are several reactions that often occur due to traumatic events experienced by someone according to the National Center for PTSD, namely emotional effects (feelings of anxiety and loss of interest), cognitive effects (thought or memory disturbances), physical effects (nightmares, hypervigilance), and interpersonal effects (impeded social relationships) (in Pieter, Janiwati & Saragih, 2011).

Quoted from Alomedika.com, a survey of 859 children and young adults who were victims of natural disasters in West Java and West Sumatra showed a prevalence of PTSD of 19.9%. Meanwhile, another study of 30 traffic accident victims found that around 43% experienced PTSD (Supriyanto, 2024). This is also supported by research conducted by Endiyono & Hidayah (2018) on landslide victims in Jemblung Hamlet, Banjarnegara Regency, which found that 78.9% of respondents experienced signs of PTSD symptoms that appeared in the first 6 months after the traumatic event. The same results were also obtained from research conducted by Imanina and Surjaningrum (2022) on adult women who had experienced violence during their care from their mothers and experienced sexual abuse by their siblings and found that TR met the criteria for PTSD based on the DSM-5.

Although traumatic events such as natural disasters and violence can increase an individual's risk of experiencing PTSD, there are some individuals who can adapt positively even though they have been exposed to traumatic events. Resilience is one of the factors that can help individuals deal with traumatic events. Research by Alim et al. (2008) shows that some individuals who have been exposed to traumatic events do not experience PTSD throughout their lives. The process by which individuals are able to recover and adapt despite experiencing significant difficulties or trauma is called resilience.

According to the American Psychological Association (APA), resilience is the process of adaptation in the face of difficulties, trauma, tragedy, threats or even significant sources that can cause individuals stress (Southwick et al., in Nashori & Saputro, 2020). Resilience is very important for every individual, especially for those who are experiencing difficulties. The ability to build interpersonal relationships with the environment, gender, and how severely exposed to traumatic events are factors that can influence an individual's resilience in dealing with a traumatic event. Everyone has a different resilience process. Resilience is not something that is certain and real, but rather a process that occurs in individuals who continue to develop and change over time. Grotberg (in Nafis, 2023) explains that there are three sources of resilience in each individual, namely I am, I can, and I have.

Based on daily observations, not every natural disaster victim has good resilience in living their lives. In fact, there are many disaster victims who find it difficult to get rid of postdisaster trauma even though they have tried to divert their thoughts. As quoted by the daily *bbc.com* (Caniago, 2024) in May 2024, dr. Lucky Tjahjono as Head of Disaster Management at the Indonesian Doctors Association (IDI) said that statistical data proves that every disaster will cause affected residents to experience stress due to the loss of family members, property, or livelihoods.

In addition to the importance of being a resilient individual, there is another very important factor that can influence PTSD, namely social support. According to Nevid, Rathus, and Greene (in Tentama, 2014), the availability of social support affects a person's vulnerability

to PTSD. Social support from those closest to them and the environment is considered to be able to help individuals who experience traumatic events in dealing with their trauma.

According to Cohen and Sme (in Harnilawati, 2013) social support is a situation that is beneficial for someone given by someone else who can be trusted, so that someone knows that there are other people who care about, appreciate, and love them. Social support from family and relatives is also very important in helping victims who experience traumatic events to recover from their traumatic events. Social support will be perceived positively if the individual feels the benefits of the support they receive, the individual will feel cared for, loved, and appreciated.

Based on research conducted by Tentama (2014), it shows that the lower the social support of adolescent survivors of Mount Merapi, the higher the post-traumatic stress disorder they experience. This is also supported by research conducted by Kristanti (2020) that there is a negative relationship between social support and PTSD in female victims of sexual abuse. According to Weiss (in Ristiani, 2014) there are six components of social support called "the social provision scale", including emotional closeness, social integration, recognition, reliable dependence, guidance, and opportunities to care for.

Therefore, someone who has experienced a traumatic event needs good resilience skills to be able to recover from the pressure they experience. By becoming a resilient individual and having social support from those closest to them, survivors can easily adjust and continue their life development normally as before. This can also work well if individuals who experience trauma get social support from family, friends, or special people (significant others).

Based on the background of the problem that has been described above, the researcher wants to know how resilience and social support affect Post-Traumatic Stress Disorder (PTSD) in early adults in Jabodetabek.

METHOD

This research was conducted using quantitative research methods. The population in this study were young adults who had experienced traumatic events. The sample was determined as 116 early adult respondents in Jabodetabek who had experienced a traumatic event, men and women aged 20 to 40 years. The sampling technique used was non-probability sampling with purposive sampling type.

There are three research instruments used in this research. Post-Traumatic Stress Disorder (PTSD) was measured using the PTSD Checklist for DMS-5 (PCL-5) scale published by the National Center for PTSD. The PCL-5 scale adopted from Kristanti (2020) consists of 20 items arranged based on PTSD symptoms in DSM-5. Resilience was measured using The Connor-Davidson Resilience Scale (CD-RISC) by Connor and Davidson. The CD-RISC scale adopted from Aspriyati (2020) consists of 25 items arranged based on five aspects of resilience. Social support was measured using the Multidimensional Scale of Perceived Social Support (MSPSS) scale developed by Zimet, Dahlem, Zimet, and Farley. The MSPSS scale adopted from Aspriyati (2020) consists of 12 items arranged based on sources of social support.

The data collection procedure used in this study was obtained through a questionnaire. The measurement scale used was the Likert scale. The statistical method for testing the hypothesis tested in this study used multiple regression analysis techniques, namely by analyzing the influence of resilience and social support as independent variables and PostTraumatic Stress Disorder (PTSD) as a dependent variable. Data analysis was carried out with the help of the JASP 0.19.0.0 for Windows software program.

RESULT AND DISCUSSION

The Influence of Resilience on Post-Traumatic Stress Disorder

The results of the first hypothesis test show that there is a negative and significant influence between resilience and post-traumatic stress disorder with a p value of 0.001 <0.05; $r = -0.483$ and an influence of 23%. This result shows that the higher the resilience, the lower the post-traumatic stress disorder.

This is supported by research carried out by Kuristanti, Triman, and Paramitha (2020) showing that there is a relationship between resilience and PTSD symptoms among young people who are survivors of violence. In young adults who are survivors of violence who have high resilience to trauma, the level of PTSD experienced will be lower, and vice versa. In other words, it is important to have good resilience in the event of traumatic events, this is the result that can reduce an individual's level of PTSD.

Table 1. Result of Resilience with Post-Traumatic Stress Disorder

Model		<i>Unstandardized</i>	<i>Standard Error</i>	<i>Standardized</i>	<i>t</i>	<i>p</i>
H ₀	(Intercept)	41.405	1.534		26.984	< .001
H ₁	(Intercept)	66.154	4.418		14.975	< .001
	Resiliensi (X ₁)	-0.427	0.072	-0.483	-5.884	<.001

Source: JASP 0.19.0.0 for Windows

Model Summary – Post-Traumatic Stress Disorder

Model	R	R₂	<i>Adjusted R²</i>	RMSE
H ₀	0.000	0.000	0.000	16.527
H ₁	0.483	0.233	0.226	14.538

Source: JASP 0.19.0.0 for Windows

The Influence of Social Support on Post-Traumatic Stress Disorder

The results of the second hypothesis test show that there is a negative and significant influence between social support and post-traumatic stress disorder with a p value of 0.001 <0.05; $r = -0.565$ and an influence of 31%. This result shows that the higher the social support, the lower the post-traumatic stress disorder.

This result is supported by research carried out by Kristanti (2020) which shows that there is a negative relationship between social support and PTSD in women who are victims of sexual harassment. The higher the social support received by women who are victims of sexual harassment, the lower the level of PTSD they experience. With the help of social support from people close to them, women who are victims of sexual harassment can get social support that they receive, they can feel that they are cared for, loved and appreciated. Social support is really needed for women who are victims of sexual harassment so that they are able to face life again and recover from the unpleasant events they have experienced, so that they can reduce the possibility of PTSD.

Table 2. Result of Social Support with Post-Traumatic Stress Disorder

Model		<i>Unstandardized</i>	<i>Standard Error</i>	<i>Standardized</i>	<i>t</i>	<i>p</i>
H ₀	(Intercept)	41.405	1.534		26.984	< .001
H ₁	(Intercept)	74.018	4.642		15.945	< .001
	Dukungan Sosial (X ₂)	-0.894	0.122	-0.565	-7.305	<.001

Source: JASP 0.19.0.0 for Windows

Model Summary – Post-Traumatic Stress Disorder				
Model	R	R₂	Adjusted R²	RMSE
H ₀	0.000	0.000	0.000	16.527
H ₁	0.565	0.319	0.313	13.700

Source: JASP 0.19.0.0 for Windows

The Influence of Resilience and Social Support on Post-Traumatic Stress Disorder

Based on the results of the third hypothesis test, it is known that there is a significant influence of resilience and social support on post-traumatic stress disorder with a p value of $0.001 < 0.05$; $F = 38.669$ and an influence of 40%. This means that resilience and social support simultaneously have an influence on post-traumatic stress disorder in the Jabodetabek area.

This is supported by research conducted by Yang and Bae (2022) which showed that resilience and social support were negatively related to PTSD symptoms after a natural disaster. This means that the higher the resilience and social support that an individual has, the lower the risk of PTSD symptoms for survivors. The importance of being a resilient individual and the availability of social support have quite an impact on the possibility of someone experiencing PTSD, so both of these outcomes are very much needed by individuals who have experienced a traumatic event.

Table 3. Result of the Resilience and Social Support with Post-Traumatic Stress Disorder

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	12762.411	2	6381.205	38.669	< .001
	Residual	18647.546	113	165.023		
	Total	31409.957	115			

Source: JASP 0.19.0.0 for Windows

Model Summary – Post-Traumatic Stress Disorder				
Model	R	R₂	Adjusted R²	RMSE
H ₀	0.000	0.000	0.000	16.527
H ₁	0.637	0.406	0.396	12.846

Source: JASP 0.19.0.0 for Windows

CONCLUSION

Based on the results of research that has been conducted to analyze the influence of resilience and social support on Post-Traumatic Stress Disorder (PTSD), it can be concluded that there is a significant influence between resilience and social support on Post-Traumatic Stress Disorder (PTSD) in early adulthood in Jabodetabek.

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