

## The Influence of Locus of Control Against Resilience on Adolescent Victims of Divorce

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**ABSTRACT.** This research is aimed to find out the development of resilience in adolescents so that they can deal with the stress experienced due to the separation of their parents. The purpose of this research is to know the influence of locus of control against the resilience on adolescent victims of divorce. The subjects are teenagers aged 15-18 years who became the victims of divorce with the total number of 52. This research uses a multiple regression analysis of the data. The results of the analysis of the data shows the result as follows: the value of  $F = 0.276$  at  $p = 0.000$  ( $p < 0.05$ ) which means the variable locus of control internally and externally simultaneously and significantly influence the variable of resilience. The partial analysis demonstrate the value  $t = 0.242$ -on  $p = 0.132$  ( $p > 0.05$ ) that means an external locus of control and negative effect are not significant with the resilience on adolescent victims of divorce parents

**Keywords:** resilience, adolescents, locus of control.

### Introduction

The family became one of the main environment for children and adolescents. A healthy and complete family will be able to support the growing of their children optimally, especially for teenagers who are in the period of looking for their true identity (coal, 2010). A happy and prosperous family is the main purpose of each marriage life. To achieve a happy and peace home, it required the existence of cooperation and mutual understanding between each other's family member, and avoid to do the strife between family member. The purpose of the sacred often ran aground in the middle of the road, because the couple are not able to maintain family relations in harmonic and then ended in divorce (Nikmah, 2013). Sometimes parents are too selfish to retain their respective opinions. It caused the separation between the two parents. The separation of a parent can cause a stressful feeling for the teenagers as the

member of a family (Prayascitta, 2010). Stress experienced by children in their teenagers age can disrupt concentration in learning. Children may experience disruption of learning motivation, dwindling interest in learning, loss of concentration and tend to be reticent. It is very important to develop resilience in teens so that they can deal with the stress experienced due to the separation of their parents.

Resilience is the ability to endure a must-have adolescents with stress due to the separation of the parents (Olsson et al, 2003). In psychology, there is one concept that can explain about how individuals can survive, adapt, or face negative situations that affect them by staying positive and behaving thinking called resilience. An individual is considered to have resilience at a time when he was able to get back on a normal phase after experiencing a traumatic event and become resisting to other negative events. Instead of individuals who do not have resiliensi will tend to be easy to despair in the face of negative situations that affect them, easy to stress, and difficult to get back into the condition before he or she experienced such events. It's not an easy thing to make individual resilient. There are several factors

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that can affect an individual in increasing their resilience. Ibid states that resilience includes 7 capabilities, namely: regulation of emotion, impulse control, empathy, optimism, causal analysis, self-efficacy, and reaching out. Someone with a high level of resilience will quickly adapt to circumstance or the negative situation. In addition, to these seven factors there are also several factors that affect the growth of a resilient person. The first factor that risk factors can be derived from the conditions of cultural, economic, or medical that put individuals at risk of failure when face a difficult situation. Some describe risk factors influence which can increase the likelihood of the emergence of a deviation up to a more serious circumstance again. Environmental effects, where the environment or circumstance can relate or incur risk is a risk character influence individuals that increase individual weakness on negative results. The relationships between some of the different risk variables forms a chain of risk. The protective factors are on the individual characteristics or conditions of family, school, or community that enhance the individual's ability in dealing with challenges in life as well. Rutter stated the interaction between social and an intrapsychic process can allow a person to be able to face the difficulties and all the collection of challenges of life positively. Resilience as a dynamical process is heavily influenced by protective factor, where someone can bounce back from adversity and live his or her life. Intenal and external factors are often referred as a protective factor. Protective factors serve as the protector of the individual from the negative influences of the top risk factors in his or her life. One of the factors the internal protective resilience that plays a role in the formation of resilience is the locus of control.

Locus of control played an important role in the development of resilience on the individual. Locus of control as control yourself against negative situations experienced by the individual (Dipayanti and Chairani, 2012). Locus of control is divided into two i.e. locus of internal and external control. Individuals with an internal locus of control i.e. individuals with confidence that everything happens to him/her is the personal responsibility of each individual while with external locus of control, namely the belief that individuals with all of the events that had be fallen him arising out of a factor or strength from outside e.g. luck or misfortune. The purpose of this research is to know the

influence between the locus of control against resilience on adolescent victims of divorce.

## Resilience

The aspect of resilience is related to the five things, i.e: (1) personal competence, high standards and oomph, this shows that individuals feel capable of achieving the objective in situations of deterioration or failure. (2) the confidence in yourself, have a tolerance of negative effects and powerful to deal with stress, it is associated with sobriety and coping against stress, think carefully and focus despite the problems. (3) accept the change in a positive and the ability to secure relationship with another person, i.e., the ability to adapt to the changes it faces. (4) the goal achievement of self-control and how to ask for help on others (5) spiritual influence, belief on God and fate (White, drivers, and Warren, 2010).

The definition of resilience are vary, it defines the concept, characteristics and resilience dynamic. The efforts made to get a comprehensive overview of what and how a person is working to achieve the quality of resiliensi. The function of resilience according to Reivich K and Shatte a., 1999 in his book entitled *The Resilience Factor* explains that resilience has four basic functions in human life, namely (1) overcoming the difficulties experienced in the small. Some people experience bitter experience in childhood, such as poverty, violence, or broken home, resilience is useful to leave bad consequences from such bitter experiences with a focus on personal responsibility in order to realize the desired adulthood. (2) Past difficulties in everyday life, for example, conflict with colleagues or family and facing an unwanted incident. Someone with a good resilience will not let difficulties they face in their daily life affect productivity and their wellness. (3) Bounce back after experiencing a traumatic incident or major difficulties. Facing a crisis situation in life such as a death, a breakup would cause one's powerlessness. The ability to immediately rise from those helplessness would depend on the person's level of resilience. (4) Achieve the best achievements. Resiliencei can help to optimize all the potential to reach the entire goal in life. Achieve the goal of living with open a variety of experiences and opportunities.

Research results (Reivich K and Shatte a., 1999) stated that resilience includes

7 capabilities, namely, the regulation of emotion, which is the ability to remain calm in stressful conditions. Individuals who use a series of resilience skills have been developed to help control emotion, attention and behavior. Important regulatory ability to build interpersonal relationships, work success and maintaining physical health. Not every emotion should be corrected or controlled. The expression of the emotions in part of resiliensi. Impulse control is closely related to the ability of the regulation of emotions. Individuals with a strong impulse control, tend to have high emotional regulation, while individuals with low emotional control tend to accept beliefs impulsively, namely a situation as the truth and act on the basis of such term. These conditions often cause negative consequences which could prevent resilience.

Empathy describes as good as what one can read instructions from others relating to psychological and emotional condition of the person. Some individuals may interpret non verbal behaviour of others, such as facial expressions, tone of voice and body language as well as determine what thought and worry. An inability to interpret others' expression will have an impact on success in business and demonstrate the behavior of non resilient. Individual resilient is the individual who is optimistic, they believe that things can change for the better. They have hope against future & believe they can control the direction of his life. Compared to people who are pessimistic, optimistic individuals who are more physically fit, are less likely to experience depression, doing better in school, are more productive in work and more accomplished in the sport. This is a fact that is demonstrated by the hundreds of a controlled study. Causal analysis is a term used to refer to the individual's ability to accurately identify the cause of their problems. If someone is not able to predict the cause of the problem accurately, then the individual will make the same mistake.

Self-efficacy describes a person's belief that he can solve the problems that affect him and someone's beliefs against his ability to achieve success. In the work environment, a person who has confidence in himself to solve the problems emerging as leaders. Resilience is a great source to reach out, because resilience allows us to improve the positive aspects in life.

Various studies emphasize that resilience can be fostered through a variety of techniques,

for example the use of humor, relaxation techniques, and how to think positively. Therefore, resilience is not viewed as a fixed trait because it can be taught or enhanced. Reivich and Shatte through study regarding skills training to improve the resilience have found that individuals who were involved in the training feel more powerful, confident, feel comfortable to connect with other people, eager to find new experiences, as well as more daring to take risks.

### **Locus of Control**

The concept of Locus of Control was first propounded by Rotter, an expert in the theory of social learning (Social Learning Theory). Locus of control is one of the variables defined as personalities of individual beliefs against whether or not able to control its own fate (destiny). Individuals who have the belief that fate or events in their life are under the control of himself is said to be the individual who has an internal locus of control (Zacher and Gielnik,2012). In the meantime, individuals whose confidence that their environment has control over the fate or the events that occurred in their life is said to be individual who has an external locus of control. The results achieved an internal locus of control are considered derived from their own activity. While in individuals with an external locus of control consider that the success achieved is controlled by circumstances surrounding it. Based on the above explanation, the exposure hypothesis in this study is there is the influence of locus of control with external and internal resilience on adolescent victims of divorce parents.

### **Methods**

#### *Design Research*

The draft of this research use quantitative research aimed to describe systematically and accurately about the population or about a specific field.

#### *Subject*

This research will find out about the influence of locus of control and social support towards resilience on adolescent victims of divorce. The subject of this research are teenagers aged 15-18 years who became the victims of divorce as

many as 52. The sampling techniques used is purposive sampling technique, the data retrieval deliberately according to the requirements of the sample is needed.

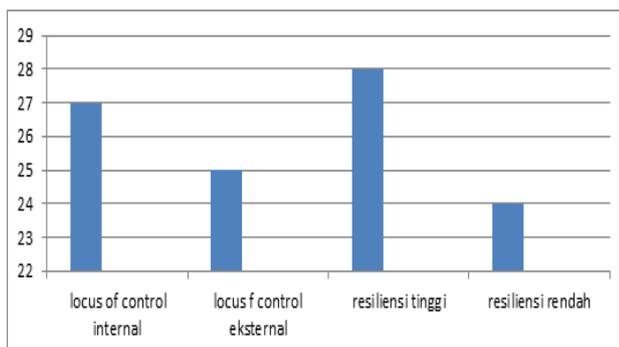
*Variables and Instruments*

The variable in this study is bound to have 5 dimensions resilience, namely (1) personal competencies, (2) self confidence, (3) accept the change in a positive way and can secure relationship with another person, (4) self-control in the achievement of objectives (5) spiritual Influence. The method used for the data collection is a scale CD-RISC translation consists of 19 items. Each item has four answer choices i.e. very suitable (SS), subject (S), not appropriate (TS), and not very suitable (STS). Locus of Control as free variables has two dimensions, namely the internal and external dimensions. Locus of control measurement tool using the scale of locus of control consisting of 32. Each aitem has four answer choices i.e. very suitable (SS), subject (S), not appropriate (TS), and not very suitable (STS).

Model Summary <sup>a</sup>										
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				Sig. F Change	Durbin-Watson
					R Square Change	F Change	df1	df2		
1	.106 <sup>a</sup>	.110	-.029	4.069	.110	.276	2	49	.000	2.037

**Procedure and Data Analysis**

The distribution of the questionnaire has been done by handing out the scale of questionnaire to the children who become the victim of their parents' divorce, and the result of the questionnaire was scored and analyzed by using SPSS. The data analysis method and technique used in this research is using regression, in order to know how big the influence of locus of control against the resilience.



**Results**

The subject of this research is 52 people. The subject was included in the internal locus of control as many as 27 people, while for external locus of control as many as 25 people. The total of high resilience subjects are 28 people, and the total number of subjects with low resilience is 24 people.

Data analysis using multiple regression that generates Value F = 0.276 at p = 0.000 (p < 0.05) which means the variable locus of control internally and externally simultaneously and significantly influencing the resilience variable.

The partial analysis demonstrate the value t = -0.242 on p = 0.132 (p 0.05 >) which means an external locus of control and negative effect are not significant with the resilience on adolescent victims of divorce parents.

Coefficients <sup>a</sup>								
Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.	95.0% Confidence Interval for B	
		B	Std. Error				Lower Bound	Upper Bound
1	(Constant)	40.447	10.329		3.916	.000	19.691	61.203
	locinter	.100	.149	.096	.672	.000	-.199	.399
	locester	-.050	.206	-.035	-.242	.132	-.463	.363

The results of the partial analysis demonstrate the value t = 0.672 at p = 0.000 (p < 0.050) which means an internal locus of control effect with significant resilience on adolescent victims of divorce parents.

Large donations influence the variable of locus of control against resilience, the value of R can be seen from the above table. The results of the analysis show the R Square = 0.340 locus of control variable means internal and external together effectively contributed 34%. Resilience mean 66% affected by other variables which are not examined.

**Discussion**

Based on the results of the analysis that has been done, there is influence between locus of control and internal external locus of control against the resilience. High and low resilience is influenced by the locus of control (Dipayanti & Chairani, 2012). Based on the results of the analysis, the obtained results that adolescents with an external locus of control have a

negative relationship with the resilience, it means that the more external locus of control the worse resilience will be. The internal locus of control has a positive relationship with the resilience which means that the more internal locus of control the higher resilience will be. Adolescents with an internal locus of control have a characteristic ability i.e like to work hard, have high initiatives, always try to find a workaround, always try to think as effectively as possible, always had the positive mindset about their succeed. Those characteristics allow adolescents with internal locus of control to able to deal with the problems faced especially their parents' divorce (Sudaryono, 2007). Instead of adolescents with an external locus of control has the characteristic to have confidence that everything happens in life influenced by the outside environment tends to attach behavior results in the fate and chance. Adolescents with an external locus of control tend to blame the outside environment for what has been done towards themselves. One of the aspects of the resilience in locus of control is controlling themselves as the influence in achieving their goal and how to ask for a help from others (Ridwan, 2016).

Based on the results of the research, it can be said that teenagers whose parents experiencing divorce tend to have a good resilience, supported with a locus of control as one factor of this resilience. (Asriandari, 2015).

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