

## Self-Compassion, Friendship Quality and Resilience of Adolescents Who Experienced Parental Death

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**Abstract.** This study aimed to determine the role of self-compassion and friendship quality on resilience in adolescents who experienced parental death. We hypothesized that self-compassion and friendship quality influence resilience. This research was conducted using quantitative methods with the number of participants in the study as many as 153 adolescents who lost their father, mother or both of them due to death. The sampling technique used is purposive sampling. The measuring instruments used are the self-compassion, friendship quality, and resilience scales. In addition, the data analysis in this study was carried out using the multiple regression technique. The results of the analysis show that the R square value between self-compassion and friendship quality simultaneously on resilience is 0.401, the F value is 50.116 and the significance value is 0.000 ( $p < 0.05$ ). This shows that self-compassion and friendship quality have significant roles in resilience, thus the hypothesis proposed in this study can be accepted.

**Keywords:** *friendship quality, resilience, parental death, self-compassion*

**Abstrak.** Penelitian ini bertujuan untuk mengetahui peran *self-compassion* dan kualitas pertemanan terhadap resiliensi pada remaja yang kehilangan orang tua karena meninggal dunia. Hipotesis dalam penelitian ini adalah ada peran *self-compassion* dan kualitas pertemanan terhadap resiliensi. Penelitian ini dilakukan menggunakan metode kuantitatif dengan jumlah responden dalam penelitian sebanyak 153 orang remaja yang telah ditinggal ayah, ibu serta ayah dan ibu karena meninggal dunia. Teknik pengambilan sampel yang digunakan adalah *purposive sampling*. Alat ukur yang digunakan adalah skala self-compassion, skala friendship quality dan skala resiliensi. Selain itu. Analisis data dalam penelitian ini dilakukan dengan teknik *multiple regression*. Hasil analisis menunjukkan hasil bahwa nilai R square antara self-compassion dan kualitas pertemanan secara bersamaan terhadap resiliensi sebesar 0,401, nilai F sebesar 50,116 dan nilai signifikansi sebesar 0,000 ( $p < 0,05$ ). Hal ini menunjukkan bahwa *self-compassion* dan kualitas pertemanan memiliki peran yang signifikan terhadap resiliensi, dengan demikian hipotesis yang diajukan pada penelitian ini dapat diterima.

**Kata kunci:** *kualitas pertemanan, kematian orang tua, resiliensi, self compassion*

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## **Introduction**

Losing parents is a devastating event, especially when it happens during childhood and adolescence (Berg et al, 2016). Adolescents who experienced parental death have a greater risk for a variety of illnesses and adjustment problems (Feigelmen et al, 2017; Simbi et al, 2020). In Indonesia, there is no exact data on the number of parental deaths, but cases of parental deaths have recently increased with the COVID-19 pandemic. The impact of the death of parents is not only short-term but can also have a long-term impact on adolescents' lives.

The death of parents may cause a long grieving process in adolescents. According to Kozier (2011), normal grief reactions experienced by individuals usually last for 6 months. Furthermore, Prigerson and Maciejewski (2008) explain that in the first 4 months after the loss, the grief reaction is intense and decreases in the following months. During this period individuals begin to look for ways to get up and continue their daily activities.

Vella & Pai (2019) concluded resilience is the ability to bounce back or overcome some form of adversity and thus experience positive outcomes despite an aversive event or situation. A resilient person does not mean that they always endure difficult conditions, individuals will still feel negative emotions due to loss, such as anger, disappointment, and sadness, but when individuals become resilient, they will immediately respond to these feelings and immediately find ways to restore their psychological condition and rise from the difficulties experienced (Hendriani, 2018).

Adolescents need the resiliency to adapt and be able to bounce back after experiencing the loss of their parents (Kalesaran, 2016). Khabbaz, Behjati, & Naseri,

2011; Athigi et al, 2015 (Kawitri et al, 2019) state that, the changes in adolescents such as social, biological and psychological make the role of resilience very important in dealing with problems. Ahern, Kiehl, Sole, and Byers (2006) mentioned risk factors and protective factors affecting resilience. The risk factor is catastrophic events including the death of parents. Although there are risk factors for resilience in the event of parental death, there are also supporting factors that are useful for increasing individual resilience. Supporting resilience factors can contribute to helping individuals facing life difficulties, one of which is mentioned by Klinge and Vliet (2017), namely self-compassion. Neff (2023) explained that self-compassion refers to being supportive toward oneself when experiencing suffering or pain caused by personal mistakes and inadequacies or external life challenges.

Hidayati and Rizky (2013) revealed that in the face of psychologically uncomfortable conditions, self-compassion becomes a source of individual strength to escape negative reactions. Neff (2003) explained that self-compassion is needed to see one's own experience based on the general human experience, recognizing that problems and suffering are part of the human condition, and everyone including oneself deserves compassion. Neff (2003<sup>a</sup>) explained the definition of self-compassion as an attitude of concern and kindness towards oneself when facing various difficulties in life and the understanding that difficulties, failures, and shortcomings are part of everyone's life.

Apart from self-compassion, other factors can affect resilience. As stated by Harmelen, Blackmore, Goodyear, and Kievit (2021) resilience in adolescents is facilitated by friendship. High friendship quality is known to affect the function of resilience in adolescents (Harmelen et al, 2017). Rahmat (2014) explains that individuals with positive friendship qualities will tend to be open, trusting and helping each other.

The results of Nurriyana and Savira's research (2021) show that adolescents have more ability to overcome feelings of loss due to the death of parents with self-healing. One of them is through the storytelling method, to reduce irrational beliefs, fears and unreal beliefs that have been believed so that feelings of sadness and loss can be reduced. This storytelling method can be done with friends because usually, adolescents will be more open and comfortable telling their problems to friends. As stated by Soviana (2020) friendship quality in adolescents can affect the openness and comfort of adolescents in sharing their personal information, so this condition can increase resilience in adolescents who face many problems.

Then, Razak and Jamil (2012) explained that friendship quality is the extent to which individuals are satisfied with their friendly relationships and the willingness of individuals to interact with others to benefit whether intentionally or not from the resulting friendship by looking at how high the closeness, assistance provided, acceptance, and sense of security are. Several studies have shown that friendship quality *is* related to resilience, including Harmelen's research (2021) showing that increasing friendship quality and resilience functions in the adolescent age period can benefit adolescent groups. Furthermore, the results of research conducted by Soviana (2020) found that friendship quality has a relationship with resilience. This shows that the higher the friendship quality, the higher the resilience in adolescents. Overall, Altrows and Paulson (2006); and Stepherd, Reynolds and Moran (2010) in their research state that friendship quality has an important role in resilience, namely friendship quality will facilitate individuals to be stronger in dealing with the problems they are facing.

Self-compassion as an internal variable and friendship quality as a social variable studied its influence in one study can be a novelty in this study. Based on the phenomena that have been described, researchers are interested in examining whether self-compassion and friendship quality influence the resilience of adolescents who lose their parents due to death.

## **Methods**

The data collection method used a psychological scale, namely the Resilience Scale which refers to the aspects proposed by Wagnild and Young (1993), consisting of equanimity, perseverance, self-reliance, meaningfulness, and existential aloneness. This measuring instrument is made using a Likert scale model with a total of 20 items with a reliability of 0,924. The second scale is the Self-Compassion Scale which refers to the components proposed by Neff (2003), namely self-kindness, common humanity, and mindfulness. This measuring instrument is made using a Likert scale model. Initially, this self-compassion scale consisted of 15 items with a reliability of 0,883. The third instrument is the Friendship-Quality Scale which refers to the aspects proposed by Thein, et al (2012), namely closeness, help, acceptance, and safety. This measuring instrument is made using a Likert scale model with a total of 20 items with a reliability of 0,952. In this study, researchers used a purposive sample, the sample characteristics were adolescents who were left by their parents due to death, with characteristics aged 12-22 years, and were left by their father, mother or both when they were teenagers, one or both parents died, the time gap was more than six months from the death of their parents. There were 153 participants in this research. The hypothesis was analyzed with multiple regression analysis techniques.

## **Results**

### **Description of Research Participants**

In this study, the Participants were 153 adolescents who lost their parents due to death. Researchers grouped the Participants of this study based on age,

gender, regional origin (island), cause of death, and had been left by a father, mother or both.

Table 1.

*Demographic Description of Research Participants*

<b>Description</b>	<b>Grouping</b>	<b>Total</b>	<b>Percentage</b>	<b>Total</b>
Age	Early adolescence (12-15 years old)	13	8,5 %	100%
	Late adolescence (16-22 years old)	140	91,5 %	
Gender	Female	100	65,3 %	100%
	Male	53	34,7 %	

Table 2.

*Description of Participants' Parent Who Has Passed*

<b>The parent who has passed</b>	<b>Total</b>	<b>Percentage</b>
Father	117	76,5 %
Mother	27	17,6%
Father and Mother	9	5,9%
<b>Total</b>	<b>153</b>	<b>100%</b>

Based on the table above, it can be concluded that the participants in this study were dominated by adolescents who had been left by their fathers, totalling 117 people (76.5%).

Table 3.

*Description of the Causes of Death of Parents Participants*

<b>Causes</b>	<b>Total</b>	<b>Percentage</b>
Disease	93	57,4%
Suddenly without a prior diagnosis of disease	48	29,6%
Covid-19	13	8%
Accident	7	4,4%
More	1	0,6%
<b>Total</b>	<b>162</b>	<b>100%</b>

Based on the table above, it can be concluded that the participants of this study, experienced the loss of parents, was mostly caused by illness, totalling 93 with a percentage of 57.4%.

Table 4.  
Descriptive Data of Participants

Variable	Hypothetical Data				Empirical Data			
	Min	Max	SD	Mean	Min	Max	SD	Mean
Resilience	20	80	10	50	32	80	7,6	62,27
Self-compassion	15	60	7,5	37,5	28	59	5,7	42,33
Friendship quality	20	80	10	50	37	79	7,7	59,80

Table 5.  
*Categorisation Formulation*

Category	Formulation
Low	$X < (\mu - 1.0\sigma)$
Moderate	$(\mu - 1.0\sigma) \leq X < (\mu + 1.0\sigma)$
High	$(\mu + 1.0\sigma) \leq X$

Description:

X: Raw score of the Variable;  $\mu$ : Hypothetical Mean;  $\sigma$ : Hypothetical unit deviation

$$[(X_{\max} - X_{\min}) : 6]$$

Table 6.  
*Description of Resiliency Categorization of Research Participants*

Score	Categorisation	Frequency	Percentage
$X < 40$	Low	2	1,3%
$40 \leq X < 60$	Medium	51	33,3%
$60 \leq X$	High	100	65,4 %
Total		153	100%

Based on the results above, it can be concluded that the research Participants on the resilience variable mostly have high resilience, with a percentage of 65.4%.

Table 7.

*Description of Self-compassion Categorization of Participants*

Score	Categorisation	Frequency	Percentage
$X < 30$	Low	2	1,3%
$30 \leq X < 45$	Medium	100	65,4%
$45 \leq X$	High	51	33,3 %
Total		153	100%

Based on the categorisation results above, it can be concluded that the research Participants on the self-compassion variable mostly have a moderate level of *self-compassion* with a percentage of 65.4% or as many as 100 people.

Table 8.

*Description of Friendship Quality Categorization of Research Participants*

Score	Categorisation	Frequency	Percentage
$X < 40$	Low	1	0,7%
$40 \leq X < 60$	Medium	77	50,3%
$60 \leq X$	High	75	49,0%
Total		153	100%

Based on the categorization result above, it can be concluded that the research Participants on the friendship quality variable mostly have moderate friendship quality, namely 77 people with a percentage of 50.3%.

Based on the results of *multiple regression* tests on self-compassion and friendship quality variables on resilience, the significance level is less than 0.05 ( $p < 0.05$ ). Likewise, in the self-compassion variable on resilience and friendship quality on resilience, the significance level is less than 0.05 ( $p < 0.05$ ). Therefore, it can be said that the hypothesis in this study can be accepted, self-compassion and friendship quality influence resilience. The following are the results of the hypothesis testing conducted:

Table 9.

*Hypothesis Test Results*

Variable	R	R Square	F	Sig.	Description
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Resilience - Self-compassion & Friendship quality	0,633	0,401	50.116	0,000	Significant
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Table 10.

*Description of the Effective Contribution of Self-compassion and Friendship Quality to Resilience*

Variable	B	Cross Product	Regression	Effective Contribution (R <sup>2</sup> )
Self-compassion	0,709	4060,275		
Friendship quality	0,201	3474,235	3577,955	40,1%

Based on the results of the data obtained above, the researchers then performed manual calculations to obtain an effective contribution test using the following formula:

$$SE_{xi} = \frac{b_{xi} \cdot \text{crossproduct} \cdot R^2}{\text{Regression}}$$

$b_{xi}$  : Coefficient B of component X; *Cross product*: Cross product of Component X;  $R^2$  : Total Effective Contribution; *Regression*: Regression Value

Table 11.

*Effective Contribution Self Compassion and Friendship Quality toward Resilience*

Variable	Effective Contribution (R <sup>2</sup> )
Self-compassion	32,2%
Friendship quality	7,9 %
<b>Total</b>	<b>40,1%</b>

Based on the results of the effective contribution test in the table displayed above, it can be concluded that the self-compassion variable provides an effective contribution of 32.2% and the friendship quality variable provides an effective contribution of 7,9.

Table 12.  
*Description of Differential Tests Based on Gender*

Variable	Gender	Mean	Levene's Test	Sig	Description
Resilience	Female	61,39	0,094	0,428	No Difference
	Male	63,94			
Self-Compassion	Female	41,12	0,750	0,000	There is difference
	Male	44,60			
Friendship Quality	Female	59,44	0,268	0,050	No Difference
	Male	50,49			

The age difference test description table based on the gender of the subject above, shows that there is a difference in the self-compassion variable, this is obtained based on the significance value of the self-compassion variable, which is 0.000 ( $p < 0.05$ ). So it can be concluded that in the self-compassion variable, there are differences between female and male participants.

Table 13.  
*Description of the Difference Test Based on Research Participants Left by Father, Mother and Both Parents*

Variables	Parent who died	Mean	F	Sig.	Description
Resilience	Both parents	55,44	3,955	0,021	There are differences
	Mother	62,78			
	Father	62,68			
Self-compassion	Both parents	40,33	2,029	0,135	No differences
	Mother	44,15			
	Father	42,06			
Friendship quality	Both parents	56,44	0,929	0,397	No differences
	Mother	60,37			
	Father	59,93			

Based on the table description of the t-test based on the Participants left by the father, mother, father and mother above, the significance value on the resilience

variable is 0.021 ( $p < 0.05$ ). This shows that in the resilience variable, there is a difference between the Participants left by the father, and mother and left by both parents.

### **Discussion**

This study used multiple regression analysis to test the hypothesis. Based on the results of the hypothesis testing, self-compassion, friendship quality and resilience show significant value ( $p < 0.05$ ) and the value of self-compassion's effective contribution of 32.2% and friendship quality of 7.9%. These results indicate that self-compassion and friendship quality influence resilience, therefore it can be concluded that the hypothesis can be accepted.

Self-compassion is one of the factors that influence resilience, fostering self-compassion among adolescents can strengthen adolescent resilience and provide new and good ways to overcome challenges that lead to increased emotional well-being (Bluth, Mullarkey, & Lathren, 2018; Alizadeh et al, 2018). In the participants of this study, self-compassion becomes the inner resource that fosters adolescents' resilience after the loss of a parent. In addition, self-compassion contributes to helping individuals in dealing with their life difficulties, such as losing family members. Self-compassion became an emotional resources that play a role in facing life's challenges, treating oneself with kindness and attention and having the view that suffering is part of the human experience (Austin et al., 2023; Neff & Faso, 2014). With self-compassion individuals tend to not blame themselves for the loss of parents and it provides support for the individual that they are valuable and have the right to improve themselves from weak situations to reach their full potential in various situations (Hermansyah, 2019).

The result shows friendship quality also influences resilience. Harmelen, Brodbeck, Clair and Owens (2016) say that friendship quality has an important role in adolescent resilience in various fields. In line with research conducted by Graber, et al (2015) shows the results that one of the factors that can facilitate resilience in

adolescents is close and supportive friendships. Adolescents who experience loss will have a resilient attitude if they have good friendship qualities because it will play a role in helping and supporting individuals in carrying out their activities, such as activities at school (Harmelen, et al 2017). Friendship also eases the burden by making individuals less likely to feel lonely, thereby reducing the level of stress felt by individuals after they lose their loved ones (Rahmanie & Swasti, 2022).

In both independent variables, namely self-compassion and friendship quality, the effective contribution given to resilience is 40.1%. the value of self-compassion's effective contribution of 32.2% and friendship quality of 7.9%. This result shows that self-compassion has a higher influence than friendship quality on the resilience of adolescents who lost their parents. A previous study found that intrinsic components were found to be more impactful on resilience than extrinsic components (Mehzabin et al, 2016). We hypothesized that extrinsic components should be internalized before they impacted other psychological conditions, although peers have a big impact on adolescents' cognition and behaviour it is mediated by intrinsic conditions such as self-compassion (Wang et al, 2022).

While the remaining 0.599 (59.9%) is influenced by other factors. Other factors that influence resilience include family support such as emotional support between family members, and the internal strength of the family affects resilience in the family. In addition, individuals who have an optimistic attitude and have support from friends and support obtained from religious (spiritual) activities also affect individual resilience in dealing with loss (Greeff & Human, 2016).

The level of friendship quality with moderate categorization indicates that the individual has a fairly good friendship quality, and respects each other, even though they have a problem but still maintain mutual trust and respect for each other. The existence of emotional support, mutual understanding and mutual reminders of friendship quality is important for the level of friendship quality (Anggraini & Cucuani, 2014).

Furthermore, researchers conducted a different test between resilience variables, self-compassion and friendship quality based on the gender of the subject using the Independent Sample T-Test analysis method, finding that there were differences in the level of self-compassion in female and male Participants. The results obtained show that self-compassion in male Participants is higher than in female Participants. The findings obtained by this researcher are supported by Neff (2003) who states that several factors affect self-compassion, one of which is gender. Neff (2003) said that women more often do repeated rumination, which disturbs the mind and is also a way of thinking uncontrollably (rumination).

Researchers also conducted a different test between resilience, self-compassion and friendship quality variables based on Participants who were left by their father, left by their mother and also left by their father and mother due to death. This difference test was carried out using the One Way Anova analysis method and it was found that there were differences in the level of resilience in Participants left by mothers, and fathers and left by mothers and fathers. The results showed that Participants who were left by both parents had lower resilience than Participants who were left by the father alone or left by the mother. In line with that, Sulfahmi and Ridha (2017) losing parents or orphans conditions in adolescence will be a big problem for adolescents.

### **Conclusion**

Based on the discussion that has been stated above, the conclusion that can be obtained from the results of the research that has been done is that there is a significant role of self-compassion and friendship quality in resilience in adolescents who have been left by their father, mother, or both due to death. Losing both parents at once has an impact on resilience which is more difficult so that it requires more adequate assistance. This study can be one of the references related to the issue of parental loss in adolescence and how self-compassion and friendship quality can improve resilience. For future researchers, it is hoped that they can pay

more attention to ethical issues related to the research population which includes vulnerable groups.

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