

RESILIENCE OF ADOLESCENTS AT THE KASIH AGAPE ORPHANAGE

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Abstract

This study aims to describe the resilience level of adolescents at Kasih Agape Orphanage. The background of this research is grounded in the importance of adolescents' ability to cope with life pressures and adapt to a limited environment. The study used a descriptive quantitative method with 35 participants selected through purposive sampling. Data were collected using the Resilience Scale by Reivich & Shatté (2002), which includes seven aspects. The results showed that most adolescents were in the moderate resilience category (37.14%), indicating that they are fairly capable of handling difficulties but still require social and emotional support. These findings serve as an important basis for developing programs to strengthen resilience among adolescents in the orphanage.

Keywords: Resilience, Orphanage Adolescents.

Abstrak

Penelitian ini bertujuan menggambarkan tingkat resiliensi remaja di Panti Asuhan Kasih Agape. Latar belakang penelitian didasari oleh pentingnya kemampuan remaja panti dalam menghadapi tekanan hidup dan beradaptasi dengan lingkungan yang terbatas. Penelitian menggunakan metode kuantitatif deskriptif dengan 35 partisipan yang dipilih menggunakan teknik pengambilan data purposive sampling. Data diperoleh menggunakan skala resiliensi Reivich & Shatté (2002) yang mencakup tujuh aspek. Hasil menunjukkan bahwa sebagian besar remaja berada pada kategori resiliensi sedang (37,14%), yang berarti mereka cukup mampu menghadapi kesulitan namun tetap membutuhkan dukungan sosial dan emosional. Temuan ini menjadi dasar penting bagi pengembangan program untuk meningkatkan resiliensi remaja di panti asuhan.

Kata Kunci: Resiliensi, Remaja Panti Asuhan.

INTRODUCTION

Adolescence is a developmental period marked by major physical, cognitive, emotional, and social changes (Papalia & Feldman, 2014). It is also considered a stage of storm and stress, characterized by emotional instability, conflict, and identity exploration (Hall, 1904 as cited in Dewi & Henu, 2015). The family functions as the primary environment that supports adolescents in navigating developmental tasks; however, not all adolescents have the opportunity to live with their families. Economic hardship, parental divorce, loss of one or both parents, and neglect are among the factors that lead adolescents to live in institutional care such as orphanages (Mulia et al., 2014).

Indonesia has an estimated 4.4 million children who have lost one or both parents, with nearly 500,000 residing in more than 7,000 orphanages (Soworldwide, 2025). Data from the Central Statistics Agency (BPS) also indicate over four million orphaned children, although only a minority receive care in social welfare institutions. In East Nusa Tenggara alone, there are approximately 190 orphanages housing more than 8,000 children.

Research shows that adolescents living in orphanages are more vulnerable to stress, depression, and psychological difficulties compared to those raised in intact families (Aisha, 2014; Babedi & Pillay, 2019). Many experience heightened stress, emotional discomfort, withdrawal from peers, or even the desire to run away due to pressure (Setiarini & Stevanus, 2021). These challenges are further shaped by diverse life histories and the social dynamics within the orphanage environment (Karina, 2022). Consistent with this, Hamdiyah and Rahmasari (2023) report that orphanage adolescents often struggle with emotional regulation and social adjustment, highlighting the need for psychological support to strengthen their resilience.

Resilience is defined as the ability to adapt, cope with stress, and recover from difficulties. Individuals with strong resilience manage emotions effectively, think optimistically, and use adaptive strategies to overcome challenges (Connor & Davidson, 2003; Masten, 2001). High-resilience adolescents tend to maintain a positive outlook, seek support, and rise from adversity, whereas low resilience is associated with limited self-development and poor problem-solving abilities (Rahmawati & Listiyandini, 2018; Rahmawati et al., 2019; Sari et al., 2023).

Preliminary observations at the Kasih Agape Orphanage in Kupang show that adolescents often experience academic and household stress, sadness related to family issues, social withdrawal, low self-confidence, and rule violations. These indicators suggest that their resilience may not yet be optimally developed. According to Reivich and Shatté (2002), resilience is built upon seven core components: emotional regulation, impulse control, optimism, empathy, causal analysis, self-efficacy, and reaching out.

Given these conditions and the essential role of resilience in adolescent development, this study aims to examine “The Resilience Profile of Adolescents at Kasih Agape Orphanage.”

METHOD

This study employed a quantitative descriptive design to describe the level of resilience among adolescents at the Kasih Agape Orphanage in Kupang, East Nusa Tenggara. The population consisted of 53 adolescents, and 35 participants were selected using a purposive sampling technique. Participants were between 12 and 21 years old, had lived in the orphanage since at least 2019, and voluntarily agreed to participate in the study. Data were collected using a Resilience Scale developed based on Reivich and Shatté's (2002) theoretical framework, which comprises seven aspects: emotional regulation, impulse control, empathy, causal analysis, achievement, optimism, and self-efficacy.

The instrument contained 30 valid and reliable items (Cronbach's Alpha = 0.775) measured using a four-point Likert scale ranging from 1 (strongly disagree) to 4 (strongly

agree). Prior to data collection, the researcher obtained permission from the orphanage administration and distributed informed consent forms to all participants. The data collection process was conducted under direct supervision to ensure the accuracy of responses.

Completed questionnaires were checked for completeness, coded, and analyzed using JASP statistical software. Descriptive statistical methods, including the calculation of mean, standard deviation, and frequency distribution, were used to describe the levels of resilience among participants. The Shapiro-Wilk test was applied to assess data normality, and the resilience scores were categorized into five levels: very low, low, moderate, high, and very high.

RESULT AND DISCUSSION

Based on the results of the data analysis, the findings related to resilience levels are as follows:

Table 1.

Resilience of Adolescents at the Kasih Agape Orphanage

Result	Frequency	Percentage (%)
Very High	-	-
High	11	31.42%
Moderate	13	37.14%
Low	8	22.85%
Very Low	3	8.57%
n	35	100%

Based on the table above, it shows that the majority of respondents have moderate resilience, namely 13 people (37.14%), the high category is 11 people (31.42%), the low category is 8 people (22.85%) and very low respondents have a value of 3 people (8.57%).

Table 2.

Distribution of Respondents by Gender

Result	Man	Percentage (%)	Woman	Percentage (%)	Frequency	Percentage (%)
Very High	-	-	-	-	-	-
High	4	20%	7	46.7%	11	31.43%
Moderate	7	35%	6	40%	13	37.14%
Low	6	30%	2	13.3%	8	22.86%
Very Low	3	15%	-	-	3	8.57%
n	20	100%	15	100%	35	100%

Based on the table above, it shows the categorization of resilience levels based on gender, namely the majority of males are in the moderate category, as many as 7 people (35%) and the majority of females are in the moderate category, as many as 6 people (40%).

Table 3.

Distribution of Respondents by Age

Result	Age			Frequency	Percentage (%)
	12-14	15-18	19-21		
Very High	-	-	-	-	-
High	3	18.75%	6	37.50%	2
Moderate	6	37.5%	6	37.50%	1
Low	5	31.25%	3	18.75%	-
Very Low	2	12.5%	1	6.25%	-
n	16	100%	16	100%	3
				100%	35
					100%

Respondents aged 15-18 and 19-21 had percentages of 37.50% and 66.675%, respectively. This indicates optimal resilience levels in these age groups.

Table 4.
Distribution of Respondents Based on Length of Stay

Aspect	Highest Category	Frequency	Percentage (%)
Emotional Regulation	Low	10	28.57%
Impulse Control	High	11	31.42%
Empathy	Low	15	42.85%
Reaching Out	High	13	37.14%
Causal Analysis	High	14	40%
optimism	High	10	28.57%
self-efficacy	High	7	20%

These findings show that causal analysis has the highest value (40%), while empathy is the weakest (42.85%).

Discussion

The result of this study show that the resilience level of adolescents at the Kasih Agape Orphanage falls within the moderate category. This indicates that the adolescents are able to adapt and manage stress to a certain extent, although their emotional stability and coping consistency are not yet fully developed. This aligns with Safitri and Munawaroh (2022), who found that adolescents with moderate resilience can think positively and calm themselves but remain vulnerable to emotional fluctuations when encountering repeated stressors.

Analysis of resilience aspects revealed that causal analysis, reaching out, impulse control, optimism, and self-efficacy were categorized as high. These results suggest that the adolescents possess strong analytical thinking, a willingness to seek support, and confidence in their abilities. This pattern is consistent with Reivich and Shatté (2002), who emphasize that these cognitive and motivational skills form the core of resilient functioning. However, emotional regulation and empathy were found to be low, indicating challenges in managing emotional responses and understanding others' feelings. Endaryani et al. (2020) similarly highlight that poor emotional regulation can hinder empathy and impair adolescents' ability to adjust socially.

The findings of this study indicate that adolescents aged 15–18 and 19–21 demonstrate higher levels of resilience compared to those aged 12–14. This pattern aligns with developmental theory, which states that increasing age is associated with greater cognitive capacity, improved perspective-taking, and enhanced emotional regulation. Rachmawati and Hidayat (2023) emphasize that older adolescents possess more mature emotional processing and are able to think more logically when facing difficult situations. In contrast, adolescents aged 12–14 are still in the early stages of emotional development, making them more vulnerable to feeling overwhelmed by stress. This is consistent with Santrock (2003), who explains that the development of emotional recognition and regulation occurs gradually, meaning early adolescents are not yet as capable as middle and late adolescents in responding to stressful conditions. Thus, the findings of this study support the perspective that age influences adolescents' adaptive capacity and psychological resilience.

Gender-based differences also appeared in the findings. Both males and females were in the moderate category, but females scored slightly higher. Putri and Wulandari (2023) explain that female adolescents tend to express their emotions, talk about their problems, and seek emotional support more frequently. These behaviors help reduce psychological strain and facilitate emotional relief. Meanwhile, Williams and Umberson (2000) note that males are more likely to suppress emotions and handle problems independently, which slows emotional processing and heightens vulnerability to stress. This pattern was consistent with the current findings, where male adolescents showed more difficulty with emotional regulation than females.

Length of stay at the orphanage played a significant role. Adolescents who had lived there for 2–3 years showed the highest level of resilience. This corresponds with the framework of

Masten & Reed (2002), who state that resilience develops through stable adaptive systems, such as consistent social relationships, structured routines, and a sense of security. A 2–3-year stay provides enough time for adolescents to build relationships, understand routines, and develop coping strategies suited to the orphanage environment.

In contrast, those who had stayed for less than one year demonstrated lower resilience due to being in the early stages of adjustment and lacking stable support systems. Meanwhile, adolescents who had stayed for more than four years did not show increased resilience. According to Utami et al. (2024), prolonged stays can lead to emotional fatigue, routine pressure, and decreased motivation—patterns that were also evident in the findings of this study.

CONCLUSION

This study concludes that the resilience level of adolescents at the Kasih Agape Orphanage is generally in the moderate category. The adolescents demonstrate strengths in problem-solving, seeking support, impulse control, optimism, and self-efficacy, but continue to struggle with emotional regulation and empathy. These findings indicate that while their cognitive and motivational capacities are well developed, their emotional and interpersonal skills still require improvement.

Resilience also varies across individual characteristics. Older adolescents (15–18 and 19–21 years) show higher resilience than younger ones, reflecting greater emotional maturity and more effective coping strategies. Female adolescents display slightly higher resilience than males, likely due to their greater tendency to express emotions and seek social support. Length of stay also influences resilience, with the highest levels found among adolescents who have lived in the orphanage for 2–3 years—an optimal period for establishing stability and adaptive coping. Those with less than one year of stay show lower resilience due to adjustment demands, while those staying more than four years experience emotional fatigue.

Suggestion

For the adolescents at Kasih Agape Orphanage, it is recommended that they actively participate in positive activities such as group sports, communal work, and church service, as these activities can help develop empathy, solidarity, and emotional regulation. For the orphanage, it is advisable to introduce simple activities that support the development of emotional skills and empathy—such as daily writing or sharing of feelings, small group discussions, collaborative tasks like cleaning or preparing meals, and light physical activities like walking or simple exercise to help calm the mind.

For future researchers, this study may serve as a reference for exploring other factors that influence the resilience of orphanage adolescents, such as social support, caregiver parenting styles, or the orphanage environment, while also involving a larger number of participants to produce more comprehensive and representative findings.

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