



RESILIENCE: PSYCHOLOGICAL STRENGTH TO MAINTAIN MENTAL HEALTH IN VUCA ERA

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ABSTRACT

The impact of the COVID-19 pandemic which has entered the VUCA era makes the threat of change occur all over the world. This outbreak has primarily had a negative impact on the physical and psychological health of individuals and society. Humans experience various challenges along with the development of a world that is volatile, full of uncertainty, complexity, and ambiguity (VUCA). This global crisis creates a new world order, where the COVID-19 pandemic makes acceleration in the life process of the era of industrial change 4.0. and society 5.0 so that every individual must accept every demand for these changes. Psychologically, individuals need to rebuild personal growth skills related to their psychological strength, or what is known as resilience. Resilience is a process that allows recovery from or adaptation to adversities. Resilience is a dynamic process of adaptation to challenging life conditions encompassing several aspects of personal resources and is considered to be protective for mental health. People with a high level of psychological resilience can easily adapt in any environment and conditions.

Key words: resilience, psychological strength, mental health

INTRODUCTION

The coronavirus pandemic creates a global crisis, which not only brings health problems (Forbes & Krueger, 2019), but also economic, political, social, and psychological impacts, such as lifestyle disorders, social isolation, and loneliness (Cacioppo, Hawkey & Thisted, 2010). All of this, of course, creates a tremendous shock to the world, as well as brings comorbid emotional distress (Reger, Stanley, & Joiner, 2020). From a psychological perspective, the COVID-19 pandemic is a life event that is closely related to uncertainty, ambiguity, and loss of control, each of which can trigger stress and emotional distress, including symptoms of anxiety, depression, and anger (Ensel & Lin, 1991). Humans experience various challenges along with the development of a world that is volatile, full of uncertainty, complexity, and ambiguity (Febrianty et al., 2021) or better known as VUCA (volatility, uncertainty, complexity, and ambiguity).

On the other hand, this global crisis creates a new world order, where the COVID-19 pandemic makes acceleration in the life process of the era of industrial change 4.0. and society 5.0 so that like it or not, ready or not, every individual must accept every demand for these changes (Kennedy, 2021). Psychologically, individuals need to rebuild personal growth skills related to their toughness, or what is known as resilience (APA, 2020).

Resilience can be seen as a person's ability to "bounce back" or "recover" from any kind of disturbance or negative life events, fight disease, and flexibility to adapt to new situations maintaining the individual's psychological health (Ryff & Singer, 2003). Resurrection from a period



of crisis will have an impact on better self-development. A person will grow to be a strong and confident person in his life. Resilience also provides calm and support in acting in times of crisis (APA, 2020). Resilience is a dynamic process of adaptation to challenging life conditions encompassing several aspects of personal resources and is considered to be protective against mental disorders (Kim-Cohen, 2007).

People with a high level of psychological resilience can easily adapt in any environment and conditions (Frydenberg, 2004). Previous research has supported that resilience has a positive impact on mental health and individual well-being (Hu, Zhang, & Wang, 2015; Yıldırım & Belen, 2019; McDonnell & Semkowska, 2020).

DISCUSSION

There are two resilience factors (Masten & Read, 2000 in Snyder & Lopez, 2002), namely:

1. Risk factor

Risk factors are individual characteristics or situations that are believed to predict negative outcomes for certain conditions. Risk factors represent processes and mechanisms that lead to things that are problematic or problematic. The COVID-19 pandemic is a stressful life event and is a risk factor.

2. Protective Factor

A protective factor is a measurable characteristic in individuals believed to predict positive functioning in the context of resilience. Four categories of protective factors that can be identified in general are intra-personal, intra-familial, inter-personal, and within the community. Four potential pathways of protective factors to change the adverse effects of risk factors are reducing the impact of risk factors, reducing the negative chain of events that give rise to risk factors, developing and maintaining self-esteem and self-efficacy, and opening up new opportunities for success in life.

Psychological Components of Resilience

Seven things are the main components of resilience (Reivich & Shate, 2002; Reivich, 2002), namely:

1. Emotional Regulation

There are two skills to regulate emotions, namely calming and focusing. Calming is a skill possessed by individuals to control body and mind responses when dealing with stress using relaxation methods. Focusing is a skill that individuals use to focus on existing problems. These skills are used so that individuals can find solutions to problems.

2. Impulse Control

The ability to control actions, behavior, and emotions more realistically during difficult times like today. Resilient individuals can tolerate the ambiguity of the pandemic to reduce the risk of making impulsive decisions. Resilient individuals will think before acting on impulses or impulses.

3. Optimism

Resilient individuals are optimistic people who are happier, healthier, and more productive. Optimistic individuals have better interpersonal relationships, can solve problems, and are less likely to suffer from depression. The optimism in question is realistic optimism, where individuals have the belief that their hopes will be realized if accompanied by effort.



4. Causal Analysis

The individual's ability to identify the causes of the problems faced and will not blame others, the country, and the world for the global crisis faced today. Resilient individuals can think flexibly and see problems from various perspectives so that they can think of solutions to problems they face.

5. Empathy

Empathy is the glue of relationships and helps maintain strong and helpful social networks during difficult times.

6. Self-efficacy

Self-efficacy is very important to achieve resilience, where individuals have confidence in their abilities to solve problems in the right way and do not easily give up on various difficulties. Individuals are also responsible for the choices and decisions they make, do not wait for fate, and will solve problems according to their abilities and creativity (Reivich, 2002).

7. Reaching out

Reaching out is an individual's ability to achieve positive aspects of life after adversity strikes.

Resilience and Health

Rutten, Hammels, Geschwind, et al. (2013) in their article on resilience in mental health: linking psychological and neurobiological perspectives, explains the existence of linkages between genetics, environmental impacts, and gene-environment interactions in the formation of resilience. In general, every response in an individual must bring certain chemical reactions in his body, so that when individuals respond to stressors without experiencing distress, their emotions tend to be stable and significantly increase the productivity of the brain to produce the hormones dopamine, serotonin, norepinephrine, and several other hormones.

Resilience is also associated with the body's immune system, that is, if the individual has positive emotional experiences during times of stress, the individual can control his or her lifestyle well, so that the body's hormones also remain stable and do not cause complaints of fatigue. These positive hormones will reduce the concentration of cortisol and corticosteroid hormones in the brain, which can cause reactions of fear, anxiety, depression, and other negative emotions when individuals experience distress (Rutten, Hammels, Geschwind, et al., 2013).

In addition, resilience has a positive effect on reactivity that can be associated with increased resilience to future depressive symptoms. Reward learning mechanisms help individuals identify pleasurable activities and motivate the repetition of behaviors associated with increased levels of positive emotions. Recent research has shown that apart from the tendency to generate positive emotional impulses that tend to be held at high levels of positive emotions (duration of experience) it is also associated with increased resilience which can have an impact on better disease recovery in the future both psychologically and healthy (Rutten, Hammels, Geschwind, et al., 2013).

Efforts to Increase Resilience

Resilience is partly shaped by personality, but can also be learned and developed by individuals so that every individual is very capable of learning the skills needed to become more resilient. Several key things can be done and can be developed over time (Ryff & Singer, 2003; Frydenberg, 2004; Rutten, Hammels, Geschwind, et al. (2013); BBC, 2020; APA, 2020), including:

1. Physically, namely by maintaining a healthy lifestyle, such as exercise, diet, and sleep so that individuals stay fit and healthy.



2. Cognitively, namely by developing a strong thinking style; develop a growth mindset thinking so that you can judge things from multiple points of view, especially when individuals don't see the facts and evidence of a situation and result in an emotional stress response. Based on research results and facts, several techniques can be applied; such as mindfulness techniques and cognitive behavioral therapy (CBT).
3. Emotionally, namely by developing an internal 'Locus of Control'. Locus of control refers to the degree to which individuals feel that they have control over events that affect their lives. For example during this pandemic, where everyone faces ambiguous conditions, and uncertainty that causes distress; if individuals feel they have control over the outcome then they are said to have an internal locus of control. However, if the individual feels himself in the hands of an external force, it is referred to as an external locus of control. Individuals with a high internal locus of control tend to be able to control situations, solve problems more effectively, and have higher levels of self-confidence and self-esteem, all of which can increase resilience and well-being. In this case, spirituality as a sense of attachment to the presence of the Almighty in the individual's life journey has been proven to be able to make a significant contribution to the meaning of an individual's life so that individuals have a more positive emotional experience and significantly increase resilience.
4. Interpersonally; stay connected to the outside world socially, be open to various things related to self-development, and be active and productive. On the other hand, individuals realize the important role of social support from family, friends, groups, communities, society, professionals, or even from the government.

CONCLUSION

Resilience is about adapting and maintaining emotional strength in the face of adversity, trauma, tragedy, threats, or sources of stress. Building resilience helps individuals manage difficult experiences and maintain positive emotions in a life characterized as VUCA (volatility, uncertainty, complexity, and ambiguity).

Resilience is also associated with the body's immune system, that is, if the individual has positive emotional experiences during times of stress, the individual can control his or her lifestyle well. Several key things can be done and can be developed over time including: physically, cognitively, emotionally and interpersonally.

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